

"Let HeatherAsh's book lift you to the next level of your life."

—don Miguel Ruiz



# The Toltec Path of



# Transformation



Embracing the Four Elements  
of Change

HEATHERASH AMARA

Foreword by Vicki Noble

The Toltec Path of Transformation: Embracing the Four Elements of Change, HeatherAsh Amara, Hierophant Publishing, 2012, 193828903X, 9781938289033, 192 pages. Change is a constant, defining characteristic of life. Seasons change, weather changes, leaves change, and so do people. In HeatherAsh Amara's The Toltec Path of Transformation: Embracing the Four Elements of Change, we are encouraged to embrace the changes in our lives and create the kind of change that we want to see in ourselves and our world. The Four Elements: air, fire, water and earth all carry specific properties and functions that can lead to a complete life transformation along the Toltec path. Air represents our mental body, and grants clear perceptions once we shift our focus from the negativity surrounding us to the love and gratitude that lie just below the surface. Fire, the energetic body, gives us the opportunity to clean out the agreements, behaviors and beliefs that no longer serve us, so that we can make room for new, beneficial connections. Water, the emotional body, encourages us to open to new things, people and experiences. By staying open, we can gracefully accept what life brings while still working to create our own changes. Earth, the physical body, acts to nourish us from the inside out, proving again that both beauty and health start from within. It is through HeatherAsh's carefully composed instruction and guidance that we can use the Four Elements of Change to navigate the Toltec Path into our Divine center, where comparison and judgment drop away, and we can meet ourselves as the beautiful beings that we were meant to be..

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Truckee River Water Babies Based upon Native American Legend, Dante' P. Chelossi Jr., Jul 22, 2010, Body, Mind & Spirit, . "Truckee River Water Babies" begins in the nineteenth century, telling a tale from the desert area near the great Pyramid Lake in Nevada. The struggle to survive for American ....

Gold The Zen of Dr. Shu Li, Diane Carol Mark, Apr 2, 2013, Fiction, 290 pages. GOLD: THE ZEN OF DR. SHU LI shows what might happen if a woman's passion to achieve her independence collides with unprecedented peril. As a progressive healing professional ....

Aztecs Empire of the Dying Sun, Avalanche Press Limited, Various, Oct 1, 2002, Fiction, 64 pages. Aztecs: Empire Of The Dying Sun is a complete d20 world guide detailing the setting of ancient Mexico in the period before the age of the Conquistadors. Aztecs: Empire Of The ....

Dancing in Your Bubble Ancient Teachings; Modern Healing, Teri Dluznieski, 2009, Body, Mind & Spirit, 214 pages. Would you like to change the way you live your Life? Based on the teachings of the people of the High Andes, Dancing in Your Bubble invites you on a journey of healing and ....

Spiritual Wisdom from the Altai Mountains , Nikolai Shodoev, 2012, Body, Mind & Spirit, 118 pages. Drawing on ancient symbols, oral and shamanic text, legend and prophecy, Shodoev gives an introduction to Altai cosmology, the soul, individual, spiritual development, harmony ....

The Four Elements of Change , Heather Ash, Apr 1, 2004, Body, Mind & Spirit, 152 pages. Ash weaves together a synthesis of the most powerful tools from many spiritual traditions, including European shamanism, Toltec wisdom, and Buddhism to support us in the ....

Dreaming Your World Into Being The Shaman's Secrets to Having the Life You Desire Now, Jon Rasmussen, 2008, Body, Mind & Spirit, 258 pages. Have you tried praying, meditating, affirmations, the Secret, the Law of Attraction, and other forms of psychological, mystical, and spiritual intervention, and yet nothing ....

Stumbling Down the Shamanic Path Mystic Adventures and Misadventures, Michelle Burdet, 2010, Body, Mind & Spirit, 556 pages. Stumbling Down the Shamanic Path relates how a spiritual skeptic became a questioner, a meditator who avoided gurus, an explorer of earth energies, and then met the teacher who ....

The Four Elements of Life , Carly Newman, 2012, Poetry, 94 pages. The wind sweeps her fringe

upon her face, covering her eyes and leaving her blind to the realities of the present time. She transports to a pleasant place, escaping the world ....

Possessing Me A Memoir of Healing, Jane Alexander, 2010, Biography & Autobiography, 376 pages. Kicked out of her home at the age of fourteen, Jane Alexander soon experienced her first breakdown and suicide attempt. The author found herself inpatient at a psychiatric ....

Your Spacious Self Clear the Clutter and Discover Who You Are, Stephanie Bennett Vogt, Oct 1, 2012, Self-Help, 224 pages. IT'S A JUNGLE . . . IN HERE! Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but ....

The Big Book of Reincarnation Examining the Evidence that We Have All Lived Before, Roy Stemman, May 1, 2012, Body, Mind & Spirit, 312 pages. Is DEATH the FINAL CHAPTER? In The Big Book of Reincarnation, Roy Stemman attempts to answer one of the big questions of existence: Is death the end? Or, is it the merely the ....

Time Loops and Space Twists How God Created the Universe, Fred Alan Wolf, Mar 1, 2011, Body, Mind & Spirit, 324 pages. In his most important book since Taking the Quantum Leap, Fred Alan Wolf, Ph.D., explains how our understanding of time, space, and matter have changed in just the last few ....

The Altar of the Initiate Insight Into the Cycles of Enlightenment, Matthew Cosgrove, Sep 28, 2012, Body, Mind & Spirit, . The map to healing, expansion, and enlightenment, this companion volume to "Artisans of the New Earth "allows you to locate yourself on this fascinating map of human evolution  
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