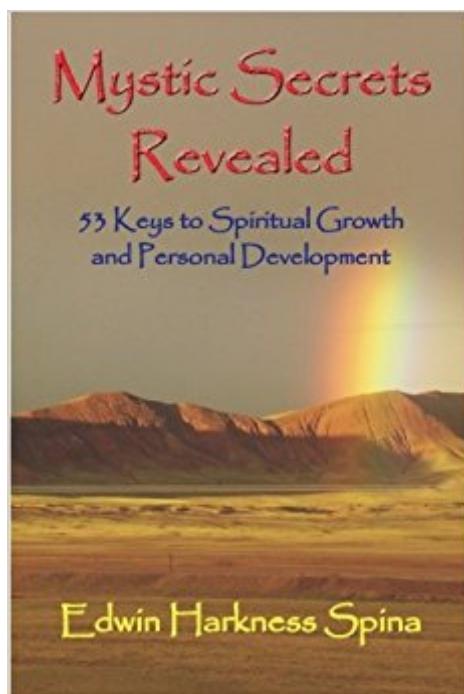


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# **Mystic Secrets Revealed: 53 Keys To Spiritual Growth And Personal Development**



## **Synopsis**

"Mystic Secrets Revealed is a guide to inner transformation..." -Midwest Book ReviewDiscover practical spiritual principles that lead to personal and spiritual transformation:3 simple steps to follow to manifest your ideal life...How to use Mental Alchemy to transmute your thoughts to produce immediate, beneficial results... 2 profound, yet easy-to-practice techniques you can use to overcome your limiting beliefs... Where the desire for enlightenment begins... An ancient mystic practice to create your own personal sanctum to receive divine inspiration and enhance your creativity... The highest and best source of direction for your personal development and transformation... The true nature of fear, anger and stress from a mystic perspective and what you can do to overcome them... What it means to "be yourself"... How to synchronize the two hemispheres of your brain to transcend the mind and attain higher levels of consciousness... How to distinguish the voice of your ego from that of your innermaster... How to "take back your power" and "escape the matrix"... Dietary guidelines to enhance your ability to attune with God... 7 powerful words to free you from energy-sapping mental discord and enhance your self development and personal transformation... The best way to predict the future...How to delegate mundane tasks, even if you can't afford a staff of assistants or housekeepers...A technique to add "another dimension" to your appreciation of art... How to apply the "science of intention"... Using relationships (and even heartbreak) to deepen your connection to God... Discovering what men and women both want... A mystic practice to turn your lovemaking into a divine experience... Why "following your instincts" can be a surefire recipe for disaster and set back your personal growth...Keys to avoid becoming discouraged when you seem to be stagnating in your spiritual and personal growth...How to ensure your efforts to help others are most likely to succeed and one thing you should NEVER offer... The objective of "being in this world, but not of it." I spent the last 20 years investigating life's most profound questions. You don't have to go through this much effort; you can get answers RIGHT NOW!The spiritual principles contained in Mystic Secrets Revealed will last a lifetime. This will be a permanent addition to your spiritual growth and personal development, leading to spiritual and personal transformation. When you embody the lessons within, you will have taken several giant steps towards spiritual mastery.Scroll to the top and click the Buy button now - before the price goes up!

## **Book Information**

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## Customer Reviews

"Mystic Secrets Revealed rises above many spirituality and personal growth books due to its absorbing anecdotes, exactness, humor, and short, realistic key applications." - Mindquest Review of Books "The power to change ourselves is quite potent. Edwin Harkness Spina's *Mystic Secrets Revealed* is a guide to inner transformation ... and is well worth considering for community library new age spirituality collections." -Midwest Book Review "A wealth of mystical yet practical information..." -Jeff Maziarek, author of *Spirituality Simplified* "53 Nuggets of Life-Altering Wisdom" -Alan Tutt, bestselling author of *Choose To Believe* "The guidance of a master, who gives his counseling from his own experience and understanding. This makes this book especially authentic." -Beata Levai, Székesfehérvár, Hungary

Edwin Harkness Spina is an award-winning author, speaker and mystic. His first book, *Mystic Warrior*, won the Independent Publisher Book Award for Visionary Fiction and a Nautilus Silver Book Award for Fiction/Visionary Fiction. (Deepak Chopra won the Nautilus Gold that year.) Ed is also the author of *The Future is Now* and *Escaping the Matrix*, and a contributing author to the bestseller, *101 Great Ways to Improve Your Life* (along with Zig Ziglar, Brian Tracy, Joe Vitale, and others). He is also the developer of Energy Center Clearing and Total Love Immersion. Prior to shifting his focus to writing and speaking, Ed was a venture capitalist, entrepreneur, software designer and business consultant. He earned an MBA from the University of Chicago and a BSE from Tufts University.

"Mystic Secrets Revealed: 53 Keys to Spiritual Growth and Personal Development" is my first exposure to author Edwin Harkness Spina. That title aptly describes the contents of this self-help

book."Traveling extensively throughout North America, South America and Asia, interacting with thousands of People," Spina learned and borrowed "various mystic principles, writing this book over a period of six years."While I consider myself both open minded and clearly fallible, elsewhere, I have read and rejected several of the concepts set forth in Mystic Secrets Revealed; however, on the whole I did not find the concepts set forth in this book lacking in verisimilitude.The author writes clearly and succinctly compressing helpful tips to live life to the fullest in a quick, concise yet thorough manner that is easy for the novice to comprehend. Key 37--"The Science of Intention," for example, postulates "what you put your attention on grows." Accordingly, we are advised to "observe our thoughts. When we catch ourselves thinking negative thoughts, we need to change them. So simple, yet so profound, this is the essence of the Science of Intention."Edwin tackles a variety of pertinent subjects including dealing with stress, fear, anger, emotions, intimacy and behavior to name a handful.An avid reader of self-help books, I really enjoyed this one. Spina's sage advice is invaluable. Do yourself a favor and put this one on your reading list.Enjoy!

The author does an excellent job of distilling the whole idea of Oneness and becoming more spiritually aware into short, easy to understand chapters. I highly recommend this book.

A very good book on spirituality filled with anecdotes. I wish there is more information on practical aspects. Lot of good information present in this book.

What a splendid book! Traveling to and from school, this book has become my companion for the past couple days. It really opened my eyes to a lot of helpful insights. Particularly living in the present, thank you for sharing your knowledge and I look forward to more!Trinidad and TobagoAlessandra Rajkumar

As the author of a couple of energy psychology books, the author really provides a book with correct information that is concise and easy to read. I follow this author because he is one of the few that offers "real" information that is both informative and helpful. I have used some of the techniques and they are amazing. You need to get this book!!!

I urge anyone seeking to know their true place in the world to read this book with an open mind!! It was truly inspiring!!!

Each and every secret is an easy to read and understand chapter and can be very easily incorporated in your daily life. Ed Spina is a fountain of information and I feel all his books and cd's are blessed. I'm honored to know and read a true mystic's material in his life time. He is a blessing to our times.

This book does an excellent job in explaining the concept of mysticism and how it applies to one's everyday life. The author discusses relevant topics such as, anger, intimacy, habit and relationships and relates them back to mystical philosophy. Topics associated with mysticism are also covered such as synchronicities, reincarnation, and the near death experience. This was an enlightening book on how to discover your inner spirit using the belief that you are at one with the universe and that you control your spiritual well-being.

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