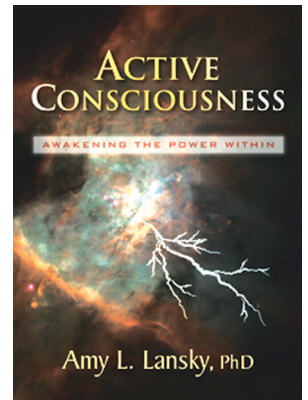


Praise for  
*Active Consciousness: Awakening the Power Within*  
by Amy L. Lansky, PhD



“Amy Lansky's new book is an inspiring and far-ranging investigation of contemporary consciousness research. In her program to spare us from the madness around us, she draws on Rudolf Steiner, Gurdjieff, Rupert Sheldrake, Dean Radin, and many others. She is also encouraging us to explore the transformation of our consciousness as a way to increase our peace of mind, happiness, and what the Buddhists call liberation from the wheel of suffering. Who would not want that?”

—**Russell Targ**

Author: *Limitless Mind: A Guide to Remote Viewing and Transformation of Consciousness*

“This is a delightful book. Well written and intensely packed with interesting information. It made my head spin—in a good way!”

—**Dean Radin, PhD**

Senior Scientist, Institute of Noetic Sciences, Author: *The Conscious Universe* and *Entangled Minds*

“Amy Lansky leads us on an inspiring and thought-provoking romp through a panoply of portals to our higher dimensional selves. She's an entertaining travel guide to the minds of great scientists, mystics, and philosophers as she argues convincingly that we really can bring the improbable futures we want for ourselves into reality. Let her alter your consciousness and take you higher!”

—**Jane Katra, PhD**

Author: *The Heart of the Mind* and *Miracles of Mind*

“In her new book, *Active Consciousness: Awakening the Power Within*, Amy Lansky demonstrates that there is much more going on below the surface of what we call reality than we are currently aware of. She does not, however, limit herself to the outer world of western scientific discoveries. Citing millennia of Eastern esoteric sciences and the teachings of mystics, both ancient and modern, Amy creates a coherent and expansive map of the terrain for the reader to explore. She proposes that we can—and indeed, must—develop our own powers to perceive the forces that underlie the universe and then use those powers to consciously create a much better world. To that end, Amy provides exercises and tools for the readers to use in order to facilitate the process of transformation in their own lives. Though the topic is vast, Amy has created a work that is accessible and engaging. Using examples from her own life and experiences, she offers a narrative that deftly guides the reader through the worlds of unexplained phenomena, alternative medicine and meditative practice. Grounded both in science and mystic tradition, her book is an inspiring invitation to explore the portals to higher consciousness for yourself.”

—**Judy Kitt**

Director, Foundation for Mind-Being Research

“We live in a time where the fate of the earth itself seems to hang in the balance, and people struggle with widespread feelings of powerlessness. In the past I've wondered, are the many popular books on shaping reality just wish-fulfillment? Amy Lansky has written the most well-grounded, reality-based book on the subject that anyone could ask for, in a style that is a pleasure to read. She makes scientific and philosophical concepts enjoyable and easy for anyone to understand. With a clear, visionary yet scientific approach, she ties together: current theories in physics and mathematics on extra spatial dimensions and the nature of the universe; an overview of high-quality studies of paranormal phenomena; and an overview of common understanding about the nature of reality in various ancient wisdom traditions... For me it was a delight to have such weighty subjects explained so clearly, with plenty of helpful analogies.

Ms. Lansky then discusses how, when we rise above the chatter of our daily existence, we can learn to enter a state of deep, active consciousness, in which we are in fact able to shape reality through the loving intentions of our highest selves. And the icing on this wonderful cake: she lays out a program of simple but extremely well-focused meditation exercises through which any reader can train themselves to connect more fully with their higher consciousness, and truly change their own life and help to influence the world around them. I am behind this book 100%. I believe these methods can be used as a tool to help bring about the evolution that

many in our world are currently striving for. I'm about to leave home on a 2-month study trip, and I plan to take the exercises with me. Since reading this book and beginning the practices I have already noticed an increase in synchronicities in my life, and an greater sense of being assisted in the life goals on which I'm focusing.

— Amazon Reviewer



### About the Author: Amy L. Lansky, PhD

Even as a child growing up outside Buffalo, New York, Amy Lansky sensed that the world was a bit more mysterious than it appeared on the surface. After many years working as a computer scientist, she now pursues her life passion—to uncover deeper truths hidden behind the veil of our consensual reality.

Lansky's first book, *Impossible Cure: The Promise of Homeopathy*, explored an unconventional form of healing—homeopathy. It quickly became one of the best-selling introductory books on homeopathic medicine and is now used as a patient education book and textbook all over the world. In this, her second book, Lansky explores the mysterious realm of human consciousness. *Active Consciousness: Awakening the Power Within* draws on her interest in paranormal phenomena, her expertise in alternative medicine, her meditation studies, and even her research experience in artificial intelligence.

Lansky graduated from the University of Rochester in 1977 with degrees in mathematics and computer science, and she received her doctorate in computer science from Stanford University in 1983. She did research work at several Silicon Valley institutions, including SRI International and NASA Ames Research Center, until she left the field in 1998 to pursue her interest in homeopathic medicine. This unusual move was prompted by the miraculous cure of her son's autism with homeopathy. Since 2005, Lansky has been a student of Gary Sherman and Ellen Miller, the creators of a system of self-development and inquiry called *perceptual integration*. Amy Lansky is widely regarded as an expert writer and speaker on homeopathy. She has been featured at several conferences, her articles have appeared in leading magazines and online forums, and she hosted a radio show on homeopathic treatment of autism on Autism One Radio from 2006–2009. Lansky also served on the board of the National Center for Homeopathy from 2004–2011.

R.L.Ranch



Press

[www.activeconsciousness.com](http://www.activeconsciousness.com)