

REBIRTHING MADE EASY

A Gateway
to Self-knowledge,
Aliveness and
Compassion.

COLIN P. SISSON

Rebirthing Made Easy A Gateway To Selfknowledge Aliveness And Compassion

JR Anderson



Rebirthing Made Easy A Gateway To Selfknowledge Aliveness And Compassion:

Spirit Being Human Hazel Rose,2023-01-20 Everything happens for a reason Soon after the initial trauma has subsided the universe provides a golden opportunity to hear the language of light within to grow heal and become a stronger wiser and healthier person In a unique journey of self discovery Hazel Rose leads others through her traumatic experiences while growing up in a small island community in North Queensland and later as she encountered tragedy accidents a family breakdown domestic violence drugs and alcohol rape confrontations with the law and repeated violent relationships While detailing her life journey Hazel also documents her accounts of the fight fright and freeze responses in her body and how this propelled her spiritual growth as she found a new path from her darkest challenges to a remarkable recovery where she reconnected with spirit through yoga meditation and the arts discovered an inner sanctuary and realized the importance of community family and friends Spirit Being Human shares a journey of self discovery as a trauma survivor discovers resilience through yoga the arts her spiritual connection and much more New Zealand Books in Print 1996 D W Thorpe,Thorpe, D. W., Staff,1996-02 With complete bibliographic information on titles from New Zealand the Pacific Islands this is an essential guide to the publishing industry in the Pacific Entries are indexed by title publisher subject Also included are a book trade FAX directory all literary awards association addresses bookseller libraries more *New Zealand Books in Print ,1987*

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