

AWAKENING CONSCIOUSNESS

A WOMAN'S GUIDE!

ROBIN MARVEL

Praise for the *Awakening Consciousness* Series

“*Awakening Consciousness* would be a great addition to the reading listing of any youngster looking to develop a sense of their true beingness. The book encourages and guides the reader through fun exercises designed to get at the heart of spirituality and the practical application of that knowledge in their lives. Change does indeed begin from the bottom up!”

—Daniel Noyes, author of *The Seven Doors*

“*Awakening Consciousness* provides easy, interactive, and fun activities that any child will definitely enjoy and effectively learn a lot from. Marvel’s workbook is a great tool to help our younger generation explore deep within themselves, increase awareness, and encourage spiritual growth.”

—Kam Aures for *Rebeccas Reads*

“Robin Marvel has turned out a fun book that will increase the self-esteem of boys and remind them of their inherent, spiritual nature.”

—Kenneth MacLean
author of *The Vibrational Universe*

“With the *Awakening Consciousness* workbooks, children will have a won-der-ful time exploring their spiritual side. In fact, I believe adults would enjoy it too! We all need to let the inner child in us come out and have fun; Robin’s wonderful workbook is just the playground to do it in.”

—Kelly Wallace, professional psychic counselor, author of
10 Minutes a Day to a Powerful New Life!
www.PsychicReadingsByDrKelly.com

“Robin Marvel has issued the world with what I feel is a very powerful and positive idea. For myself, I was this type of girl and it would have been wonderful to have this resource at my fingertips. Currently, I am a Certified Massage Therapist, Reflexologist and I work often with what is explained in this

book. I utilize essential oils in my daily life for myself and my family. I also try hard to lead a non-judgmental life and teach these values to my young son.

I highly feel this should become a required book for school although I cannot properly assign an age to this as it would be up how much the child understands. However, the information is easily presented so all ages can begin an alternative lifestyle and embrace their true potential and leave behind the pettiness that comes with peer groups.”

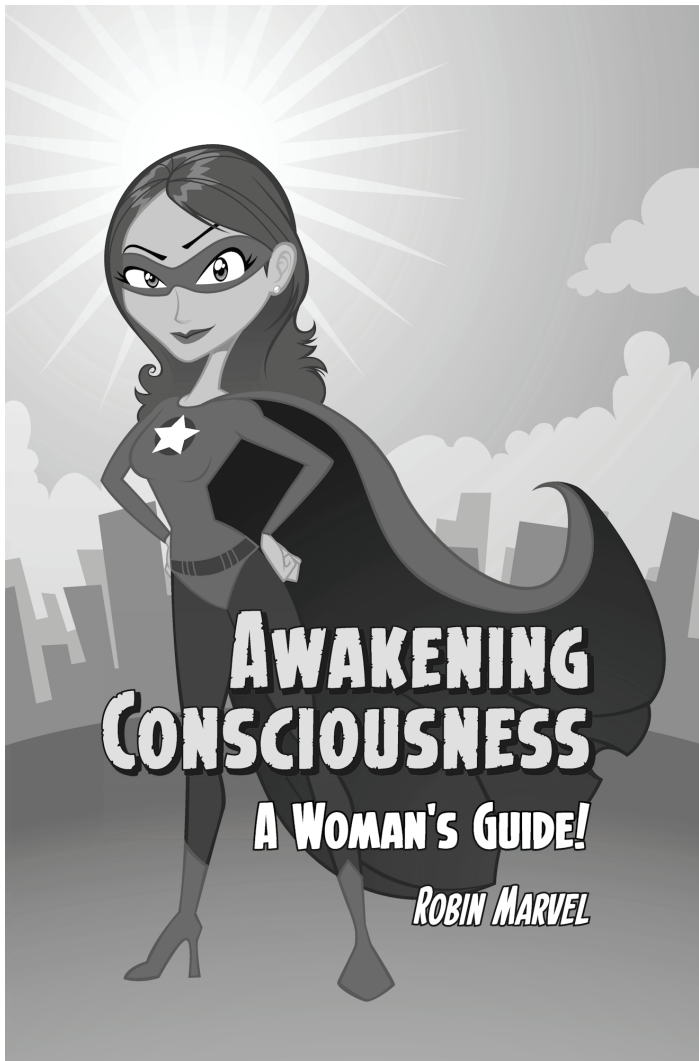
—Ann Hauer, *Book Nook*

“As a kid, I remember being told in no uncertain terms that I needed to curb my imagination. Like any child, I had questions that no one seemed to be able to answer. All I learned was that adults tended to be afraid to even acknowledge things like auras and angels. Unfortunately, over time, I learned that it was better to keep these things to myself.

“When I became a Mom, I began to see things from a different perspective. However, instead of brushing off my children’s questions, I encouraged them to explore the mysteries of life and their own personal power. I think more and more, parents are recognizing how important it is for children to love and understand themselves.

“*Awakening Consciousness* is a workbook meant to help guide children on their path to self-awareness. The topics are quite varied with everything from instructions on how to see auras and do active chakra exercises through fun aromatherapy crafts and reading tarot cards to using affirmations and choosing to use positive energy in daily life. The author also includes plenty of places for children to draw or write about their experiences or record their goals.”

—Tami Brady, author of
The Complete Being: Finding and Loving the Real You



Modern Spirituality Series

Marvelous Spirit Press

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To the all the women who have been standing on the
sidelines of life waiting to be inspired to their full potential.

“One need not travel to distant lands, seek exotic mystical experiences, master esoteric mantras, or cultivate extraordinary states of mind in order to experience a radical change of heart and inner transformation.”

~ Lama Surya Das

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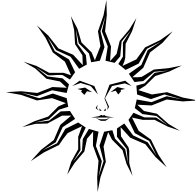
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The Modern Spirituality Series

- *The True Nature of Tarot: Your Path to Personal Empowerment* by Diane Wing
- *Dimensional Ascension: MultiDimensional Living for Light Workers* by Jules Kennedy
- *The Shaman Speaks: How to use the Power of Shamanism to Heal Your Life Now* by Shaman Elder Maggie Wahls
- *Awakening Consciousness: A Woman's Guide!* by Robin Marvel



from Marvelous Spirit Press

A Note to the Empowered Woman

Being empowered means holding and knowing your own power. You are an amazing woman of strength and personal power. Being a woman comes with many demands and responsibilities. The most important of these is the responsibility to honor and respect your *self*. You are a marvelous being changing our world.

This workbook is designed to encourage you to heal your mind, body, and spirit. Taking the time to complete the exercises in this guide will reacquaint you with you, resulting in strengthening yourself from the inside out.

Use the pages of this guide to express yourself and move forward on your path of self-awareness.

With Love and Gratitude
Robin



Where's Your Energy?



I AM Respect

Respect resides deep within self and is a virtue of personal responsibility. Each moment honoring yourself and knowing that you are divine perfection raises your self-respect. Choosing to carry yourself with respect demands a level of respect from all others in your life.

Respect your self by following your ambitions, living your passions and honoring your individuality.

Good Vibrations

Being in tune with your energy will help you to feel complete. Our energy is always vibrating. We each vibrate on a level specific to us. The level of your vibration depends on you. If you are surrounding yourself with a positive environment, expressing kindness and love in your life, then your vibrations will be high. If you choose to live in a toxic energy environment, filled with negative thoughts and emotions, your vibration will be low.

An example of experiencing these different vibrational levels is when you visit certain people or areas and can feel the heaviness or lightness of the energy.

Feel Your Energy! (Exercise)

A great exercise that gives you the opportunity to experience your energy field is “Feel Your Energy”

Start by rubbing the palms of your hands together in a circle. Rub them together for about 45 seconds. Hold them about 6 inches apart. The friction you are experiencing between your palms is your energy field.

“If we change our heads about who we are—and can see ourselves as creative, external beings creating physical experience, joined at the level of existence we call consciousness—then we start to see and create this world that we live in quite differently.”

~Ed Mitchell

ARE YOU READY TO AWAKEN THE POWER WITHIN?

Be a woman of strength. Know you are an amazing, all creating individual. This guide will strengthen and encourage you to discover your inner core and create an empowered zest for life.

The exercises and crafts in this hands-on guide have been designed to Awaken your Consciousness on your path of self-awareness.

You are on your way to ultimate love, tranquility and strength for your mind, body and soul.

Grab your power, expand your awareness and never look back. Honor yourself by being true to who you are and sharing all that you are with the world.

Readers of this book will learn how to...

- ♥ ChakraCize Your Spirit
- ♥ Build Your Self Confidence
- ♥ Raise Your Vibrational Frequency with Ease
- ♥ Do Meditations to Create Your Life
- ♥ Discover Your Wisdom Within
- ♥ Care for Your Aura
- ♥ Unlock Your Dreams

"Awakening Consciousness encourages and guides the reader through fun exercises designed to get at the heart of spirituality and the practical application of that knowledge in their lives. Change does indeed begin from the bottom up!"

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Learn more at www.MarvelousEmpowerment.com

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