



## Essential Mysteries: A User s Guide for the 21st Century Mystic (Paperback)

By Erika Katherine Ginnis

Inbreath Communication, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Essential Mysteries: A User s Guide for the 21st Century Mystic This long awaited, spiritual how to book is a hybrid of pagan and mystery teachings combined with New Thought concepts and spiritual insight. It gives inspiration and practical instruction for meditation and energy awareness, plus suggestions to integrate spiritual perspectives into everyday life, topics range from grounding and working with earth and cosmic energy through Kundalini, healing and personal power. This book is for seekers from any spiritual tradition who wish to expand their spiritual practice. The author, Erika Ginnis, has served as a clairvoyant reader, Energetic Healer, ordained minister, spiritual teacher and writer since 1982. Combining additional study in New Thought, Theta Healing, astrology, and ritual work as a 3rd degree High Priestess in the Sylvan Tradition, she created a private practice that draws from a variety of energetic and healing traditions, and is open to all, regardless of gender, sexual orientation, or religious affiliation. She has presented lectures, workshops and classes in Meditation, Energetic Healing, Inner Journey work, Spiritual Leadership, and Personal Transformation as well as providing private Spiritual...



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