

The Energies Of Love Using Energy Medicine To Keep Your Relationship Thriving

Sensate Focus in Sex Therapy - Linda Weiner
2017-02-24

Sensate Focus in Sex Therapy: The Illustrated Manual is an illustrated manual that provides health professionals with specific information on the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (*Sensate Focus 1*) and enhance intimate relationships (*Sensate Focus 2*). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with *Sensate Focus*; emphasize the purpose of *Sensate Focus* as a mindfulness-based practice;

and distinguish between the purposes of *Sensate Focus 1* and *Sensate Focus 2*. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual and the analytical. It discusses how modifications to *Sensate Focus* can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance, confusion, and goal directed attitudes. This

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comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

The Energies of Love - Donna Eden 2014-09-04

A relationship begins with the meeting of two unique energies. This union of energies determines the way you communicate, fight, love, and want to be loved. Donna Eden and David Feinstein draw on the real-life experiences of couples who have attended their popular 'Energies of Love' workshops, as well as their own experience as husband and wife, to show how an understanding of your energy system and that of your partner can help you build a more harmonious and loving bond. We all have different ways of making sense of the world around us, but when faced with conflict, especially with those we care most about, we tend to revert to one of four 'Energetic Stress Styles': * Visuals are extremely passionate and inspire others. In moments of conflict, their take

on the situation can overshadow what is occurring, undermining their ability to empathize with their partner. * Kinaesthetics are generous and compassionate but their caring nature pulls them in too many directions. They try to meet others' needs at the expense of their own, causing resentment. * Digitals are rational and principled but they can become closed to others' perspectives and feelings. * Tonals have a gift for understanding others but during conflict they can often misinterpret the signs, hearing what was never said, felt, or thought. The Energies of Love is filled with tools to help you diffuse arguments and energy exercises to increase your overall sense of joy and wellbeing. This practical guide serves as a powerful resource for anyone who wishes to build a rich partnership while maintaining the spark that keeps a relationship exciting.

The DNA of Healing - Margaret Ruby

2006-03-01

Neutralize the negative--program the positive

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Tapping into the current trend of a new view of genetics exemplified in books like *The Biology of Belief*, Margaret Ruby, herself a healer, shows how this research is becoming increasingly mainstream. In *The DNA of Healing*, Margaret Ruby teaches how to neutralize the negative patterns handed down through our family lineage and reprogram the DNA with positive patterns that manifest health, wellness, and abundance. Revolutionary scientific research is proving that our emotions and thoughts can impact our health and shape the course of our lives. But if a positive attitude is all we need to live a healthier and happier life, why don't more people change more quickly? The answers lie deep in our DNA. Along with the color of our eyes and the shape of our nose, we have inherited the emotional patterns and beliefs of our ancestors. Like long-lost family secrets, these deeply embedded patterns influence our health, wealth, and relationships in ways we're not even aware of. Margaret Ruby, a pioneer and

educator in the field of healing and the founder of PossibilitiesDNA, has developed a system for isolating and reversing inherited traumas and negative patterns. The DNA of Healing reveals her breakthrough five-step process that has helped people around the world neutralize the unconscious programming they have inherited and reset their genetic codes for total wellness and abundance. Blending the art of healing with cutting-edge research, Margaret Ruby shows how to work with your DNA on an energetic level, in effect rebooting it to its original blueprint. This extraordinary system allows you to reprogram your DNA with positive patterns--a concept that has tremendous ramifications for more than just your health. The DNA of Healing also shows how you can remove your self-limiting thought patterns about relationships and money, helping you get the abundant life you've always wanted.

Energy Medicine - Donna Eden 2013-05-02
Donna Eden is a pioneer in the field of energy

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medicine. In this important book she shows you how to work with you body's energy to create physical, psychological and spiritual health and wellbeing. Discover how to: * Bring more energy and vitality into your everyday life * Use simple techniques to overcome tiredness and lethargy * Cure common complaints and prevent disease * Work with the eight major energy systems of the body for health and healing * Heal your mind, body and soul Energy medicine is a beautifully written, step-by-step approach for everyone who wants to achieve a healthier body, a sharper mind and a more joyful spirit.

Healing Power of EFT and Energy Psychology - David Feinstein 2006

This groundbreaking book explains how to tap into your body's energy not only to change your health, but to change your behaviours and thought patterns as well. Your body is comprised of energy pathways and energy centres that are in constant motion, interconnecting with your cells, organs, immune system, mood and

thoughts. The Healing Power of EFT and Energy Psychology incorporates the concepts of Emotional Freedom Techniques (EFT) to show you how to shift these energies, so you can influence your physical health, your emotional patterns, and your state of mind. With this strategy, stubborn phobias often fade in minutes, the lifelong effects of an early trauma can frequently be reduced or completely eliminated, uncontrollable anger can rapidly become manageable and even elusive physical problems may respond where other treatments have failed. Here are simple step-by-step instructions to help you: change unwanted habits and behaviours; enhance your ability to love, succeed and enjoy life; overcome fear, guilt, shame, jealousy or anger. The energy approach presented in this book is clearly illustrated and easy to follow. It will help bring about significant change in your life.

The Little Book of Energy Medicine - Donna Eden 2012-12-27

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The Little Book of Energy Medicine is a simple, easy-to-use "pocket guide" to one of the most powerful alternative health practices in existence today, from world-renowned healer Donna Eden. In this book, Eden draws on more than three decades of experience to offer readers a simple introduction to the core energy medicine exercises she recommends for feeling rejuvenated, happier, more alert, and less anxious. Featuring a Five-Minute Daily Energy Routine for restoring the body's natural energy flow, in addition to information on specific energy medicine exercises that can help combat a host of health conditions from headaches and nausea to insomnia and the common cold, The Little Book of Energy Medicine is essential reading for anyone looking to improve general health and well-being.

The Very Simple Law of Attraction: Find Out What You Really Want from Life . . . and Get It! - Marie Diamond 2018-10-09
Discovering true desires in life and reaching

goals faster is made easier with this manual that provides tips on making a home's environment more loving and cozy and an office space more centered and empowering. With instructions on how to surround oneself with positive images for the mind--and showing how negative ones can sneak into a space--this guide helps alter the energy of a room, changing one's attitude as well as others who are in it. This feng shui method teaches how to focus on what one's desires are, how to create an attractive environment that supports them, and that doing so will help continue to achieve positive results.

Rewire Your Brain - John B. Arden 2010-03-22
How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your

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brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr.

Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

The Wisdom of Your Body - Hillary L. PhD McBride 2021-10-12

Many of us have a complicated relationship with our body. Maybe you've been made to feel ashamed of your body or like it isn't good enough. Maybe your body is riddled with stress, pain, or the effects of trauma. Maybe you think of your body as an accessory to what you believe you really are--your mind. Maybe your experiences with racism, sexism, ableism, heterosexism, ageism, or sizeism have made you believe your body isn't the right kind of body.

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Whatever the reason, many of us don't feel at home in our bodies. But being disconnected from ourselves as bodies means being disconnected from truly living and from the interconnection that weaves us all together. Psychologist and award-winning researcher Hillary McBride explores the broken and unhealthy ideas we have inherited about our body. Embodiment is the way we are in the world, and our embodiment is heavily influenced by who we have been allowed to be. McBride shows that many of us feel disembodied due to colonization, racism, sexism, and patriarchy--destructive systems that rank certain bodies as less valuable, beautiful, or human than others. Embracing our embodiment can liberate us from these systems. As we come to understand the world around us and the stories we've been told, we see that our perspective of reality often limits how we see and experience ourselves, each other, and what we believe is Sacred. Instead of the body being a problem to overcome, our

bodies can be the very place where we feel most alive, the seat of our spirituality and our wisdom. The Wisdom of Your Body offers a compassionate, healthy, and holistic perspective on embodied living. Weaving together illuminating research, stories from her work as a therapist, and deeply personal narratives of healing from a life-threatening eating disorder, a near-fatal car accident, and chronic pain, McBride invites us to reclaim the wisdom of the body and to experience the wholeness that has been there all along. End-of-chapter questions and practices are included.

Positive Energy - Judith Orloff 2004-04-06
The pioneer of Energy Psychiatry presents a complete program that will stop you from feeling constantly drained and enable you to live a more vibrant life. Are you forever rushing through your day, fending off chronic exhaustion? Are you desperately overcommitted, afraid to say no? Do you want to feel well rested and ready to conquer each day with enthusiasm, but fall short

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time and time again? If so, you're the victim of a hidden energy crisis. Here, at last, is the complete prescription that will stop you from feeling constantly drained and enable you to live a more vibrant life. The Positive Energy Program will help you:

- Generate positive emotional energy to counter negativity
- Design an energy-aware approach to diet, exercise, and health—and teach you how to avoid the “energetic overeating” that sabotages attempts to lose weight
- Awaken your intuition and rejuvenate yourself—and learn the cure for technodespair: overload from e-mails, computers, and phones
- Protect yourself from energy vampires with specific shielding techniques

Filled with clear instructions for the simple, powerful exercises Dr. Orloff practices herself and shares with her patients, Positive Energy is your tool kit for transforming fatigue, stress, and fear into an abundance of vibrance, strength, and love.

Energy Medicine For Women - Donna Eden

2012-03-22

For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In her long-awaited new book, Donna speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face. She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to treat a host of health issues. From PMS to menopause, from high blood pressure to depression, the book offers easy-to-follow solutions to women's health issues that traditional medicine often fails to provide. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, Eden presents what is sure to become a classic book on the subject of women's health.

The Promise of Energy Psychology - David

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Feinstein 2005-11-03

This groundbreaking book explains how to tap into your body's energy not only to change your health, but to change your behaviors and thought patterns as well. Your body is comprised of energy pathways and energy centers that are in constant motion, a dynamic interplay with other energies and with your cells, organs, immune system, mood, and thoughts. If you can shift these energies, you can influence your physical health, your emotional patterns, and your state of mind. The Promise of Energy Psychology gives simple step-by-step instructions that will help you to: - overcome fear, guilt, shame, jealousy, or anger - change unwanted habits and behaviors - enhance your ability to love, succeed, and enjoy life The energy approach presented in this book can help bring about significant change in your life. With this strategy, stubborn phobias often fade in minutes; the lifelong effects of an early trauma can frequently be reduced or completely

eliminated; uncontrollable anger can rapidly become manageable; even elusive physical problems may respond where other treatments have failed. The Promise of Energy Psychology is an amazing tool that puts the ability to effect change directly into your hands, and finally gives you control over your fears, pain, and destructive behaviors.

The Fourth Trimester - Kimberly Ann Johnson
2017-12-26

A guide to help support women through postpartum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate,

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and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover • how you can prepare your body for birth; • how you can organize yourself and your household for the best possible transition to motherhood; • simple practices and home remedies to facilitate healing and restore energy; • how to strengthen relationships and aid the return to sex; • learning to exercise safely postpartum; • carrying your baby with comfort; • exploring the complex and often conflicting emotions that arise postpartum; • and much more.

Call of the Wild - Kimberly Ann Johnson

2021-04-13

From trauma educator and somatic guide Kimberly Ann Johnson comes a cutting-edge guide for tapping into the wisdom and resilience of the body to rewire the nervous system, heal from trauma, and live fully. In an increasingly polarized world where trauma is often publicly renegotiated, our nervous systems are on high

alert. From skyrocketing rates of depression and anxiety to physical illnesses such as autoimmune diseases and digestive disorders, many women today find themselves living out of alignment with their bodies. Kimberly Johnson is a somatic practitioner, birth doula, and postpartum educator who specializes in helping women recover from all forms of trauma. In her work, she's seen the same themes play out time and again. In a culture that prioritizes executive function and "mind over matter," many women are suffering from deeply unresolved pain that causes mental and physical stagnation and illness. In Call of the Wild, Johnson offers an eye-opening look at this epidemic as well as an informative view of the human nervous system and how it responds to difficult events. From the "small t" traumas of getting ghosted, experiencing a fall-out with a close friend, or swerving to avoid a car accident to the "capital T" traumas of sexual assault, an upending natural disaster, or a life-threatening

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illness—Johnson explains how the nervous system both protects us from immediate harm and creates reverberations that ripple through a lifetime. In this practical, empowering guide, Johnson shows readers how to metabolize these nervous system responses, allowing everyone to come home to their deepest, most intuitive and whole selves. Following her supportive advice, readers will learn how to move from wholeness, tapping into the innate wisdom of their senses, soothing frayed nerves and reconnecting with their “animal selves.” While we cannot cure the painful cultural rifts inflicting our society, there is a path forward—through our bodies.

The Healing Power Of EFT and Energy Psychology - Donna Eden 2011-12-15

Your body is comprised of energy pathways and energy centres that are in constant motion, interconnecting with your cells, organs, immune system, mood and thoughts. THE HEALING POWER OF EFT AND ENERGY PSYCHOLOGY incorporates the concepts of Emotional Freedom

Techniques (EFT) to show you how to shift these energies, so you can influence your physical health, your emotional patterns, and your state of mind. With this strategy, stubborn phobias often fade in minutes, the lifelong effects of an early trauma can frequently be reduced or completely eliminated, uncontrollable anger can rapidly become manageable and even elusive physical problems may respond where other treatments have failed. Here are simple step-by-step instructions to help you: change unwanted habits and behaviours; enhance your ability to love, succeed and enjoy life; overcome fear, guilt, shame, jealousy or anger. This clearly illustrated and easy to follow energy approach will help bring about significant change in your life.

Attachment in Psychotherapy - David J. Wallin
2015-04-27

This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of

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childhood development. Advancing a model of treatment as transformation through relationship, the author integrates attachment theory with neuroscience, trauma studies, relational psychotherapy, and the psychology of mindfulness. Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients, thus helping them to generate the internalized secure base for which their early relationships provided no foundation. Demonstrating the clinical uses of a focus on nonverbal interaction, the book describes powerful techniques for working with the emotional responses and bodily experiences of patient and therapist alike.

Balancing Your Body - Mary Bond 1996-07

Regaining body balance and easing tension. Shows healthy patterns of posture and movement.

Seminal Retention and Higher Consciousness - JJ Semple 2015-05-25

Higher consciousness and sexual sublimation

(diverting sexual energy to the brain) are inextricably linked in most of the world's meditation methods. So where does seminal retention fit in? Seminal retention techniques can be used by male practitioners who want to continue sexual relations without the deleterious effects linked to ejaculating. While best meditation practices dictate renouncing ejaculation and sexual relations, seminal retention techniques do provide a compromise for males not able or not willing to give up sex. In the East, people have always known about the connection between higher consciousness and what goes on below the waist. *Seminal Retention and Higher Consciousness: The Sexology of Kundalini* explores this connection, and its sexological implications. First, there's a limited amount of semen in the male body. Neither you, nor I, can change this; it's a biological fact. Second, although you can't replenish what's been lost, you can conserve what's left. Today, it's understandable that young, vital individuals

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working on kundalini activation techniques want to maintain a normal sex life. Formerly, the only way to avoid the deleterious physiological effects linked to ejaculation was to avoid sex altogether after activating kundalini. That is not acceptable to this generation: The sex drive is too powerful to simply put it on the back burner in favor of abstinence or abstention. Today's seekers want instant gratification, free license to ejaculate at will, at the same time, they pursue higher consciousness. Fortunately, there is a way to reconcile the two, a series of seminal retention techniques I discovered after activating kundalini. But before revealing these secret techniques, let's examine some of the effects various authorities on kundalini had to deal with. First, Gopi Krishna writing in 1977: "At the present time, we can say, that perhaps twice a week to once in two weeks would be a safe measure for indulgence in the sexual act. This is of absolute importance for those who would like to awaken the Serpent Power. "On one occasion,

after months of abstention, I prematurely had a contact with my wife. The next moment, because the energy did not come up to feed the brain, I seemed to sink into a pit of horror and terror, so much so that I thought that if nothing happened to save me from this terrible situation, I would die. "People realize these mistakes when they are sixty or seventy years old. There have been many cases in which men of advanced age have repented the folly of their youth." Second, before I mastered retention techniques, I discovered first hand how much the brain needs the elixir and I wrote about it in Deciphering the Golden Flower One Secret at a Time: "My head is imploding and the elixir is being summoned to my brain for life support. I curl up in a fetal position. To no avail, my nerves are like an electrical fire searing the very conduits that enclose them and there isn't enough elixir to cool them. Certainly, if I try to lead a normal sex life, I'll simply exhaust my resources. I can feel the elixir waning and, as Gopi Krishna put it, 'a

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tongue of golden flame searching my stomach for food.” I learned the hard way, but you don’t have to. Not if you take the time to master the techniques discussed in this book. Yes, I suffered bouts of physical pain, like the ones described above, that led me to seek and ultimately find techniques that not only allowed me to continue sexual relations, but also allowed me and my partners to experiment with new pleasures. In ancient times, sex relations and higher consciousness were a no-no. Today, seekers want both. And they can have them...within reason. The biology hasn’t changed; Kundalini still needs the energy. But, if you can control the energy as it surges up the spine into the brain and not allow it to flow out, you can navigate the tricky waters between sublimation and ejaculation.

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.

Chakra Empowerment for Women - Lisa Erickson 2019-12-08

Powerful Chakra Tools to Help You Heal, Achieve Balance, and Awaken to Your Greatness Learn to move past trauma, find strength, and thrive with twelve chakra tools that are based on the feminine energy body and life phases. These tools focus on challenges that women often face in owning our power, balancing work and family, and maintaining physical and emotional health. Featuring an eight-page, full-color insert with clarifying chakra figures, this essential guide presents a no-nonsense, easy-to-use approach to

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the chakras that helps you manifest your highest potential. Each chapter focuses on a new chakra tool, helping you explore how to use it within your daily life for long-term growth, overcoming

blocks, healing sexual trauma, and more. Chakra Empowerment for Women supports your journey in practical ways as you recover the energy of your empowered self. Includes a foreword by bestselling author Cyndi Dale.

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