



***Active Consciousness:
Awakening the Power Within***

by **Amy L. Lansky, PhD**

Foreword by Gary Sherman, MSW, MFT

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Active Consciousness: Awakening the Power Within is the second book by best-selling author Amy Lansky, PhD (*Impossible Cure: The Promise of Homeopathy* – www.impossiblecure.com). Unique in its breadth and accessibility, *Active Consciousness* will appeal to educated readers who wish to learn more about spirituality, consciousness, and meditation and who would like to develop the power of *active consciousness*—the ability to tap into the inner Self and guide the trajectory of the world in which they live. The book includes: a discussion of scientific studies of psychic phenomena; a model of how these phenomena might be operating (based on an easy-to-understand model based on higher dimensions in space); a review of esoteric systems of thought, including the teachings of Gurdjieff, Steiner, and Kabbalah; an explanation how alternative energy-based therapies (like homeopathy) might work; and an introduction to personal self-exploration and development, including meditative exercises and active consciousness experiments.