

1. Record Nr.	UNINA9910163916303321
Autore	Swan Teal <1984->
Titolo	The completion process : the practice of putting yourself back together again / / Teal Swan
Pubbl/distr/stampa	Carlsbad, California : , : Hay House, Inc., , 2016 ©2016
ISBN	1-4019-5145-7
Descrizione fisica	1 online resource (126 pages)
Classificazione	OCC000000SEL000000
Disciplina	158.1
Soggetti	Self-confidence Clairvoyance Mind and body
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"Teal Swan's previous book, <i>Shadows Before Dawn</i> , told the incredible story of how she survived 13 years of horrific physical, mental, and sexual abuse at the hands of a cult member in her community. After her escape at age 19, she forged a path back from the edge of despair and began the long process of making herself whole. Now, <i>The Completion Process</i> takes readers along on her restorative journey of healing and liberation. For anyone who has been fractured by trauma--and according to Teal, in one way or another, we all have--here is a way to put ourselves back together again, no longer inhibited by the past or terrified of the future. Drawing on her wide range of extrasensory abilities--including clairvoyance, clairsentience, and clairaudience--and incorporating key aspects of inner child and shadow work, Teal offers a revolutionary 20-step process for healing any past hurt or present problem. The steps include: Creation of a Safe Haven--setting up a mental place where it's safe to re-enter a painful memory. Validation--giving the painful emotion the message that we see it as valid. Seeking Origin--asking, "When was the first time I felt this feeling?" to connect to the root of it. Awaiting Relief--inside the memory, letting the feeling naturally shift in the direction of relief.

Purification and Healing--a ritual for closing the memory of trauma and beginning a "new life." "The Completion Process is not only a healing process," Teal writes. "It's also an enlightenment process." It will leave readers with a sense of their value in the world and the assurance that life can be good again"--

2. Record Nr.	UNISALENT0991003115179707536
Autore	Pèlerin, Jean, sac. <1445-1524>
Titolo	De artifi[cia]li p[er]spec[ti]va. Viator
Pubbl/distr/stampa	(Impressum Tulli : solerti opera Petri Iacobi, 1521)
Edizione	[3. ed.]
Descrizione fisica	[59] p. : ill.; 2° (33 cm).
Lingua di pubblicazione	Latino
Formato	Microfilm
Livello bibliografico	Monografia
Note generali	Viator è pseud.. di J. Pèlerin. Incisioni xilografiche. Riproduzione in microfiche dell'originale conservato presso la Biblioteca Apostolica Vaticana