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# I Came From Heaven: A Spiritual Memoir

*Carrie Tanner*

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# I Came From Heaven: A Spiritual Memoir

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**I Came From Heaven: A Spiritual Memoir** Carrie Tanner
Unlike many “life after life” memoirs, Carrie Tanner’s memories of heaven come from before she was born. She explores her childhood mystical experiences and influences including nature spirits. In adulthood she encounters Quakerism, Eastern religions, Quantum physics, New Age thinking, the Bible and more. She travels to Kenya and India. She meets the Dalai Lama and studies with the Wycliff Bible Translators. She becomes Librarian for cutting edge information on Energy Medicine, Holistic Health, Spiritual Healing and Consciousness. She experiences her own miracle healing and that of her husband. These memoirs are chock full of stories and information on all sorts of teachings that the earnest seeker comes across: Feng Shui, chi gong, the healing arts, etc. Carrie describes her struggles as her life descends into chaos. She finds spiritual and psychological tools to restore the kingdom of heaven that she remembers. She describes techniques for self-counseling, prayer healing and balancing electromagnetic energy fields in the body and the environment. She discusses group consciousness, the afterlife and how to handle negativity. Many miracle stories remind us that we have spiritual assistance when we walk through the peaks and valleys of life. This memoir is not just a personal history, it is a review of spiritual highlights in our culture: the Peace Corps, Alcoholics Anonymous, The Fetzer Institute, Institute of Noetic Sciences, The Movement of Spiritual Inner Awareness, University of Santa Monica, Insight Seminars, John-Roger, Eckhart Tolle, Deepak Chopra, Andrew Wommack, and so much more. A detailed bibliography lists useful texts, audio, video and website resources.

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