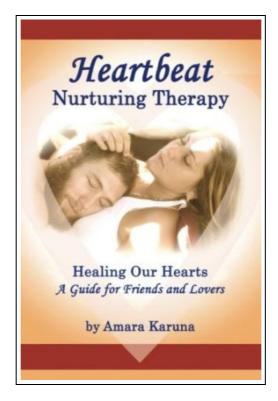
Heartbeat Nurturing Therapy: Healing Our Hearts- A Guide for Friends and Lovers



Filesize: 1.13 MB

Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.

(Miss Vernie Schimmel)

HEARTBEAT NURTURING THERAPY: HEALING OUR HEARTS- A GUIDE FOR FRIENDS AND LOVERS



Karuna Publishing, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Heartbeat Nurturing Therapy addresses the pain that many of us experienced as infants in our birth process, and also the lack of skin contact and breastfeeding from our mothers after birth. Our birth is the primal imprint, the initiation moment on which we base our beliefs about life. Unsatisfied needs for oral stimulation and closeness can lead to overeating, smoking, relationship problems and other addictions later in life. In this form of therapy we can offer new imprints of love and nurturing directly back to those younger parts of ourselves. This frees us to create more mature and satisfying intimate contacts with others. Within a spiritual and intentional context, we act as healing channels to help release this pain and create new healthy imprints in the psyche. A version of inner child therapy, this process works with accessing the infant self and memories still stored in our deep subconscious and cellular memory. By using ritual, hypnotic induction, massage, touch, sound and spoken words, we open a direct channel back to that time and those experiences around birth. We seek to fill some of the unmet needs of that time, and create new and healthier imprints and neural pathways. This book outlines a simple and deeply therapeutic practice that can be done with friends or lovers, or as a solo practice by yourself. It is a way of loving yourself and others deeply; reaching into areas of the most basic infantile needs and giving nurturing. It explores the need for healing and the negative effects of common western birth procedures. For those who are new to therapy or counseling, the basics of how to do emotional release work,...



Read Heartbeat Nurturing Therapy: Healing Our Hearts- A Guide for Friends and Lovers Online Download PDF Heartbeat Nurturing Therapy: Healing Our Hearts- A Guide for Friends and Lovers

You May Also Like



From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

Read ePub

»



Chicken Licken - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

Read ePub

»



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

Read ePub

»



Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Fifteen short stories about foxes are selected from several books of fairy tales...

Read ePub

..



The Village Watch-Tower (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

Read ePub

»