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# Bookmark File PDF When The Past Is Present Healing The Emotional Wounds That Sabotage Our Relationships

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### WHEN THE PAST IS PRESENT

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#### HEALING THE EMOTIONAL WOUNDS THAT SABOTAGE OUR RELATIONSHIPS

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Shambhala Publications In this book, psychotherapist David Richo explores how we replay the past in our present-day relationships—and how we can free ourselves from this destructive pattern. We all have a tendency to transfer potent feelings, needs, expectations, and beliefs from childhood or from former relationships onto the people in our daily lives, whether they are our intimate partners, friends, or acquaintances. When the Past Is Present helps us to become more aware of the ways we slip into the past so that we can identify our emotional baggage and take steps to unpack it and put it where it belongs. Drawing on decades of experience as a psychotherapist, Richo helps readers to: • Understand how the wounds of childhood become exposed in adult relationships—and why this is a gift • Identify and heal the emotional wounds we carry over from the past so that they won't sabotage present-day relationships • Recognize how strong attractions and aversions to people in the present can be signals of own own unfinished business • Use mindfulness to stay in the present moment and cultivate authentic intimacy

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#### HEALING THE PRESENT FROM THE PAST

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#### THE PERSONAL JOURNEY OF A PAST LIFE RESEARCHER

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BalboaPress "It is important to document the validity of past life regression therapy. Heather Rivera's research has made an important contribution to this field, and I applaud her work."-Brian L. Weiss, M.D., author of Many Lives, Many Masters "Dr. Heather Rivera has written a much needed book for those interested in past life therapy or those practicing it. Her fine book is based on quantified research, rather than strictly case studies. . .The reader will benefit in many ways, perhaps life-changing ways, from this excellent book." ? Edith Fiore, Ph.D. (Retired Psychologist) Author of You Have Been Here Before "Dr. Heather Friedman Rivera is one of the most remarkable torch-bearers of our times, bringing light into the dark recesses of our over-soul to which we are all connected into the universal oneness, through her scholarly quantifying research on reincarnation and past-life regression. She makes skeptics see and hear, and places the scientific dots on reincarnation and past life regression in such a convincing, personal and touching way." ? Adrian Finkelstein, MD, Former UCLA Psychiatry Professor Researcher/ Author Dr. Heather Friedman Rivera's abrupt healing following a past life regression began a quest of personal discovery and scientific investigation into past lives. Her experience, as well as reports from over 200 respondents from around the world, validate the spiritual, psychological, and physical healings that can result. She reveals her personal journey and the scientific findings from her past life study. Her research is now: ♣ quantifying the type and degree of healing effects from past life experiences ♣ uncovering the factors that drive and influence these effects ♣ opening the door for more research in this important healing modality ♣ helping bridge gaps between Western medicine and complementary care

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#### WHEN THE PAST IS ALWAYS PRESENT

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#### EMOTIONAL TRAUMATIZATION, CAUSES, AND CURES

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Routledge When the Past Is Always Present: Emotional Traumatization, Causes, and Cures introduces several new ideas about trauma and trauma treatment. The first of these is that another way to treat disorders arising from the mind/brain may be to use the senses. This idea, which is at the core of psychosensory therapy, forms what the author considers the "third pillar" of trauma treatment (the first and second pillars being psychotherapy and psychopharmacology). Psychosensory therapy postulates that sensory input—for example, touch—creates extrasensory activity that alters brain function and the way we respond to stimuli. The second idea presented in this book is that traumatization is encoded in the amygdala only under special circumstances. Thus, by understanding what makes an individual resistant to traumatization we can offer a way of preventing it. The third idea is that traumatization occurs because we cannot find a haven during the event. This is the cornerstone of havening, the particular form of psychosensory therapy described in the book. Using evolutionary biological principles and recently published neuroscientific studies, this book outlines in detail how havening touch de-links the emotional experience from a trauma, essentially making it just an ordinary memory. Once done, the event no longer causes distress.

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#### HEALING YOUR PAST, RELEASING YOUR FUTURE

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#### DISCOVER THE ROOTS OF YOUR PROBLEMS, EXPERIENCE HEALING AND BREAKTHROUGH TO YOUR GOD-GIVEN DESTINY

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Gospel Light Publications God has a plan and a purpose for every person's life—a divine destiny. Yet many people are stuck, arrested in their spiritual development because of problems in their emotional development. In Healing Your Past . . . Releasing Your Future, readers will explore the developmental process that forms the human personality and discover the impact, both positive and negative, of trauma at each stage of development. They'll connect the dots between their childhood hurts and their adult "stuckness" and be gently guided toward total healing and restoration in Christ. Based on sound doctrine and solid research, this book will offer healing to any reader with a wounded past, freeing them to move into the future God has planned all along.

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#### THE HEALING TIMELINE: GOD'S SHALOM FOR THE PAST, PRESENT AND FUTURE

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Talking about a problem in counseling does not always solve it. THE HEALING TIMELINE, unlike any method before it, proves to the brain that trauma and emotional distress are over. It is an accelerated path to emotional healing. With warmth and clarity, Catherine Thorpe, MA, describes THE HEALING TIMELINE through case examples and specific directions for pastors, counselors and anyone involved in the emotional healing of others. By using systematic repetitions of a timeline, comprised of real memories from a clients life, the distress associated with a memory can be resolved. The lasting outcomes from this method enable clients to think, feel and live differently in significantly less time than talk therapy alone. It is highly effective with children and adults for trauma, sexual abuse and relationship issues. THE HEALING TIMELINE is a simple, yet profound, new contribution to counseling.

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#### GETTING PAST YOUR PAST

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#### TAKE CONTROL OF YOUR LIFE WITH SELF-HELP TECHNIQUES FROM EMDR THERAPY

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Rodale A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

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#### PAST LIVES, PRESENT STORIES

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#### HEALING & WISDOM THROUGH PAST LIFE EXPLORATION

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Llewellyn Worldwide Discover how flashes from past lives can appear as signs and synchronicities, childhood impressions, dreams and memories, even spontaneous shifts in consciousness or time. Providing time-tested exercises, Past Lives, Present Stories shows how to explore your past lives and use the lessons you've learned to flourish in your present incarnation. Join author Judith Marshall as she takes you through the full range of techniques for exploring your past lives and piecing together information to help you on your path. Providing examples of her own glimpses into her past lives, Judith illustrates how illuminating and healing past-life discovery can be.

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#### HEALING THE HURTS OF YOUR PAST

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## A GUIDE TO OVERCOMING THE PAIN OF SHAME

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Cross Point Publishing Do you find that you are your own worst enemy? Are you your biggest critic? Do others believe in you, but you find yourself filled with doubt? Why is that? You are not alone in this. Many of us do the same thing. Why do we so often sabotage the success we long for? The answer, in a word, is shame. Shame plays a vital role in our lives and is often overlooked. Shame can come from many things such as addiction and the hurts of our past. How we deal with those issues can be the difference between healing and rising from the ashes as a more confident and powerful person to being stuck in the same old rut. What do you want to do? Are you reading to start dealing with the pain and find real healing? This book is not a "feel-good" story but a "roll-up your sleeves" down and dirty look at the pain of shame. F. Remy Diederich helps you connect the dots to your self-defeating behavior and then gives you practical how-to advice about how a true understanding of God's love can free you to live the life you've always wanted. If you have been searching for a way to find Christian counseling or addiction treatment or just repairing the damage that has been done by living with the lies and hurts of your past, *Healing the Hurts of Your Past* is a powerful first step to freedom.

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## SOUL JOURNEYING

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Hay House, Inc This fascinating book by best-selling author, psychologist, and medical anthropologist Alberto Villoldo explains the practices for healing outside of ordinary time and space. It shows you how to enter the timeless now to heal events that occurred in the past, and to correct the course of destiny. Dr. Villoldo discusses ways in which you can heal yourself and your loved ones by employing intention through practices used by shamans of the Americas—which, until now, have been inaccessible to most of the world. The shamans of old called this journeying. In this book, you'll discover that you have a four-chambered heart in the same way you have a four-chambered soul. In the first chamber, you store away the memory of a wound that derailed your destiny. In the second, you keep the limiting beliefs and soul contracts that you entered into at the time of your loss. In the third, you recover the grace and trust that will make you whole again; and in the fourth, you remember the calling and mission that you choose to unfold in this lifetime. "While everyone has a future," Villoldo says, "only certain people have a destiny." This book shows you how to find and manifest yours.

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## HEALING WITH PAST LIFE THERAPY

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### TRANSFORMATIONAL JOURNEYS THROUGH TIME AND SPACE

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Simon and Schuster Providing evidence to the validity of past lives, this self-help guide delves deeply into past life regression and offers a thorough understanding of each step of the process. Through detailed transcripts of actual sessions, ordinary people speak candidly about their experiences with this form of self-discovery. Confirming that she has gone through the same journey to healing, Lorraine Flaherty incorporates stories of her own past lives to illustrate the ways these insights can aid in clearing away mental clutter, help to form better decisions, cause one to become more empowered, and put one's life on the right path. With a compelling and down-to-earth approach, this remarkable discussion illustrates the ways that any reader—from the idly curious to the serious spiritual seeker—can develop a greater understanding of who they are, where they come from, and where they are going.

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## TRIGGERS

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### HOW WE CAN STOP REACTING AND START HEALING

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Shambhala Publications Work with your triggers to find peace in the painful moments and lasting emotional well-being. Psychotherapist David Richo examines the science of triggers and our reactions of fear, anger, and sadness. He helps us understand why our bodies respond before our minds have a chance to make sense of a situation. By looking deeply at the roots of what provokes us—the words, actions, and even sensory elements like smell—we find opportunities to understand the origins of our triggers and train our bodies to remain calm in the face of painful memories. The book offers in-the-moment exercises on how to process difficult emotions and physical manifestations in order to cultivate the inner resources necessary to deal with recurring memories of trauma. When we are triggered, Richo writes, "we are being bullied by our own unfinished business." Explore what your body's knee-jerk reactions can teach you. *Triggers: How We Can Stop Reacting and Start Healing* acts as a guide to your body's powerful responses, helping you to remain calm under pressure and discover the key to emotional healing.

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## BECOMING THE ONE

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### HEAL YOUR PAST, TRANSFORM YOUR RELATIONSHIP PATTERNS AND COME HOME TO YOURSELF

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Random House 'A spectacular guide to the inner world and relationships; it dispels myths, grounds you in transformative truth and reconnects you to your power' Yung Pueblo 'This masterpiece will take you from pain to freedom' Nedra Glover Tawwab Relationships have the ability to infuse our lives with the magic of intimacy and connection. But often we can find ourselves chasing unavailable love, putting other's needs before our own all the while abandoning the one who needs us most - ourselves. From Sheleana Aiyana, spiritual writer and founder of Rising Woman, comes a transformational inner-work journey to heal lifelong relationship patterns and reclaim power over your life. *Becoming the One* is your invitation to make peace with your past, stand in your worth and find your way home to yourself. Relationships have the ability to infuse our lives with the magic of intimacy and connection. But often we can find ourselves chasing unavailable love, putting other's needs before our own all the while abandoning the one who needs us most - ourselves. From Sheleana Aiyana, spiritual writer and founder of Rising Woman, comes a transformational inner-work journey to heal lifelong relationship patterns and reclaim power over your life. *Becoming the One* is your invitation to make peace with your past, stand in your worth and find your way home to yourself.

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## HEALING THE PAST, RELEASING YOUR FUTURE

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### UNDERSTANDING HUMAN DEVELOPMENT AND MISDEVELOPMENT AND THE PATH TO HEALING

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Sovereign World Limited God has a plan and purpose for your life. This work shows that people are stuck - arrested in their spiritual development because of problems relating to their natural development. It also states that in Christ you are destined to maximize your future and become what the Father intended you to be.

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## HEALING YOUR PAST LIVES

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### EXPLORING THE MANY LIVES OF THE SOUL

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Sounds True Could our memories of past-life experiences offer a key to unlocking the mysteries and questions we struggle with today? According to Dr. Roger Woolger, the answer is yes—and anyone can learn to explore these extraordinary memories to retrieve valuable healing insights. With *Healing Your Past Lives*, Woolger gathers together an astonishing two decades of research that he has conducted with hundreds of patients, to offer a clear account of past lives—including many specific techniques to begin investigating them. Readers join Woolger to discover: How past-life memories can help resolve cases of depression, anxiety, and other inexplicable symptoms World teachings and clinical evidence on past lives Six guided past-life practices on CD, and much more

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## YOUR SOUL'S GIFT

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### THE HEALING POWER OF THE LIFE YOU PLANNED BEFORE YOU WERE BORN

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Whispering Winds Press In his groundbreaking first book, *Your Soul's Plan*, Robert Schwartz brought the idea of pre-birth planning into the mainstream. Now, his brilliant sequel *Your Soul's Gift* delves even deeper by exploring the pre-birth planning of spiritual awakening, miscarriage and abortion, caregiving, abusive relationships, sexuality, incest, adoption, poverty, suicide, rape, and mental illness. Working with a team of gifted mediums, Schwartz brings forth great love and wisdom from the other side to explain why such experiences are planned and the deep, soul-level healing they can create. Through the stories in *Your Soul's Gift* you can: -Develop greater self-love as you become aware of the tremendous courage it takes for you to plan a life on Earth and to live the life you planned -Emerge from victim consciousness to know yourself as the powerful creator of your life -Forgive those who have hurt you and create a lasting inner peace -Understand the qualities you came into this lifetime to cultivate and express -See profound purpose in experiences that once appeared to be meaningless suffering -Develop a heartfelt knowing of your infinite worth, beauty, magnificence, and sacredness as an eternal soul.

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## HOW TO BE AN ADULT IN RELATIONSHIPS

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### THE FIVE KEYS TO MINDFUL LOVING

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Shambhala Publications This beloved book has touched hundreds of thousands of lives with its profound and actionable advice. Retaining the core message of becoming more mindful in our relationships, this edition includes new and revised material that addresses how we live and love today. A new preface touches on David Richo's experience with the book over time and outlines the key updates, including attention to online dating and modern communication styles as well as new perspectives on anger and ending relationships. "Most people think of love as a feeling," says Richo, "but love is not so much a feeling as a way of being present." *How to Be an Adult in Relationships* explores five hallmarks of mindful loving and how they play a key role in our relationships. Adult love is based on a mutual commitment to what Richo calls the "five A's": attention, acceptance, appreciation, affection, and allowing. Brimming with practical exercises for couples and singles, *How to Be an Adult in Relationships* offers heartening insights into a lifelong journey of love. Topics include: • Becoming conscious of our relationship patterns and how they relate to childhood • Recognizing and attracting someone who can show adult love • Understanding the phases relationships go through • Creating and maintaining healthy boundaries • Overcoming fears of abandonment and engulfment • Expressing anger and other emotions in adult and loving ways • Surviving break-ups with our self-esteem intact • Understanding love as a spiritual journey

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## THE FOUR PROMISES

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### A JOURNEY FOR HEALING PAST AND PRESENT TRAUMA

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Abingdon Press Faith leaders, learn to manage your own trauma and help others manage theirs with *The Four Promises* by Ron Bell. We—all of us—are experiencing ongoing trauma, pain, and loss. The challenges are compounded for pastors and other faith leaders because they must manage their own trauma and help people in their congregations and communities. People and congregations need help to find healing and wholeness, but so do their leaders. This book addresses the need at both levels. *The Four Promises: Spiritual Healing for Past and Present Trauma* is a deeply compassionate and effective tool for pastors, ministry leaders, chaplains, leaders of faith-oriented organizations—and for the people they serve. It offers a process of reflection and self-discovery based on a sequence of four tactics we can use to manage our own experiences of loss, pain, and trauma. The tactics are helpfully framed as promises we make to ourselves. Downloadable and reproducible teaching tools are available to facilitate group study. The promises and the process are rooted in author Ron Bell's own family history in a church where members' lived experiences were often full of pain. Bell witnessed the very specific method by which members and leaders expressed their pain and then were empowered to manage it. As a trauma-trained scholar, he analyzed the method and developed this process, which is being adopted and taught in denominational and academic settings across the U.S. Experiencing a traumatic event can cause us to instinctively hold our breath. Living in ongoing trauma without resources and tools can teach us to live breathless, toxic, tired, sick, and unhealthy lives. This book helps break that cycle. As we navigate past and present trauma, *The Four Promises* provides concrete and thoughtful steps to help us engage with our trauma, heal, and finally exhale.

### YOU CAN HEAL YOUR LIFE 30TH ANNIVERSARY EDITION

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This New York Times bestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. Louise's key message in this powerful work is— if we are willing to do the mental work, almost anything can be healed. Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking and improve the quality of your life! Packed with powerful information - you'll love this gem of a book! This special edition, released to mark Hay House's 30th anniversary, contains 16 pages of photographs.

### SHADOW DANCE

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Shambhala Publications Our "shadow" is the collection of negative or undesirable traits we keep hidden—the things we don't like about ourselves or are afraid to admit: egotist, non-"PC" proclivities, forbidden sexual desires. But it also includes our positive, untapped potential—qualities we may admire in others but disavow in ourselves. Befriending the shadow makes fear an ally and enables us to live more authentically. It also automatically improves our interpersonal relationships, because we are freed from the need to project our own negativity onto others, and we become more acutely aware when theirs is projected onto us. David Richo looks for where the shadow manifests in personal life, family interaction, religion, relationship, and the world around us. He shows how to use the gentle practice of mindfulness to work with our shadow side, and he provides numerous exercises for going deeper. He is remarkably skillful at making the shadow concept not only easy to understand, but supremely practical for enhancing the quality of our lives.

### KARMIC HEALING

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#### CLEARING PAST LIFE BLOCKS TO PRESENT DAY LOVE, HEALTH, AND HAPPINESS

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Crossing Press Whether it's a challenging childhood, a problematic boss, or a failed relationship, we all have our baggage. Unresolved issues can manifest as pain or illness as well as blocks to personal fulfillment and accomplishment. Often, these issues are karmic carryovers from other lifetimes. It is part of our soul's mission to heal them in order to grow. In *KARMIC HEALING*, hypnotherapist Djuna Wojton outlines a four-step plan for recognizing karmic patterns to heal the body, mind, and spirit and truly live in the present. Drawing on more than twenty years of experience in past-life therapy, she provides detailed strategies for fine-tuning your psychic senses, retrieving past-life baggage, clearing karmic clutter, healing family and romantic relationships, and undertaking a spiritual makeover. Going beyond standard regression therapy, she explains how to resolve past-life issues using a variety of holistic treatments, including visualization, meditation, flower essences, yoga postures, tarot cards, collages, drawing, and more. Djuna also shares inspiring stories from her clients who have overcome addiction, physical pain, nightmares, anxiety, marital problems, and other karmic blocks. Using the techniques of karmic healing, you'll learn to recognize and overcome destructive emotional patterns and self-defeating attitudes to gain clarity, achieve goals, improve relationships, and align with your greater purpose.

### WHEN THE PAST WON'T LET YOU GO

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Harvest House Publishers Release your past to God once and for all with the help of respected Christian counselor H. Norman Wright, who has worked with grief-stricken individuals in the aftermath of 9/11, Hurricane Katrina, and mass shootings.

### A LIFE WORTH BREATHING

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#### A YOGA MASTER'S HANDBOOK OF STRENGTH, GRACE, AND HEALING

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Skyhorse Publishing, Inc. Promises to help readers reach their full potential through yoga, meditation and mindful breathing, in a book that includes exercises, anecdotes and analogies. Original.

### THE CHOICE

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#### EMBRACE THE POSSIBLE

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Simon and Schuster A powerful, moving memoir, and a practical guide to healing, written by Dr. Edie Eger, an eminent psychologist whose own experiences as a Holocaust survivor help her treat patients suffering from traumatic stress disorders.

### PAST LIVES, FUTURE HEALING

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#### A PSYCHIC REVEALS HOW YOU CAN HEAL THE PRESENT THROUGH EXPLORING YOUR PAST LIVES

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Hachette UK Sylvia Browne is a world-renowned psychic and best-selling author. In this book she shows how many of the health and relationship problems we are experiencing in our present lives could be the result of unresolved issues in our past lives. Bizarre phobias, unexplained illnesses, irrational anxieties and the partners we choose can all have their roots in our past lives, and even birthmarks and recurring dreams can be traced back to an earlier existence. Includes powerful stories of people who have positively changed their lives through their understanding of previous lives

### CHARAK GITA (THE BOOK OF MEDICINE AND MYSTICAL HEALING)

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#### IN THE LIGHT OF KRIYA

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Ancient Kriya Yoga Mission This is a scriptural commentary of Lahiri Mahasaya on Charak Gita, also known as Charak Samhita, *The Book of Medicine and Mystical Healing*. Everything is being performed by the influence of Prana, and without Prana nothing exists or manifests. All things are under the control of the desire of Prana and all actions, internal and external, are performed by the desire of Prana. The Iswara, or God, of all beings is Prana. Who is there as Lord of Prana except the Prana itself? So the Lord of Prana is worshiped by the Prana itself. One should do whatever is necessary to expand the Prana. Expanding the Prana is called Pranayama. Pranayama is the conviction of all intelligent people, and it is the substance of all scriptures. In fact, that is nothing except practicing Kevala Kriya. By Kriya practice this physical body gets nourishment. Therefore, one should practice Kriya everyday. Everything is established in Prana who is sheltered in this physical body. Be kind to yourself. Believe in the words of Guru and practice Kriya. Kriya practice keeps the body in good shape and in perfect health. After having practiced Kriya, the holding onto the After-effect-poise of Kriya is a certain and wonderful medicine. By this one sentence everything is told. Dissolving everything into One is called Shastra, or scripture. Pranayama is primary for all spiritual disciplines however many there are. Holding onto the After-effect-poise of Kriya is Rasa, the juice, or nectar : the juice of all juices. Every Kriyanwit tastes this juice at the After-effect-poise of Kriya, yet there is no juice there. Thereafter they are attuned to the state of addiction of Bliss. The application of medicine alone only treats the external (disease) and is thus a kind of throwing stones in the dark. Without the practice of Kriya the inner person cannot be realized. So a person cannot be healed by the application of medicine externally alone. Healing takes place by the practice of Omkar Kriyas, which are Kriyas of the Prana. In other words, the duty is to invite the mind to bathe in the mind itself. Without such Knowing, one cannot know the past, present and future condition of the patient. But if someone always practices those Omkar Kriyas, suddenly he realizes the state (past, present and future) of the patient. Thereafter, the application of medicine may cure the patient. People become ill or die due to the indisposition of the Prana. Everything is manifesting and will be and is established through Prana. Therefore, that Prana is in this body, and therefore one should take care of this body. Therefore, the information of whatever means are referred to in *The Charak Gita* to save the breath are hereby collected and distributed by a Kriyanwit.

### THE BLACK GIRL'S GUIDE TO HEALING EMOTIONAL WOUNDS

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#### HEALING THE WOUNDED BLACK GIRL INSIDE OF ALL BLACK WOMEN

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Nvision Solutions "I wish my father had been present in my life, so I would not have accepted a lot of crap from men." "Growing up, I didn't feel loved by my mother which caused...." "It is hard to find and maintain a solid group of trustworthy girlfriends to do life with." "I was devastated by a previous lover and that hurt changed me for the worse." "I often don't

feel loved." "I'm not happy with how my life turned out." If you have ever said any of the above, then this book is for you! This means there may be emotional wounds that are stopping you from living your best life. Disappointments, rejection, competition, overthinking, and family secrets are some of the emotional wounds that cause inner chaos and damage our sense of self. As black girls, we suffer differently, and our history is complex. Nijama Smalls is all too familiar with the suffering of black girls and shares her personal journey of uncovering the origin of Black girl trauma while also addressing the ongoing process of healing and recovery from wounds caused by past hurts. The beauty of this book is that it provides a prescription for healing in the form of a soul-cleansing process. Enter this journey so that you can be set free to live the life God has planned for you. Sis, it's time to heal and end the suffering.

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## INVISIBLE ROOTS

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### HOW HEALING PAST LIFE TRAUMA CAN LIBERATE YOUR PRESENT

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Elite Books What happens when psychological problems and physical symptoms stubbornly persist even with the most advanced methods of cure? This problem confounded many of psychotherapist Dr. Barbara Stone's clients, who could not shake phobias, addictions, depression, anger, pain, chronic fatigue, and other physical conditions, no matter what they tried. Then, searching deeper realms uncovered links to traumatic past lives and to spirits of the deceased who had not been able to move into the Light because of emotional turmoil. After treating the wounds of these past lives and earthbound spirits, the presenting problems disappeared. This groundbreaking book describes these remarkable stories and the methods used to help people heal. A resource for therapists confronted with these phenomena, this book is also for anyone struggling to understand the origins of persistent patterns of blockage or disease. Best of all, it brings the remarkable breakthrough therapies of Energy Psychology to bear on this difficult area, providing an abundance of tools and techniques for resolving issues whose roots lie in realms other than the present lifetime.

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## WOMAN, THOU ART LOOSED!

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### HEALING THE WOUNDS OF THE PAST

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Destiny Image Publishers Let your heart be warmed as the oil of T.D. Jakes' teaching flows from your mind to your spirit. The balm in this book will soothe all manner of traumas, tragedies, and disappointments. For the single parent and the battered wife, for the abused girl and the insecure woman, there is a cure for the crisis! In this soft word for the sensitive ear, there is a deep cleansing for those inaccessible areas of the feminine heart. This book will help to fight back the infections of life. Woman, Thou Art Loosed! will break the bands off the neck of every woman who dares to read it!

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## THE FIRST CUT IS THE DEEPEST

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### IDENTIFYING AND HEALING "CUTS" THAT SHAPE OUR LIVES

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Createspace Independent Publishing Platform This book is a detailed depiction of the "cuts" that people incur or will incur over the course of their lives, and how those "cuts" subsequently shape their lives. (Cuts are hurts, experiences, tragedies, and/or various pains incurred). Unfortunately, people will inevitably incur hurts and pains in life, which most are beyond their own control. One simply cannot control what happens to them at the hands of another. People hurt other people. It's not so much the hurt that causes the problem, but more so the effects of the hurt. Oftentimes, people ignore the hurt. They try to live their lives as if the hurt never occurred. Many are oblivious to their deep hurt because they've mastered the art of disguising the pain. The problem ensues when the severely wounded people interact with others, then they subsequently inflict others with the residual hurt that they've been harboring. Because of this, many fail to realize that they've been "cut" and are in need of healing. The purpose of this book is to aid in identifying and healing cuts from one's life (including their past, present, or possibly their future), as these cuts will affect one's life in some regard. Oftentimes, people need healing to recover from some trauma or tragedy that they've endured, yet they're too afraid to ask for help. Many internalize their feelings, never properly articulating their mental anguish, ultimately forsaking the need and opportunity to heal. It's the lack of healing that causes people to hurt others or live unhappy lives. This book was written to aid people with identifying their hurt, their need for healing, and ultimately helping them to heal and subsequently live their best lives.

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## HOW TO DO THE WORK

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### THE SUNDAY TIMES BESTSELLER

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Hachette UK THE #1 NEW YORK TIMES BESTSELLER THE SUNDAY TIMES BESTSELLER 'If LePera's Instagram feed is full of aha moments illuminating the inner workings of your psyche, the revelations in the book are more like a full firework display.' Red magazine 'This book is a must-read for anyone on a path of personal growth.' GABBY BERNSTEIN, author of number one New York Times bestsellers Super Attractor and The Universe Has Your Back 'The book I wish I had read in my twenties.' ELIZABETH DAY, author of How to Fail 'How to Do the Work will transform how you see yourself and your ability to change. I believe this book could change lives, if not the world.' HOLLY BOURNE, bestselling author of How Do You Like Me Now? 'Want more from life? Looking for answers? How to Do the Work will teach you how to find them within yourself. A masterpiece of empowerment - this book changed my life and, trust me, it'll change yours too.' MEL ROBBINS, author of The 5 Second Rule As a clinical psychologist, Dr Nicole LePera found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients - and for herself - she began a journey to develop a united philosophy of mental, physical and spiritual health that equips people with the tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others - and The Holistic Psychologist was born. Now Dr LePera is ready to share her much-requested protocol with the world. In How to Do the Work, she offers both a manifesto for self-healing and an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from both scientific research and healing modalities, Dr LePera helps us recognise how adverse experiences and trauma in childhood live with us, keeping us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviours can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In How to Do the Work, Dr LePera offers readers the support and tools that will allow them to break free from destructive behaviours to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

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## THE FOUR AGREEMENTS

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### A PRACTICAL GUIDE TO PERSONAL FREEDOM

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Hay House, Inc In The Four Agreements, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. • A New York Times bestseller for over a decade • Translated into 46 languages worldwide "This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter." — Oprah Winfrey "Don Miguel Ruiz's book is a roadmap to enlightenment and freedom." — Deepak Chopra, Author, The Seven Spiritual Laws of Success "An inspiring book with many great lessons." — Wayne Dyer, Author, Real Magic "In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world." — Dan Millman, Author, Way of the Peaceful Warrior

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### 8 KEYS TO SAFE TRAUMA RECOVERY: TAKE-CHARGE STRATEGIES TO EMPOWER YOUR HEALING (8 KEYS TO MENTAL HEALTH)

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W. W. Norton & Company The author of The Body Remembers offers eight main strategies--mindfulness, a focus on survival, recovery without false memories, creating an inner dialogue that soothes, building psychological defenses to cope and more--for combating the life-altering affects of trauma. Original

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## WE ARE THE ANGELS

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### HEALING YOUR PAST, PRESENT, AND FUTURE WITH THE LORDS OF KARMA

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Crossing Press The possibilities for healing our energy, ourselves, and our planet are explored in WE ARE THE ANGELS, the groundbreaking book from Diane Stein. Based on the premise that the Earth and all beings are one, she masterfully presents a detailed understanding of Karma—the accrued lessons of past lifetimes continuing in the present—and the process of healing and releasing karmic patterns and situations. We are introduced to the Lords of Karma, the supreme karmic record keepers working for our benefit at all times, able to grant requests for changed or released karma to those who ask for it. WE ARE ANGELS will appeal to everyone longing to remove suffering and obstructions from their current and past lives.

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## LIVING AND LOVING BETTER WITH TIME PERSPECTIVE THERAPY

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### HEALING FROM THE PAST, EMBRACING THE PRESENT, CREATING AN IDEAL FUTURE

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McFarland In his 2012 book Time Cure, psychologist Philip Zimbardo introduced a groundbreaking therapeutic approach for PTSD sufferers, co-developed with Rosemary Sword. "Time Perspective Therapy" shifts mental focus from the past to the present, and from negative to positive events, helping anyone achieve a more balanced view of life. Featuring real-life stories, this book describes how TPT helps people living with depression, anxiety or stress to move beyond past negative experiences—from toxic relationships to bullying—toward a more positive future.

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## BEYOND PAST LIVES

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## WHAT PARALLEL REALITIES CAN TEACH US ABOUT RELATIONSHIPS, HEALING, AND TRANSFORMATION

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Hay House, Inc Understand your present with this powerful book on past lives. In this book, regressionist Mira Kelley shares the life-changing lessons she has learned from her clients to help you find support and understanding, and to empower you in your own growth. Mira teaches you how to connect with your Higher Self in any moment to receive guidance. You'll come to understand how everything around you is just a reflection of yourself, why is it important to forgive, why you have the right to love yourself, and how the Universe always supports you lovingly and unconditionally. The stories contained in these pages will help you discover how to heal your body, mind, and spirit as you learn about the nature of time, karma, destiny, and free will—as well as how each choice creates a new reality for you. As you read *Beyond Past Lives*, you'll see how regression has helped others shift to a reality of health and well-being, and you will be guided to achieve the same for yourself. Prepare for a powerful transformation as you experience the profound lesson of your past lives!

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## MIRACLES HAPPEN

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### THE TRANSFORMATIONAL HEALING POWER OF PAST LIFE MEMORIES

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Hay House, Inc The New York Times bestselling author of *Many Lives, Many Masters*, Brian Weiss MD delivers a powerful revolutionary teaching on the physical, emotional and spiritual healing available to all through embracing the reality of reincarnation. Filled with incredible true stories, *Sometimes Miracles Happen* is a remarkable teaching tool that can be used by all to improve their lives, to evolve along their spiritual paths, to experience more joy, love and happiness in the present moment, and to ultimately understand that there is no need to fear death as we are all immortal and innately spiritual beings. Dr Brian Weiss' conversion from skepticism towards reincarnation to confirmed belief has had a profound effect worldwide. Now Brian's readers complete the cycle as they explain how his works allowed them to understand the 'space between lives'. Each story is used to illustrate practical lessons for how you too can comprehend this revelation and draws upon Brian's and his daughter Amy's practices as past-life regression experts. Our past lives are the key to a blissful, secure future and this book is the ultimate guide from two of its top practitioners.

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## HOME BODY

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Simon and Schuster From the Number One Sunday Times bestselling author of *milk and honey* and *the sun and her flowers* comes her greatly anticipated third collection of poetry. rupi kaur constantly embraces growth, and in *home body*, she walks readers through a reflective and intimate journey visiting the past, the present and the potential of the self. *home body* is a collection of raw, honest conversations with oneself - reminding readers to fill up on love, acceptance, community, family, and embrace change. illustrated by the author, themes of nature and nurture, light and dark, rest here. i dive into the well of my body and end up in another world everything i need already exists in me there's no need to look anywhere else - home

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## SMITHFIELD

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### PAST AND PRESENT

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Famed throughout the world for its meat market, the Smithfield area of London has a long and turbulent history. Originally a "smooth field" lying just beyond the city wall, over the years Smithfield has seen riots, public executions, and healing. From medieval times it became a center of industry for tanners, slaughterers, glue-makers, and dyers assembled. Largely untouched by either the Great Fire of 1666 or the 1940s Blitz, its streets preserve some of London's most ancient institutions. In *Smithfield: Past and Present* over 100 illustrations and photographs trace the development of the area from Roman times to the present. The book records the growth of the notorious cattle market, the gaiety of the Bartholomew Fair, the history of the palace of the Bishops of Ely, medieval tournaments, crime and punishment, and the bawdy life of Cock Lane, one of London's earliest "red-light" districts. Written by an architect and former town planner, this third edition looks at the people, history, and buildings in this vibrant part of London, and considers the inevitable impact of Crossrail.

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## THE HEALING LIGHT OF ANGELS

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### TRANSFORMING YOUR PAST, PRESENT & FUTURE WITH DIVINE ENERGY

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Createspace Independent Publishing Platform Personal stories of how the angels have assisted Raven Keyes in her personal life, and with her clients. Raven works with medical doctors and there are stories of how angels have helped during surgery, have come to assist those with PTSD, and during the volunteer Reiki sessions Raven gave to family members, rescue and recovery workers, and helped others after 9/11 in NYC. Exercises and meditations are included that guide you to connection with your own angels.

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## HEALING YOUR FAMILY PATTERNS

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### HOW TO ACCESS THE PAST TO HEAL THE PRESENT

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Piatkus Books International healer David Furlong explains the relevance of our ancestors to the healing process. He shows how the character and experiences of our parents, grandparents and great grandparents shape our lives in all sorts of subtle ways and stresses the importance of healing the patterns from past generations which continue to affect us today. By learning to connect with these energies from the past we can free up and balance their impact on our lives and on future generations. You will discover: \*scientific findings in the studies of genetics which show that a far greater range of psychological traits are passed down through the generations than was previously acknowledged\* how to set up a family tree, research your family history and draw up a genogram\* a variety of exercises and healing techniques to clear and heal family patterns\* rituals of forgiveness and letting go.