

Sexual Healing Transform The Sacred Wound

Safe Sexual Healing - Sunyata Satchitananda 2019-09-06

Sexual healing has been a clandestine alternative healing modality in the shadows of public awareness. This guidebook seeks to bring sexual healing out of the shadows and inform both healers and those seeking healing about how to conduct sexual healing sessions safely. *Safe Sexual Healing* goes behind the scenes and reveals how sexual healing works and shares key principles and essential practices needed to provide safety for both clients and healers. It provides essential information to sexual trauma survivors on how to pick a sexual healer and what to expect in sexual healing sessions. Healers gain important insight into the healer-client relationship and learn what to watch out for during sessions to prevent harming their clients.

In an Unspoken Voice - Peter A. Levine, Ph.D. 2012-10-30

Unraveling trauma in the body, brain and mind—a revolution in treatment. Now in 17 languages. In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. *In an Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

A Practical Guide to Complex PTSD - Arielle Schwartz 2020-05-12

Reclaim yourself from childhood trauma--evidence-based strategies for healing complex PTSD Repetitive trauma during childhood can impact your emotional development, creating a ripple effect that carries into adulthood. Complex post-traumatic stress disorder (C-PTSD) is a physical and psychological response to these repeated traumatic events. *A Practical Guide to Complex PTSD* contains research-based strategies, tools, and support for individuals working to heal from their childhood trauma. You don't have to be a prisoner of your past. Learn the skills necessary to improve your physical and mental health with practical strategies taken from the most effective therapeutic methods, including cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), eye movement desensitization and reprocessing (EMDR), and somatic psychology. When appropriately addressed, the wounds of your past no longer need to interfere with your ability to live a meaningful and satisfying life. This book includes: Understand C-PTSD--Get an in-depth explanation of complex PTSD, including its symptoms, its treatment through various therapies, and more. Address the symptoms--Discover evidence-based strategies for healing the symptoms of complex PTSD, like avoidance, depression, emotional dysregulation, and hopelessness. Real stories--Relate to others' experiences with complex PTSD with multiple real-life examples included in each chapter. Start letting go of the pain from your past--*A Practical Guide to Complex PTSD* can help show you how.

Waking the Tiger: Healing Trauma - Peter A. Levine, Ph.D. 1997-07-07
Now in 24 languages. *Nature's Lessons in Healing Trauma...* *Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though

threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

Sacred Wounds - Teresa B. Pasquale 2015-10-20

Trauma therapist Teresa B. Pasquale offers healing exercises, true-life examples, and life-giving discussion for anyone suffering from the very real pain of church hurt. Pasquale, a trauma survivor herself, understands the immeasurable value of our wounds once we've acknowledged them and recovered in community. That's why the wounds are "sacred," and the hope this book offers is a powerful message to anyone suffering from this widespread problem. This book explores the nature of emotional wounds, trauma, and spiritual hurt that come from negative religious experience. Some of the features are: Stories from a wide range of persons hurt by negative religious experience Healing and contemplative practices to help readers explore their own spiritual story and practical ways to move towards personal healing A journey through the experience of trauma in religious settings and how it is both relatable to other forms of trauma and distinctive -- outlining both facets An exploration of the author's own personal and professional understanding of hurt, trauma, PTSD, and the power of resiliency and healing

Trauma Competency - Linda A Curran 2009-12

Unique in its approach, author Linda Curran not only defines and explains the current trauma paradigm-relevant theories and current neuroscience, but step-by-step demonstrates its in-session clinical utility and applicability.

Womb Wisdom - Padma Aon Prakasha 2011-01-21

Tools to awaken the creative powers of the womb • Contains exercises to open the womb's energetic pathways, release toxic emotions, and

harness creative potential • Reveals how the womb's energies are crucial for the spiritual shift of 2012: birthing a new civilization • Shows how the awakened womb can also bring about male spiritual transformation In the past and in present-day indigenous traditions, women have known that the womb houses the greatest power a woman possesses: the power to create on all levels. Utilized in the process of giving birth, this power of creation can also be tapped in the birth of projects, careers, personal healing, spirituality, and relationships. However, because the womb stores the energetic imprint of every intimate encounter--loving or not--the creative voice of the womb is often muffled or absent altogether, affecting the emotional, mental, and spiritual health of women and their relationships. Drawing on sacred traditions from ancient India, Tibet, Egypt, Gnostic Christianity, and Judaism, the practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners. The authors include exercises to clear the past, release toxic emotions, open the womb's energetic pathways, activate the sacred sensual self, bring balance to relationships, and harness creative potential. Including intimate, individual stories of women experiencing the opening of the womb, this book also explores the forgotten sacred sites of the womb around the world as well as how the womb's energies are crucial to birth a new civilization in the spiritual shift of 2012.

Sexual Abuse - Sacred Wound - Stephanie Mines 1996

This book provides understanding and practical guidance for those traumatized by sexual abuse, their families, friends and therapists. Stephanie Mines' approach can be applied with or without a therapist and involves healing through the therapeutic use of art-making in all its forms. A key to healing is treating trauma as a "sacred wound" on the model of the shaman's initiatic wounding. Stories of men and women healed through expressive therapies, sexual abuse in the name of spirituality, sexual abuse and the family, support resources including extensive lists of organizations and publications, and examples of

patients' expressive work.

My Body Keeps Your Secrets - Lucia Osborne-Crowley 2021-09-02

In her first full-length book, Lucia Osborne-Crowley, author of the acclaimed Mood Indigo essay I Choose Elena, writes about the secrets a woman's body keeps, from puberty to menstruation to sexual pleasure; to pregnancy or its absence; and to darker secrets of abuse, invasion or violation. Through the voices of women around the world and her own deeply moving testimony, *My Body Keeps Your Secrets* tells the story of the young woman's body in 2021. Moving from girlhood and adolescence to young womanhood, Osborne-Crowley establishes her credentials as a key feminist thinker of a new generation with this widely researched and boldly argued work about reclaiming our bodies in the age of social media.

When Religion Hurts You - Laura E. Anderson 2023-10-17

"Anderson strikes a smart, balanced tone. . . . An exemplary guide to an understudied issue."--Publishers Weekly "An exposé of the dangers of high-control religions that makes it easier to recognize and resist religious abuse."--Foreword Reviews Religious trauma is something that happens far more often than most people realize. But religious trauma is trauma. In *When Religion Hurts You*, Dr. Laura Anderson takes an honest look at a side of religion that few like to talk about. Drawing from her own life and therapy practice, she helps readers understand what religious trauma is and isn't, and how high-control churches can be harmful and abusive, often resulting in trauma. She shows how elements of fundamentalist church life--such as fear of hell, purity culture, corporal punishment, and authoritarian leaders--can cause psychological, relational, physical, and spiritual damage. As she explores the growing phenomenon of religious trauma, Dr. Anderson helps readers embark on a journey of living as healing individuals and finding a new foundation to stand on. Recognizing that healing is a lifelong rather than a linear process, she offers markers of healing for those coming out of painful religious experiences and hope for finding wholeness after religious trauma.

Rise - Nunaisi Ma 2021-10-05

Rise is Your Blueprint to Awakening Into Your Innate Brilliance. *Rise* is the torchlight for your self-mastery and a roadmap for the journey of healing, empowerment, transformation, and enlightenment. You will gain clarity, insights, and a new understanding of the unconscious destructive patterns that have been running your life and holding you back from your highest potential. You will receive tools and transmissions to release and drop that which no longer serves you. While this may sound like a worthy goal, it may also feel like a frightening undertaking. But rest assured, you have the ability for quantum healing that can take place faster and easier than you ever imagined! We are entering a new era where it is vital to release, let go and heal the intergenerational and personal trauma accumulated throughout your life and, like the alchemist, turn the pain into peace. If you have the longing to meet the Divine within you, self-actualize in all areas of your life, rise high, and shine your light, this book is for you. Nunaisi, having saved her mother from committing suicide at the tender young age of six and undergone severe childhood trauma, dedicated her life to helping others heal. She masterfully guides you on a process of embodied healing, allowing you to embrace your Sovereign Power, Soulful Purpose, and Sacred Pleasure.

Transforming the Sacred Wound - Daniel Lewis 2017-04-11

Your body has a natural process for healing trauma and restoring resilience in your nervous system. Unfortunately, few of us are taught to identify and allow this process to happen when it arises. *Transforming the Sacred Wound* shares the principles and skills you need to restore your sacred inner space and move forward in your life with greater presence, focus, and passion. Healing the wounds of sexual trauma has long been considered by many psychotherapists to be one of the most challenging tasks a person will ever face.

Trauma-Proofing Your Kids - Peter A. Levine, Ph.D. 2014-09-16

Now in 15 languages. Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the

media), abuse or sexual molestation. Many other kids have been traumatized from more "ordinary" ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them "bounce back" after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life's circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow "stress-busting," boundary-setting, sensory/motor-awareness activities that counteract trauma's effect on a child's body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this groundbreaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

Healing Trauma - Peter A. Levine 2008

Medical researchers have known for decades that survivors of accidents, disaster, and childhood trauma often endure life-long symptoms ranging from anxiety and depression to unexplained physical pain and harmful acting out behaviors. Drawing on nature's lessons, Dr. Levine teaches you each of the essential principles of his four-phase process: you will learn how and where you are storing unresolved distress; how to become more aware of your body's physiological responses to danger; and specific methods to free yourself from trauma.

Sacred Medicine - Lissa Rankin 2022-04-05

"From New York Times bestselling author Dr. Lissa Rankin comes a groundbreaking guide offering hope for healing when all else has failed"

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Trauma and Memory - Peter A. Levine, Ph.D. 2015-10-27

In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of

the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilizing case studies from his own practice, Dr. Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind. While much work has been done in the field of trauma studies to address "explicit" traumatic memories in the brain (such as intrusive thoughts or flashbacks), much less attention has been paid to how the body itself stores "implicit" memory, and how much of what we think of as "memory" actually comes to us through our (often unconsciously accessed) felt sense. By learning how to better understand this complex interplay of past and present, brain and body, we can adjust our relationship to past trauma and move into a more balanced, relaxed state of being. Written for trauma sufferers as well as mental health care practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.

Trauma Through a Child's Eyes - Peter A. Levine, Ph.D. 2010-05-18

An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do. Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate

support, and provides their caregivers with tools to overcome and prevent trauma.

The Sexual Healing Journey - Wendy Maltz 2001-02-20

Considered a classic in its field, this comprehensive guide will help survivors of sexual abuse improve their relationships and discover the joys of sexual intimacy. Wendy Maltz takes survivors step-by-step through the recovery process using groundbreaking exercises and techniques. Based on the author's clinical work, interviews, and workshops, this guide is filled with first-person accounts of women and men at every stage of sexual healing. This compassionate resource helps survivors to: Identify the sexual effects of sexual abuse Eliminate negative sexual behavior and resolve specific problems Gain control over upsetting automatic reactions to touch and sex Develop a healthy sexual self-concept

Sacred Sexual Union - Anaiya Sophia 2013-05-05

Experience the orgasmic rapture of Sacred Union with your Twin Soul and the Divine • Includes practices in sacred sexuality, emotional intimacy, and soul awareness to awaken the Love, Power, and Wisdom of your soul, attract your Twin Soul, and satisfy your soul's longing to reunite with God • Draws on teachings from Gnosticism, Sufi mysticism, the Kabbalah, Kundalini yoga, sexual shamanism, the Egyptian Mystery schools, and Christ Consciousness • Offers examples of Sacred Union, including Jesus and Mary Magdalene and Rumi and Shams as well as experiences of modern couples Jesus and Mary Magdalene, Rumi and Shams, King Solomon and the Queen of Sheba, Isis and Osiris--in these sacred unions we recognize the merging not only of Twin Souls but also of these lovers with the Divine. In Sacred Sexual Union, Anaiya Sophia shows this Holy Marriage, complete reunification with your Twin Soul and God, is not a secret reserved for the initiated or a tradition lost to the ages. It is a potent, living spiritual path enabling two beloveds to experience the primordial state of creation as one soul blessed by the Divine Light and Love of their Creator. Drawing on teachings from Gnosticism, Sufi mysticism, the Kabbalah, Kundalini yoga, sexual shamanism, the Egyptian Mystery Schools, and Christ Consciousness, the

author reveals the complete alchemical process of Sacred Union. She provides physical, meditative, and psychological practices that combine sacred sexuality, emotional intimacy, and transparent soul awareness to awaken the magnetic energies of your soul, draw your Twin Soul to you, and, with Twin Souls reunited, experience the passionate rapturous remembrance of becoming one with God. She explores ancient writings and rituals of Sacred Union--known as Hieros Gamos in ancient Sumeria, Sacred Marriage in the Kabbalah, Yab Yum in Tibetan Buddhism, and the Bridal Chamber in Gnostic Christianity--and offers examples of Sacred Union throughout the ages, including experiences from her own spiritual journey. More than a meditative or yogic practice, Sacred Sexual Union offers a transformative spiritual path to embrace the threefold flame of Power, Love, and Wisdom and satisfy your soul's longing for wholeness and reunion with the Divine.

You Are a Goddess - Sophie Bashford 2018-11-20

Discover the Goddess energies that lie within you through nine Goddess archetypes—an empowering guide on finding healing, strength, and transformation, for readers of Warrior Goddess Training The Goddess is guiding your life . . . You know 'the Goddess' as a divine feminine figure of myth, art and faith—but are you aware that, in truth, the Goddess is a life force that lives in you? Did you know that your multi-faceted experiences of life as a woman are influenced by Goddess consciousness? Do you sense that you have a hidden feminine energy that longs to be seen, accepted, valued—and used for a healing purpose? In this highly engaging and stirring book, leading intuitive Sophie Bashford takes you on a journey to meet nine Goddess archetypes, which will help you to: • Understand the many ups and downs, emotions and cycles of your life through the 'eyes of the Goddess' • Discover how the Goddesses can ignite your spiritual growth and uncover your feminine healing gifts • Learn how to work with each Goddess for self-healing, positive inner change and empowerment • Get in touch with a divine feminine support and healing system comprising nine archetypes, including Kali, Mary Magdalene, Aphrodite and Isis Sharing intuitively channeled messages, beautiful guided meditations and moving personal experiences, Sophie

leads you into safe territories where your darkest fears can be healed, your deepest dreams awakened and your entire life transformed.

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