

1.	Record Nr.	UNISALENTO991003913949707536
	Autore	Meimaris, Yiannis E.
	Titolo	Sacred names, saints, martyrs and church officials in the Greek inscriptions and papyri pertaining to the Christian church of Palestine / Yiannis E. Meimaris
	Pubbl/distr/stampa	Athens, Greece : Research Centre for Greek and Roman Antiquity, National Hellenic Research Foundation Paris : Diffusion De Boccard, 1986
	Descrizione fisica	xviii, 292 p. : map ; 25 cm
	Collana	Meletmata ; 2
	Soggetti	Chiesa - Palestina - Fonti epigrafiche greche
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	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

"Teal Swan's previous book, *Shadows Before Dawn*, 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, *The Completion Process* 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 clairsentience--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"--
