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[(Inner Knowing: Consciousness, Creativity, Insight and Intuition)] [Author: Helen Palmer] published on (January, 2000)

Helen Palmer

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Inner Knowing illustrates that the human mind possesses the capability to consistently function at significantly high levels of perception, creativeness, and intuitiveness. Indeed, everyone has at one time in his life experienced a sense of mindful clarity that led to a Eureka! moment. In this latest addition to Tarcher's successful New Consciousness Reader series, Helen Palmer, author of The Enneagram, has compiled a collection of writings that explore such abilities and illustrate how they can be developed. Essays on exercising the mind, understanding synchronicity, experiencing "flow, " establishing communication between the conscious and subconscious, utilizing the active imagination, listening to the body's feedback, and witnessing psychic displays of walking on fire, clairvoyance, and similar phenomena make up this enlightening, thought-provoking, and fascinating anthology. Contributors include: Bruno Bettelheim, Jean Shinoda Bolen, Sylvia Boorstein, Pema Chodron, Mihaly Csikszentmihalyi, Betty Edwards, Erich Fromm, Daniel Goleman, Aldous Huxley, Carl Jung, Jack Kornfield, J. Krishnamurti, Philip Novak, Charles Tart, Montague Ullman, Frances Vaughan, Mark Waldman, and Roger Walsh. A sophisticated book representing the essence of the NCR series, Inner Knowing offers readers confidence in themselves as they reawaken subtle senses while learning to trust and utilize new ways of perceiving, knowing, and living.

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