



Spirals of Consciousness: Cracking the Cosmic Code of Depression (Paperback)

By Mary Ballard

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Following her own out-of-body experience, the author found that all feelings of depression and a history of sleepless nights had been left behind. Her book, Spirals of Consciousness: Cracking the Cosmic Code of Depression, won New Zealand's Ashton Wylie Charitable Trust Unpublished Manuscript Award in 2011. This is a hypothetical exploration of our connections with the universe, with a focus on positive attitude and spiritual development -- not a book about religion. It is a MUST READ for those involved in the mental health field, and for those who suffer from depression or know someone who does. Depressed people talk about being in a bad space, a black hole, or spinning out. Ballard touches on the new awareness of quantum theory and our connectedness with all things. Because we are an integral part of the universe, the more we can learn about it, the more we come to know ourselves.

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