

i am more than my physical body

i am more than my physical body is a profound affirmation that emphasizes the essence of human existence beyond mere physical form. This concept has deep roots in philosophy, psychology, spirituality, and even modern science, all exploring the dimensions that constitute identity and self-awareness. Recognizing that a person transcends their biological structure encourages a holistic understanding of human nature, encompassing mind, soul, consciousness, and emotional depth. The idea challenges materialistic perspectives, inviting reflection on inner experiences, mental faculties, and spiritual connections that shape individuality. This article delves into various interpretations and implications of the statement "i am more than my physical body," examining its relevance in personal growth, mental health, and cultural beliefs. The following sections clarify this multifaceted concept through philosophical foundations, psychological insights, spiritual viewpoints, and practical applications in daily life.

- Philosophical Perspectives on the Self
- Psychological Dimensions Beyond the Body
- Spiritual Interpretations of Identity
- Scientific Understandings of Consciousness
- Practical Implications for Well-being and Self-Perception

Philosophical Perspectives on the Self

Philosophy has long grappled with questions about the nature of the self and its relation to the physical body. The assertion "i am more than my physical body" is central to dualistic and non-materialist theories, which argue that consciousness or the essence of the self is distinct from the body.

Dualism and the Mind-Body Problem

Dualism, most famously associated with René Descartes, proposes that the mind and body are separate substances. This view holds that while the body is material and subject to physical laws, the mind or soul is immaterial and the true seat of identity. The famous dictum "Cogito, ergo sum" ("I think, therefore I am") underscores the primacy of consciousness over corporeal existence.

Materialism and Alternative Views

Contrasting dualism, materialism claims that everything about human identity is rooted in physical processes within the brain and body. However, even materialist philosophies acknowledge the complexity of consciousness and subjective experience, which appear to transcend simple biological functions. Some theorists propose emergent properties of the brain as the source of the self rather than the body alone.

Phenomenology and Subjective Experience

Phenomenology emphasizes lived experience and consciousness as fundamental to understanding the self. This approach supports the notion that individuals are more than physical bodies because personal identity is shaped by perceptions, intentions, and meanings that cannot be reduced to anatomy.

Psychological Dimensions Beyond the Body

Psychology explores how mental processes, emotions, and cognitive functions contribute to self-identity, supporting the concept that "i am more than my physical body." Psychological theories highlight the significance of the mind in defining who a person is.

Self-Concept and Identity Formation

The self-concept is an individual's awareness and evaluation of their own identity, which includes traits, beliefs, and memories that are independent of physical appearance. Identity formation occurs through social interaction, memory consolidation, and personal reflection, all of which transcend the mere physical form.

Consciousness and Cognitive Processes

Consciousness enables self-awareness and introspection, qualities that are not directly observable in the physical body. Cognitive functions like reasoning, imagination, and emotional regulation contribute to a rich inner life that distinguishes the self from bodily functions.

Psychological Well-being and Body Awareness

While body awareness is important, many psychological approaches advocate for recognizing the self beyond physical limitations. Practices like mindfulness and cognitive behavioral therapy encourage individuals to observe thoughts and feelings without identifying solely with their bodily sensations or appearance.

Spiritual Interpretations of Identity

Spiritual traditions across cultures emphasize that human beings possess an essence or soul that surpasses the physical body. The statement "i am more than my physical body" resonates deeply within these contexts, reflecting beliefs about immortality, interconnectedness, and transcendence.

The Soul and Eternal Self

Many religions teach that the soul is an eternal entity inhabiting the physical body temporarily. This perspective affirms that true identity is spiritual and continues beyond physical death, underscoring a separation between body and essence.

Energy Bodies and Subtle Anatomy

Some spiritual systems describe energy centers, such as chakras, or subtle bodies that coexist with the physical form. These concepts suggest layers of existence beyond the tangible body, influencing health, consciousness, and spiritual growth.

Meditation and Experiential Awareness

Meditative practices often aim to transcend physical identification by fostering awareness of a deeper self. Through meditation, practitioners report experiences of unity, peace, and detachment from bodily concerns, reinforcing the understanding that identity extends beyond the physical.

Scientific Understandings of Consciousness

Modern science continues to investigate consciousness and its relation to the physical body, providing insights that support the idea that "i am more than my physical body." Though empirical research is ongoing, various scientific fields explore how subjective experience arises.

Neuroscience and Brain Function

Neuroscience studies the brain's role in generating consciousness, emotions, and cognition. While brain activity correlates with mental states, the exact nature of conscious experience remains a profound mystery, leaving room for interpretations that the self is not reducible to physical components alone.

Quantum Theories and Consciousness

Some scientific hypotheses propose that consciousness may have non-local or quantum aspects, suggesting that it cannot be fully explained by classical physical processes. Though speculative, these theories resonate with the idea that the self transcends the physical body.

Psychosomatic Interactions

Research on psychosomatic phenomena illustrates how the mind influences physical health and vice versa. These interactions highlight the dynamic relationship between body and consciousness, reinforcing that identity encompasses more than material form.

Practical Implications for Well-being and Self-Perception

Understanding that "i am more than my physical body" has tangible effects on mental health, personal development, and social attitudes. Recognizing this broader identity fosters resilience, self-compassion, and a deeper appreciation for human complexity.

Enhancing Mental Health and Resilience

When individuals accept that their value and identity are not confined to physical appearance or bodily conditions, they often experience improved self-esteem and psychological resilience. This perspective can reduce anxiety related to aging, illness, or body image concerns.

Promoting Holistic Self-Care

A holistic approach to self-care integrates physical, mental, emotional, and spiritual dimensions. Practices such as mindfulness, therapy, physical exercise, and spiritual reflection collectively support well-being beyond the physical body alone.

Fostering Empathy and Social Understanding

Recognizing the self as more than the physical body encourages empathy and respect for others. It promotes awareness that every individual possesses inner experiences, struggles, and qualities beyond external appearances, enhancing social harmony.

- Mindfulness and meditation practices
- Psychological therapies focusing on self-identity

- Spiritual or philosophical study and reflection
- Physical health combined with mental and emotional care
- Community engagement and empathetic communication

Frequently Asked Questions

What does the phrase 'I am more than my physical body' mean?

It means recognizing that our identity and worth extend beyond just our physical appearance or bodily form, encompassing our mind, emotions, spirit, and experiences.

How can embracing 'I am more than my physical body' improve self-esteem?

By valuing aspects like personality, talents, and inner qualities, individuals can build confidence that isn't solely dependent on their looks, leading to healthier self-esteem.

In what ways does spirituality relate to the idea 'I am more than my physical body'?

Many spiritual beliefs emphasize the existence of a soul or consciousness beyond the physical body, suggesting that our true essence transcends material form.

How can this mindset help in coping with physical illness or disability?

Focusing on one's inner self and abilities beyond the body can provide strength, resilience, and a sense of purpose despite physical challenges.

What role does mindfulness play in understanding that 'I am more than my physical body'?

Mindfulness encourages awareness of thoughts, feelings, and sensations, helping individuals connect with their inner self beyond just physical sensations.

Can this concept influence how we treat others?

Yes, recognizing that everyone is more than their physical appearance can foster empathy, kindness, and reduce judgment based on looks.

How does this idea relate to body image issues?

It challenges society's focus on physical appearance, encouraging a more holistic view of self-worth that can mitigate negative body image and promote acceptance.

What practices can help someone internalize 'I am more than my physical body'?

Practices such as meditation, journaling, therapy, and engaging in creative or meaningful activities can help individuals connect with their deeper self beyond the physical.

Additional Resources

1. *The Body Is Not an Apology: The Power of Radical Self-Love*

This book by Sonya Renee Taylor explores the concept of embracing and loving our bodies as they are, challenging societal norms that often lead to body shame. It emphasizes that our worth transcends physical appearance and encourages readers to cultivate radical self-acceptance. Through personal stories and cultural critique, it invites a transformative perspective on identity beyond the physical form.

2. *Incarnate: The Body as Meaning and Metaphor*

In this work, the author delves into the symbolic and spiritual significance of the body, arguing that it is more than just a physical vessel. The book explores how our bodies connect us to deeper meanings, emotions, and identities that surpass the material. It offers a thoughtful examination of the interplay between flesh, consciousness, and cultural narratives.

3. *Embodying the Self: Beyond the Physical Form*

This book investigates the relationship between the self and the body, proposing that our true identity is not limited to physical appearance or biological structure. Through philosophical insights and psychological research, it reveals how consciousness and spirit can exist independently of the body. Readers are encouraged to explore their inner selves beyond the physical realm.

4. *Beyond the Flesh: Discovering the Soul Within*

"Beyond the Flesh" invites readers on a journey to understand the soul as distinct from the physical body. It incorporates spiritual teachings, meditation practices, and personal anecdotes to illustrate how we are more than our material existence. The book offers tools for connecting with the inner self and transcending bodily limitations.

5. *The Invisible Self: Understanding Identity Beyond the Body*

Focusing on identity formation, this book challenges the idea that who we are is defined by our physical bodies. It draws from psychology, sociology, and spirituality to reveal the layers of identity that lie beneath the surface. The author encourages readers to uncover their invisible self, which holds their true essence.

6. *Spirit in the Flesh: Embracing the Whole Human Experience*

This title explores the coexistence of spirit and body, emphasizing that while the body is important, it is only one aspect of our full human experience. The book offers insights into

how spiritual awareness can enhance understanding of the self beyond physical limitations. It provides practical advice on nurturing both body and spirit in harmony.

7. *Unbound: Freedom from Physical Identity*

"Unbound" challenges readers to break free from the constraints of identifying solely with their physical form. Through philosophical discussion and real-life examples, it illustrates how liberation comes from recognizing the self as expansive and eternal. The book inspires a mindset shift toward viewing identity as fluid and multidimensional.

8. *The Essence Beyond the Body*

This book explores the concept of essence — the core of who we are — as something that transcends bodily existence. It draws on spiritual traditions and modern thought to explain how essence connects us to a greater universal consciousness. Readers are guided to discover this essence within themselves, beyond the confines of the physical body.

9. *Mind, Body, Spirit: Integrating the Whole Self*

Focusing on holistic well-being, this book addresses the integration of mind, body, and spirit as facets of a unified self. It discusses how understanding and balancing these elements leads to a richer, more meaningful life. The author emphasizes that our identity is complex and cannot be reduced to just the physical dimension.

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i am more than my physical body: I Am More Than My Body Bethany C. Meyers, 2023-06-27 From the founder and CEO of the be.come project comes an inspiring introduction to body neutrality—the concept of steering away from self-hate without the pressure of having to love your body—and how thinking in this way can lead to joy, peace, and fulfillment. “Some days I love my body, some days I hate my body, but every day I respect my body.” A lot of us were raised on toxic diet culture—restrictions, limitations, and deprivation. Then the pendulum swung to the other extreme, with messages that we could love ourselves at any size, any weight, any shape...but sometimes, even that can feel like a lot of pressure. There is a third option: body neutrality. For many of us, a neutral approach to our physical self—based on compassion, acceptance, and respect—can be a revolutionary, rewarding shift in how we move through the world. *I Am More Than My Body* will help you strengthen your relationship with yourself and find balance, steering you away from shame without the pressure of having to love your body at all times. It will introduce a framework to help you practice neutral movement, recognize and arm yourself against bias, act with self-compassion, and navigate your feelings on this journey. A longtime practitioner of the body-neutral approach, Bethany C. Meyers shares their own story together with the experiences and ideas of experts and activists to help us care for our bodies while not having them dictate our worth. Because happiness comes from honest acceptance, something that body neutrality has the power to help you find.

i am more than my physical body: I Am More Than My Physical Body Robert Monroe,

2015-02-10 Robert Monroe was a successful and distinguished business executive and noted pioneer in the investigation of human consciousness. He also invented Hemi-Sync(r) and founded The Monroe Institute(r), a worldwide organization dedicated to expanding human potential. I AM MORE THAN MY PHYSICAL BODY: 100 ROTES from Robert A. Monroe is a celebration of his life and work, and offers a very current message for humankind in the twenty-first century. It is a collection of 100 thought-provoking, inspirational quotes from his three best selling, landmark books-JOURNEYS OUT OF THE BODY, FAR JOURNEYS and ULTIMATE JOURNEY-which are available wherever books are sold. Andrea Berger is a long-time consciousness explorer and a trainer at The Monroe Institute. She lovingly helped birth this book in celebration of Bob Monroe's 100th birthday and twentieth anniversary since his transition.

i am more than my physical body: Learning to Love Eileen Caddy, David Earl Platts, 2018-11-06 An insightful guide for consciously bringing compassion and love into your life • Explores feelings, attitudes, beliefs, and past experiences that block us from loving and receiving love • Includes deceptively simple yet profound exercises, meditations, and visualizations to support the exploration of your inner world • Explains how these principles and techniques originated in Roberto Assagioli's system of psychosynthesis, enriched by the Findhorn experience of living in community Every person is born with the capacity to love. Over time, however, many of us have built barriers within ourselves as a reaction to painful experiences, and following these, we often develop fears, beliefs, and behaviors that keep these barriers firmly in place. The primary lesson in life is to learn to love, and this starts right on our doorstep. Often it is self-doubt and feelings of unworthiness that hold us back from experiencing all the love around us. Only when we start to love and accept ourselves with all that we are can we love others freely and fully. Learning to love requires an intention to change and a willingness to take action. Once we understand how to work with our doubts and fears and learn how to change our beliefs and behavior, our barriers will melt away and we spontaneously open up to connect deeply and harmoniously with the full flow of the river of life. In this simple yet insightful guide, Eileen Caddy and David Earl Platts detail the down-to-earth practicalities of exploring feelings, attitudes, beliefs, and past experiences that block us from loving and from receiving love. They show how bringing more love into our lives is not a mystery but often a journey back to ourselves and our core values. The authors examine the feelings of acceptance, trust, forgiveness, respect, opening up, and taking risks, among others, within a framework of compassionate understanding and non-judgment. Deceptively simple yet profound exercises, meditations, and visualizations support the reader in examining their inner world and implementing these vital concepts into their lives. The teachings in the book are based on popular workshops that Eileen, co-founder of the Findhorn Foundation Community, and David facilitated for years in and outside Findhorn. Many of the underlying principles and techniques originate in the system of psychosynthesis, devised by Roberto Assagioli. Learning to Love invites you to make a free and informed choice to bring more love into your life, and then helps you implement this choice step-by-step with confidence and joy.

i am more than my physical body: No Love Like It Catherine Morley, 2025-01-23 Based on decades of experience offering nutrition counselling to individuals and families; personal family experiences with illness and loss; and research with people who, owing to illness, disability, or ageing, were not able to eat as they once did, Registered Dietitian, Dr. Catherine Morley, has written an informative and instructional book, combining research reporting, memoir, journal entries, excerpts from interviews rewritten for theatre, and a self study workbook. No Love Like It: Feeding Someone Who is Sick was written to reassure readers that they are not alone in the challenges they face, and to understand that disruptions in feeding relationships during a time of changed health status are normal and to be expected, although very often come as a surprise. With this book, readers will be able to recognize the fundamental shifts that have occurred in their relationships with and through food owing to someone's changed health status, either as a caregiver or as a person experiencing it; to develop plans to address the feeding challenges they are facing; and to learn where to get help. In the self study section of No Love Like It: Feeding Someone Who is

Sick, Morley guides readers to reflect on the many aspects of eating and feeding outlined in the first section of the book. Readers can identify and sort through sources of “dietary cacophony”, the many and often contradictory “should” messages about eating and feeding that one hears, reads, or thinks about. Having identified all that has been on their minds, readers will then be able to decide on messages relevant to their situations to find ways to minimize any feeding-related distress. In this book, Morley reminds caregivers about the need to nourish themselves as their own eating is often thrown into disarray while caregiving.

i am more than my physical body: *Black Cat Weekly #192* H.K. Slade, Maureen Bowden, Ed Teja, Hal Charles, Kate Bergquist, Viviana De Cecco, John Gregory Betancourt, William Ade, Jeffery Farnol, Sinclair Gluck, 2025-05-04 This issue, we have 7 original stories (which I believe is our most ever), starting with a science fiction/mystery mashup from H.K. Slade (thanks to Acquiring Editor Michael Bracken), as well as Viviana De Cecco, Kate Bergquist, Maureen Bowden, Ed Teja, and John Gregory Betancourt (me!). Our solve-it-yourself mystery is an original, too. For our reprints, Acquiring Editor Barb Goffman has a great modern mystery from William Ade, and a pair of mystery classics by Jeffery Farnol and Sinclair Gluck round things out. Good stuff. Meantime, here's this issue's complete lineup— COVER ART Steve Hickman NOVEL The House of the Missing, by Sinclair Gluck A man risks everything to find his vanished sister. SOLVE-IT-YOURSELF MYSTERY “The Julep Cup Caper,” by Hal Charles Can you solve the mystery before the detective? All the clues are there! SHORT STORIES “The Gateway Legacy,” by H.K. Slade [Michael Bracken Presents short story] A cult threat draws out a secretive paranormal team. “Mary Maria,” by William Ade [Barb Goffman Presents short story] A PI's case takes a turn when a runaway isn't who she seems. “Murder on the Normandie,” by Viviana De Cecco A transatlantic voyage turns deadly mid-crossing. “The Rook,” by Jeffery Farnol Can a game of chess seal a man's fate? “The Haze,” by Kate Bergquist A desperate escape leads to a chilling discovery. “The Hind in the Green,” by Maureen Bowden A woman meets a mysterious creature in the forest. “The Smell of Goats,” by Ed Teja Two spacers face a corporate decision with human cost. “The Raven Stone,” by John Gregory Betancourt A father and son outing to the Raven Stone leads to family flight...

i am more than my physical body: Thriving in Chaos Michelle Malloy, 2023-05-08 We have all found ourselves in uncertain times, unsure how to move forward. When we strive to become a better version of ourselves, which parts do we keep, and which parts must we leave behind? How do we ground ourselves so that we can prepare for what comes next? *Thriving in Chaos: How to Have Hope and Purpose in a World of Constant Change* addresses the necessity of understanding the self as part of one's healing journey, especially for those who have experienced trauma or grief. Using reflective exercises and situational examples, Michelle Malloy guides the reader through identifying the most important parts of their self in order to set a purposeful path toward the future. For those who are looking to understand their self in a new, holistic light, *Thriving in Chaos* offers a compassionate compass to navigate an ever-changing world.

i am more than my physical body: The Christ and Jesus Don MacGregor, 2023-04-28 Is Jesus the Christ? If so, what does that mean? How can a human person be a Cosmic Principle? Don MacGregor hopes to make Christianity more relevant for the twenty-first century in his reflection into the difference between the Universal or Cosmic Christ principle and the human figure of Jesus of Nazareth. He takes a deep dive into reincarnation, mysticism and the message of transformation that Jesus taught, contrasting that with the transaction that the institutional Church taught. This is the third book in the Wisdom Series, in which the author seeks to reframe Christianity within a larger sphere, that of the Perennial Philosophy.

i am more than my physical body: Tyndale Bible Dictionary Walter A. Elwell, Philip W. Comfort, 2024-10-08 The Tyndale Bible Dictionary features the work of 139 Bible scholars in more than 1,000 informative, in-depth articles. Thousands of cross-references enable users to find additional information and details about other topics that are most important to them. With hundreds of pictures, maps, and illustrations, and the very best evangelical scholarship on the Bible, this comprehensive, single-volume Bible dictionary is the principal book in the Tyndale Reference

Library and will be an important addition to anyone's Bible reference collection.

i am more than my physical body: The 5-Day Job Search Annie Margarita Yang, 2023-08-08 Discover the ultimate guide to landing your dream job and receiving multiple job offers in just five days! Renowned finance expert for Millennials, Annie Margarita Yang, presents The 5-Day Job Search, a groundbreaking system designed to transform your job-seeking experience. Tailored for job hunters across all industries, this comprehensive book offers a fresh, pragmatic approach to job hunting, ensuring you can secure multiple job offers even during severe economic downturns. In just five days, reap the incredible benefits of The 5-Day Job Search: *Follow a prescriptive formula broken down into easy, simple steps *Find a fulfilling, rewarding career that aligns with your gifts and talents *Join a top company with an amazing work culture where you fit right in *Stand out with a strong personal brand that attracts employers *Receive responses from companies within 24 hours, joining the elite 2% of applicants that obtain interview requests *Gain the confidence and tools to sell yourself effectively *Exude confidence in interviews, resulting in a written job offer in 90% of instances *Secure a job offer with a \$25k to \$35k raise compared to your current salary *Develop resilience to handle challenges and setbacks throughout your job search You'll be guided through a foolproof system covering essential topics, including: *Finding work that aligns with your core values for greater happiness and success *Developing a killer LinkedIn profile, headshot, and professional website and email signature to strengthen your personal brand *Identifying and filling gaps in your skillset to advance your career and increase earning potential *Crafting a standout resume that highlights accomplishments and reaches hiring managers *Researching companies before interviews to gain insights and tailor your approach *Enhancing interviewing skills and asking the right questions, positioning yourself as a leading candidate *Conquering rejection and criticism and harnessing your personal power *Addressing the challenging salary question and negotiating favorable offers As a bonus, gain access to downloadable tools for refining your resume, developing your personal brand, resetting your thoughts, determining your core values, and more. Join satisfied readers who have transformed their careers and achieved financial success with The 5-Day Job Search. Buy your copy today and embark on a journey to a fulfilling, rewarding, and well-paid career. Don't miss out on unlocking your full potential and landing the job you've always wanted. Invest in your future and let Annie Margarita Yang's proven strategies guide you to success.

i am more than my physical body: Dying to Know: Is There Life After Death? Josh Langley, 2022-07-28 Determined to find out what happens when we die, Josh Langley takes readers on an extraordinary journey to uncover the secrets to the age-old question pondered by all of humanity. Visiting crematoriums, conducting out-of-body experiments and entering conversations with the deceased, you're invited on this daring and intriguing afterlife investigation for a humorous and compelling ride. Following Langley's lifelong obsession with the afterlife, his surprising and thought-provoking conclusions will leave you spiralling long after the last page. Fans of 'Paranormal Activity' will revel in the findings. Author, cartoonist and daydreamer, Australian Josh Langley is an award-winning radio broadcaster and advertiser with over 20 years' experience. Having started his own creative agency in 2000, he turned to painting as a form of self-expression at the same time, resulting in an exhibition at the 2002 Perth Fringe Festival. In 2010, he began drawing cartoons for Big Sky Publishing and has since published 2 ground-breaking self-help books, 'Dying to Know: is there life after death', and 'Turning Inside Out: what if everything we've been taught about life is wrong.' He is also the author of numerous self-help children's titles, including 2018's ABIA Small Publisher's Children's Book of the Year award winner 'It's Ok to Feel the Way You Do'. He lives in South West Australia with his partner and chickens.

i am more than my physical body: The Journey Into Spirit Kristoffer Hughes, 2014-09-08 The Journey Into Spirit is a guide to death and the mysterious world beyond. Join renowned Druid priest Kristoffer Hughes as he explores the three realms of existence—the realm of necessity, the realm of spirit, and the realm of infinity—and illuminates the essence of grief, mourning, and spiritual continuation. Challenging many status quo beliefs about the afterlife, this book provides exercises, meditations, rituals, and thought-provoking questions designed to bring you on a journey of

discovery through the most profound of all human transitions. Filled with insight and practical guidance, *The Journey Into Spirit* shows how to honor family and friends in spirit, discover life-affirming aspects of every state of existence, and move beyond the fear that surrounds death. 2015 COVR Award Winner for Reincarnation, Death and Dying Books

i am more than my physical body: Today! Grab It Lewis Losoncy, 2023-07-21 A healthy attitude is the key to success, happiness, and growth. Just as nutrients in foods result in a healthy body, New Attitude Nutrients result in a healthy mind. *Today! Grab It: 7 Vital Attitude Nutrients to Build the New You* will show you how to bring about the changes you've been meaning to make in your life-TODAY.

i am more than my physical body: The Power of I Am Geoffrey Jowett, 2021-04-13 The essence of our being is a fully integrated energy system of consciousness. *The Power of I Am* shows how we can use this energy and transform and optimize our human energy body by working with the chakras. Through a series of prayers, affirmations, music, crystals, poems, and simple yoga poses, readers learn to maintain a balanced and harmonious continuous flow of energy through each chakra, leading to an increased sense of peace, harmony, and balance. Offering insights about the continuity of life, the laws of nature, and discovering ways to connect to our higher self, *The Power of I Am* leads to a path of healing and achieving our greatest potential.

i am more than my physical body: You're Already Hypnotized: A Guide to Waking Up Cynthia Morgan, 2012-08-02 In this groundbreaking book, renowned hypnotherapist Cynthia Morgan brings together hypnosis and *A Course in Miracles* for the first time. Using these life-changing tools, she explains how our minds have become hypnotized by false beliefs and provides step-by-step guidance on how to realize your true potential. *You're Already Hypnotized* is a unique blend of information and a powerful self-healing system. It includes a workbook of instructions for over 40 self-hypnosis sessions, a year's worth of daily reprogramming affirmations, and other tools that the author has used to help thousands of clients awaken. Combining true-life anecdotes and inspiring examples, and packed full of information, this book offers practical tips and all you need to heal every area of your life: relationships, money, health, career, addictions, sex, and more. With this book as your guide, you will learn to wake up to a more fulfilled life.

i am more than my physical body: *Corporate Bitch to Shaman* Evelyn Brodie, 2013-09-09 Evelyn Brodie worked as an economist in government and the City, then as a live television journalist, Head of Financial Communications and strategic communications consultant, until undeniable experiences forced her to change her belief system. 'I had unconsciously adopted the role of Scary Corporate Bitch, which required me to suppress my femininity, intuition and compassion in favour of being super-rational, judgemental and selfish. I had absolutely no religious or spiritual beliefs.' Today, Evelyn is a shaman, Reiki Master and craniosacral therapist, helping people to release the limiting beliefs of their social conditioning and step into their potential. This is her story, describing the esoteric experiences that forced her to change her belief system and adopt a new way of living. Remote viewing, re-birthing and shamanic journeying led her to investigate the multi-dimensional, non-local world of quantum physics and the new physiological discoveries of epigenetics and psychoneuroimmunology. 'I discovered mounting scientific evidence to support the ancient traditions of energy healing, shamanism, prayer and meditation. This knowledge is available, but not widely taught.' *Corporate Bitch to Shaman* is a popular science/medicine book that covers a number of topics, philosophy, non-locality, quantum entanglement, biology and consciousness. It will appeal to readers interested in taking more control of their own mental, physical and emotional health, including expanding their range of conscious awareness. 'Helping people to achieve their magnificence and potential is one of my life's purposes today... I hope readers will be intrigued and challenged by how 21st century science is evolving to validate the ancient healing wisdoms of the indigenous peoples and mystics around the world. I invite you to share my journey and hope it encourages you to go on to experience the benefits of at least some of these expanded state of consciousness for yourself!'

i am more than my physical body: *Suddenly Psychic* Maureen Caudill, 2025-09-12 As she bent

a metal spoon with her mind, computer scientist Maureen Caudill knew she was witnessing a total violation of the laws of physics--and that her understanding of reality would never be the same. Letting go of the ultra-rational, skeptical perspective she had maintained over a twenty-year scientific career, Caudill joined the 50% of Americans who report having had psychic experiences (National Science Foundation, 2000) and began a firsthand exploration of phenomena like clairvoyance, remote viewing, out of body experiences, channeling, and mediumship. In *Suddenly Psychic*, she shares her new conviction that paranormal abilities are a normal part of human consciousness and anyone can learn them, using her scientific background to validate and explain her experiences. Combining vivid descriptions of altered states of consciousness with an in-depth look at cutting-edge scientific theories that are consistent with these phenomena, *Suddenly Psychic* is a reader-friendly bridge between the mysteries of the mind and hard science that speaks to skeptics and believers alike. Caudill's compelling journey offers convincing evidence for the legitimacy of psychic phenomena--and will inspire you to see for yourself what's possible!

i am more than my physical body: *Doing Dangerously Well* Carole Enahoro, 2011-05-17 A dark comedy about disaster capitalism, cutthroat office politics, vicious sibling rivalry, hapless do-gooderism and the corporatization of water. When a humanitarian catastrophe strikes Nigeria, an unforgettable cast of Machiavellian opportunists and quixotic do-gooders swoop in to make the most of the tragedy. Some time in the near future, Kainji Dam, the engineering marvel that is the pride of Nigeria, collapses, killing thousands of villagers. The Minister of Natural Resources can hardly believe his luck - now he can make a bid for the presidency. On the other side of the world, the grimly ambitious executive of a water company also sniffs an opportunity - to make her bosses happy by privatizing a major African river. Her sister, Barbara, who has never encountered a cause she wouldn't carry a placard for, joins forces with Femi Jegede, a charismatic Nigerian activist whose family was swept away in the disaster. The result: a wickedly satirical romp along a road to hell paved with both good and bad intentions. Brazen, hilarious and sublimely written, Carole Enahoro's debut novel is simply dazzling.

i am more than my physical body: *The Practical Book of Reiki* Rashmi Sharma, 2007-09 This unique book is for those who are looking for self-treatment and transformation with the principles of Reiki. It is a practical guide that teaches you in plain language how to learn and practise Reiki - the Divine Universal Life Force Energy.

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