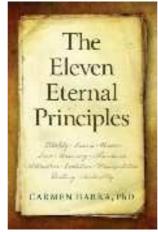
Publication Date: November 2009 Publicity Contact: Debra Matsumoto <u>Debra.matsumoto@tenspeed.com</u> 510.559.1600, ext. 3039



## The Eleven Eternal Principles Accessing the Divine Within By Carmen Hara, PhD

"Dr. Carmen Harra has penned a special book that illuminates the spiritual life. If we find meaning in the challenges that confront us, we can break through to a life of growth, mission, and ongoing miracles."

- James Redfield, author of *The Celestine Prophecy* 

It is no coincidence that Crossing Press is releasing *The Eleven Eternal Principles* in the eleventh month of the year. Accessible and comforting, it is the only book to describe all 11 divine laws that govern the universe while empowering readers with practical principles to live by daily. See reverse side for a complete list.

While there are many divine laws, this book focuses on the eleven that are most helpful for changing our lives and our world for the better. While the Mayan and Hopi calendars, Nostradamus's predictions, and the prophecies all suggest we are at a significant precipice, poised for great astrological changes in the cosmos, the author believes that this major shift in the human experience need not be a destructive one. We hold the key to changing our destiny as long as we awaken to the signs. Written accessibly, this book provides simple applications for daily life. It is for all spiritual seekers looking for grounded principles to live by. Dr. Carmen Harra is a clinical psychologist and metaphysical intuitive. Her background includes traditional forms of psychology, such as cognitive therapy, as well as hypnotherapy, numerology, astrology, chromo-therapy, and sound therapy. She is a sought-after psychic who has offered her guidance to everyone from Hollywood celebrities to eminent politicians, and she is an experienced guest who has appeared on national television. She divides her time between New York and Miami , Florida , and she is available for interviews. For additional information, please visit her website: <u>www.carmenharra.com</u>.

> \$16.95 paperback 272 pages 6 x 9 978-1-58091-197-9 Published by Crossing Press, an imprint of Ten Speed Press. <u>www.tenspeed.com</u>

A division of the Crown Publishing Group.

## The Eleven Eternal Principles of the Divine Realm.

In numerology, eleven is a master number. Ten is the number of completion while one is the number of beginnings, so eleven represents the time of change, when something is dying and something else is being born. It is the number of rebirth and spiritual enlightenment, marking the connection between endings and beginnings.

The First Eternal Principle: The Law of Totality. All people and all creatures are one, united with the Divine.

The Second Eternal Principle: The Law of Karma. What you do and what happens to you is the result of your soul's choice to come to earth and learn the lessons it needs to learn.

The Third Eternal Principle: The Law of Wisdom. Wisdom is knowing what you can and cannot change, accepting those limitations in this reality; and choosing to use your suffering as a tool for learning about yourself and growing spiritually.

The Fourth Eternal Principle: The Law of Love. Pure, unconditional love heals our karma and our hatred and reminds us of our divine nature. The Fifth Eternal Principle: The Law of Harmony. There is divine order in the universe, and we are meant to be in harmony with everyone and everything.

The Sixth Eternal Principle: The Law of Abundance. Abundance is the energy state that manifests material wealth and other, more important forms of wealth.

The Seventh Eternal Principle: The Law of Attraction. The Universe works with us to bring us what we desire.

The Eighth Principle: The Law of Evolution. God intends for us to continually evolve to a higher state of consciousness.

The Ninth Eternal Principle: The Law of Manifestation. The power to manifest what we desire is our birthright, and we are constantly co-creating reality with the help of the Divine.

The Tenth Eternal Principle: The Law of Destiny. We are flawed creatures, driven to unite ourselves with God and end our suffering, and choose to take human form in order to purify our souls, rid ourselves of karma, and reunite with God for all eternity.

The Eleventh Eternal Principle: The Law of Nonlocality. We can defy the laws of time and space, and participate in the co-creation of the seemingly impossible.