

Essentials of Mastery

Essentials of Mastery
by Joseph Costa, Ph. D.

An audio course to consciousness raising and spirituality
Six 90 minute seminar tapes

TAPE 1: Mastery of 21st Century Thinking "Where your thinking is there is your power." · Soul, mind & brain · what is thinking · the universe of thought · / mass thought · thinking systems · chakras as thought attractors · / life force · human powers · power of the word · / birth · beliefs · consciousness raising · channeling

TAPE 2: Mastery of Relating "Every relationship serves a purpose - knowing the self." · The masters · male/female game · soul's need for balance · · soul mates · soul lessons · chakras · true bonding · past life influences · law of attraction · guidance · changing behavior

TAPE 3: Mastery of Dream Work "The brain is the veil that needs to be lifted." · Asking for a dream · brain dreams · mind dreams · / recording dream · lucid dreams · symbols · the ego · other states of consciousness · night mares · money · lessons

TAPE 4: Mastery of Soul Lessons "The hardest thing for man to grasp is his own greatness." · karma · lessons · balancing powers · what the soul wants · · why we get sick · yin & yang energies · spirit · thought · · mind · brain · dreams · guides

TAPE 5: Mastery of Business/Material Success "One who is constantly reaching out for that which he sees himself to not have is constantly in lack." · The principle of money · attracting what you want · / the power of the word · the 7-year plan · /spirituality and prosperity ·

TAPE 6: Mastery of Mind/Body Regeneration "The brain must be conditioned to accept what it cannot understand; this is how miracles are made." · Miracles · mass thought influences on health · · soul lessons · cellular memory · the soul, the mind & the brain · / interfering thought · dreams ·

The ESSENTIALS OF MASTERY tapes provide an overview of Dr. Costa's teachings. Each tape introduces you to an essential area of human and spiritual growth. They are designed to stimulate your thinking by offering exciting new approaches to improving every area of your life. Listening to the tapes repeatedly while mentally applying the principles to your own circumstances can bring powerful insights and stimulus for change and a better life.

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