Wisdom Within

Caroline Myss

The Power of Your Light



Caroline Myss - The Power of Truth and Discernment



Charles Eisenstein

Charles Eisenstein in conversation with Emilio Ortez:
https://youtu.be/oo-k3JOblGE?is=JG5yxGDwJuMYFKNO

MINUTE MARKS

- **22.22 minutes** - Why Unconditional Love Is the Greatest Miracle - "For me it starts with being loved, with taking that in and then I learn how to love myself from the love that I've received. I have a model now"
- **25:24** - **Story and State - A story is never just a story. A story is a state of being.**
- **28:00** - Emergence of a new human

Polyvagal

https://www.polyvagalinstitute.org

What is polyvagal theory?

https://www.polyvagalinstitute.org/whatispolyvagaltheory

Deb Dana - The science of feeling safe enough to fall in love with life

https://www.rhythmofregulation.com

Institute of HeartMath

https://www.heartmath.org

Short video series - HearthMath Experience

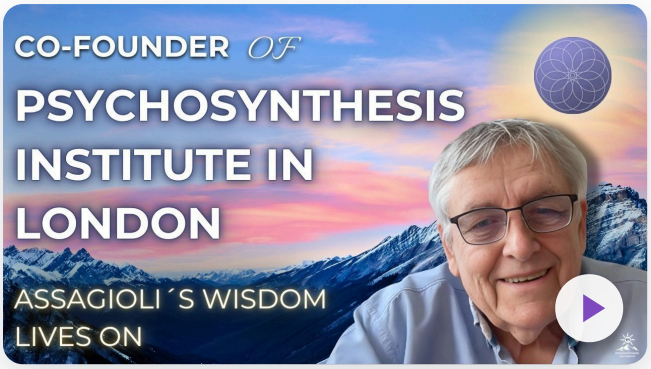
https://www.heartmath.org/training/heartmath-experience/

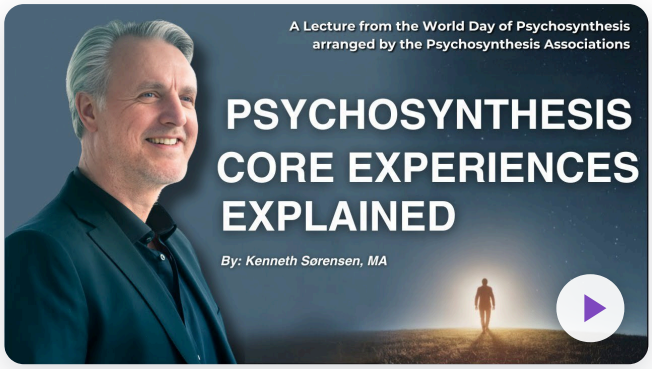
Recommended free (need to provide email address) resources to download:

Science of the Heart: https://www.heartmath.org/research/science-of-the-heart/

The Energetic Heart : https://www.heartmath.org/resources/downloads/energetic-heart/

Psychosynthesis





https://kennethsorensen.dk/en/produkt-kategori/e-books/

A suggested change to the Egg diagram:

"Assagioli's understanding of Self, as well as years of observed experience, suggest a change in the original oval-shaped diagram of the human person. This change is that Self not be represented as limited to the higher unconscious, but as pervading all levels of human experience.

From this representation of Self, two points are made clear:

1) *"I" is intrinsically related to the personality and not dualistically separate from this; and*
2) *Self-realization is not a matter of seeking particular experiences of unity or enlightenment, but of living out one's life's calling or dharma the transpersonal will in relationship to other people and the world."*

http://synthesiscenter.org/articles/changeintheegg.pdf