



# **A Guide to Shifting Your Consciousness: How We Heal and Transform Ourselves and Our World**

*Eileen Templin*

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## **A Guide to Shifting Your Consciousness: How We Heal and Transform Ourselves and Our World**

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A Guide to Shifting Your Consciousness is a book about the transformation of consciousness and how it facilitates the healing of mind, body, and spirit. In this book Eileen Templin, LCSW, shares what she's learned and experienced in over 25 years of professional work as a social worker and psychotherapist and her personal journey of healing and transformation. She distills the wisdom, process, and practices that form the core essentials of transformation in order to clarify, simplify and support others in their own healing and evolving process. This work of personal transformation is presented in the context of the global shift in consciousness that is occurring. The book explores a process that addresses the mind, emotions, body and spirit to promote the healing of limiting beliefs, disturbing emotions, bodily constrictions and energetic blocks and imbalances, all of which contribute to the root cause of mental and emotional "dis-ease", and ultimately, physical disease. It's about moving toward optimal health and well-being, and toward being spiritually aligned, creatively enlivened, and heart-centered. Each chapter addresses a shift in consciousness that is an integral part of healing and transformation and offers practices, tools and techniques that support the achievement of the shift. The process and practices described in this book are drawn from the ancient wisdom and practices of the yogic tradition, the insights and tools of transpersonal psychology, and the new science coming out of the fields of consciousness research, epigenetics, neuroscience, neurocardiology, and energy psychology.

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