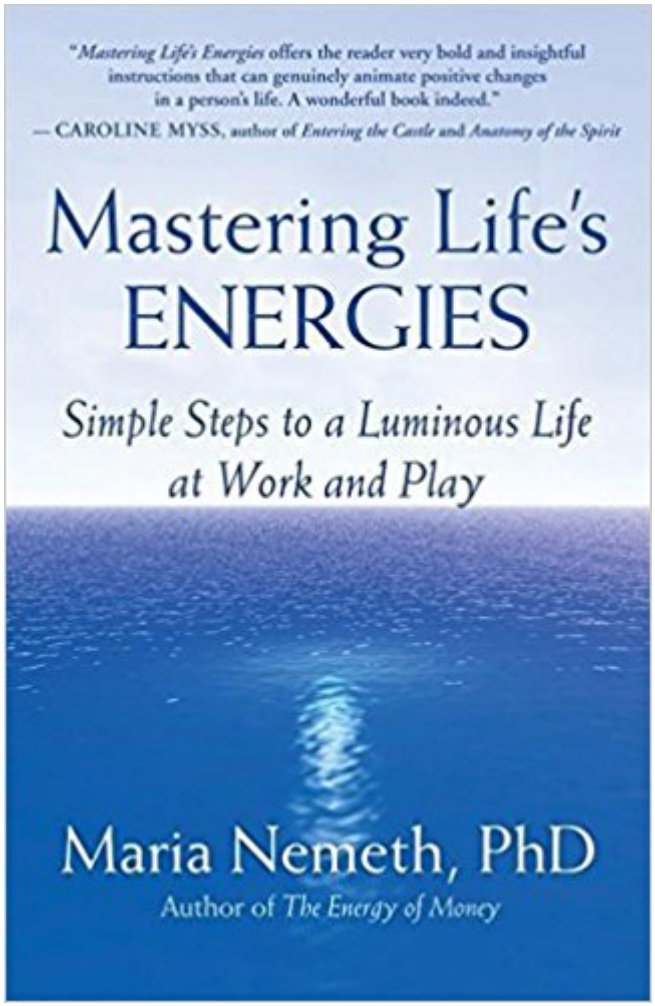
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Mastering Life's Energies: Simple Steps To A Luminous Life At Work And Play



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Synopsis

Everyone has had luminous moments in their lives. It’s the "a-ha" moment when one experiences the beauty and grace of life, whether it be when looking into the eyes of a newborn child or watching the sun set over the ocean. But those moments are usually too brief. Too often, people walk around in a fog, feeling vaguely frustrated, resigned, and cynical and asking all the wrong questions about how to make life better.Ã Â They miss the purpose for being alive: to wake up and become oneself, to allow others to contribute to them and to, in turn, contribute their gifts to the world. This book gives readers specific methods for allowing luminosity into their lives on a consistent basis, allowing them to view the world with much younger, more vibrant eyes.

Book Information

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Customer Reviews

"Mastering Life’s Energies offers the reader very bold and insightful instructions that can genuinely animate positive changes in a person’s life. A wonderful book indeed." -- Caroline Myss, author of Entering the Castle and Anatomy of the Spirit "Marrying innovative strategies to pungent prose and hard-earned wisdom, this remarkable book provides a metaphysical kick in the pants. Both ironic and ecstatic, it gives us new skills we never thought to have and potent ways to release old habits so that we may truly live the luminous life we were always meant to have. Maria Nemeth has given us an evolutionary primer to new ways of being." -- Jean Houston, PhD, author of A Mythic Life and A Passion for the Possible "If you are willing to live a more luminous life, say yes to this book. Maria Nemeth provides practical ways to make a difference in your life right now." -- Brenda Anderson, author of Playing the Quantum Field "No fluff here. Just practical, sound advice to help you

experience a greater sense of grace and ease in everyday life. It’s like an ice cream sundae with a cherry on top: smooth and that much sweeter." -- Jean Slatter, author of Hiring the Heavens "For many years Maria Nemeth has been a beacon of clarity and wisdom in the area of manifestation. Her new book, Mastering Life’s Energies, is a compassionate, wise and graceful addition to the remarkable body of work she has given us. If you seek inspiration for making your dreams a living reality, you will find a treasure-trove of insight and guidance in this book." --Gay Hendricks, Ph.D. Author of Conscious Living and (with Dr. Kathlyn Hendricks) Conscious Loving and Spirit-Centered Relationships "Maria Nemeth has written another life altering book. Mastering Life’s Energies helps us explore our own consciousness and willingness to live a life that works. Maria’s writing is as practical as it is artful, as wise as it is informative, and allows one to truly see where they are and where they want to go. I highly recommend this book and all of Maria’s work. She is a beacon of light at a time when confusion and indecision stop most of us from being everything we know we can be. Bravo to Maria for cutting down the tall grass and clearing the path for all of us." -- Lynne Twist, author of The Soul of Money

It takes some concentration to follow the theories taught in this book. But the outcome is one of hopeful joy if you follow along carefully. It is more than the power of positive thinking, although it does take some positive thinking to put the ideas in action. The importance of taking action is what sets this book apart from others I have read. I will be reading this book over and over while I put its wisdom into practice in my life.

"Empty nesters" or any others finding life in the swing of change may experience the new holds rich opportunities previously unrealized. If "a rut" has you run aground, find practical solutions with the teachings of Maria Nemeth. Works for all ages.Warning: this book works in part by teaching simple but truthful examination of one’s life. Better to light a candle than curse darkness.

Love, love, love Maria’s work. I use her wisdom in my daily life and share it with my client’s often. I didn’t find this a whole lot different than The Energy of Money, so if you haven’t read either, you’ll love this.

I enjoyed this book tremendously. Worth a read. I aspire to greater goals than nature walks or planting a garden so I wish there were more examples of higher stakes goals reached for and achieved as I’m sure the author has many of these examples to share.

This second book from Maria Nemeth is more practical advice rather than rah-rah motivational encouragement. Where Tony Robbins and Brian Tracy and Jim Rohn may motivate and talk about the qiualities one needs to excell in their life, Master Life's Energies speaks to the practical steps you can take. This book outlines a mental process that anyone can apply and get lasting results. It is not psychobabble or analysis. It is more a guide to acknowledge what your 'blocks' are, to expect them and then take action depsite those 'blocks'. The title can be off putting if you are wary of the etherial and "new age-like blather in this field but don't let that throw you off. There's meat here. Read it, take the steps outlined and see lasting results.

There are plenty of books on manifesting and goal setting, but I appreciated this author's take on defining goals. The emphasis on positive and active framing appealed to m linguistic nature. I've read several books in the area and have been disappointed with many as there is only so much that can be said on the same topic. This book provided some fresh takes, so it was worth the read in my opinion.

Great practical steps to transforming into who you want to be. Allows you to see what is getting in the way of living your intentions along with your own integrity.

I interviewed Dr. Nemeth many years ago for an article I was writing about spirituality and money.Now, years later, I've come upon "Mastering Life's Energies." I tend to eschew "self-help" books but this is no self-help book. Well, yes, it can help the self. But I would say it challenges the old, limited self to grow into something much deeper and much more meaningful and yes, luminous. I appreciate especially the comments on ontology -- we name the specifics of our ground-of-being (via our life intentions and standards of integrity) and these become our guiding lamp-posts toward living a life of meaning. (I'd say we need such an Ontological Revolution in these challenging times we live in!) Nemeth integrates metaphors from the new sciences and brain research to support how we may re-conceptualize the meaning of what it means to be fully alive each day. Get the book. Read it!

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