

REBIRTHING MADE EASY

A Gateway
to Self-knowledge,
Aliveness and
Compassion.

COLIN P. SISSON

Rebirthing Made Easy

Bruce Bibee



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Rebirthing Made Easy Colin P. Sisson, 1987 **The Golden Sphere - An Introduction to Rebirthing and A Course in Miracles** Martin Woodward, 2013-12

A Wonderful Story of Rebirthing and Reiki With Unique 60 minute relaxation mp3 download You ll love this charming little book which is packed full of hidden gems and contains a seriously important message It s been described as being like Alice in Wonderland with Zen sutras and is both thought provoking and entertaining at the same time Don t be misled by the fact that the characters are clowns monkeys and bears etc this is simply to make it more fun to read but the underlying message which is present even in the idiotic parts is certainly no joke See Testimonials Here http://deeprelaxation.co.uk/gs_test.html The very fact that you are reading this page is an indication that this book was written specifically for you and you will certainly identify with many of the points brought into question this is no coincidence You ll even find out what really happened to Goldilocks and the three bears surely you want to know this And words of wisdom from Humpty Dumpty just before he became an omelette Throughout much of the story there are several quotations from A Course in Miracles If this story does nothing more than encourage you to read the above then its purpose will have been achieved Please see http://www.deeprelaxation.co.uk/gs_test.html for testimonials But you may also want to look further into the Conscious Connected Breathing Rebirthing technique which Bonjo is taught herein you d be wise to do so Also included is a 60 minute Conscious Connected Breathing mp3 recording which is both empowering and deeply relaxing The link is at the end of the book More information about this FREE recording can be found on my website at http://www.deeprelaxation.co.uk/conscious_connected_breathing.html If you have any problems with the download I can be contacted via the contacts page of my website at www.deeprelaxation.co.uk and am very approachable Grab your copy Now Scroll up click the buy button today You ll be glad you did Thanks for Looking Namaste *Rebirthing into Androgyny* Berenice Andrews, 2012-11-14 In these interesting times when many people are searching for spiritual nourishment this book is intended to be a means of providing it Rebirthing Into Androgyny Your Quest For Wholeness And Afterward offers to the hungry ones a familiar yet totally different feast While it sets forth an already established metaphysics it also presents a radical new idea one that has been implicit in that spiritual thought but unavailable until now and the new awareness associated with quantum physics In other words while this book provides soul searchers also known as learners with an ages old means of generating a fundamental inner change a rebirthing it also provides a new living prototype of what is being reborn Thus a persons rebirthing is both a gestation and a labor a quest producing an ever increasing knowing gnosis which gradually becomes being that can finally merge with the Beloved Self And the new living prototype is that of the human soul not as what a person has but as what a person is a creative energy being who generates its own bodies out of its soul substance its creative consciousness energy by means of its archetypal human energy system while always being guided by its nucleus of divinity In this book which is a textbook for soul searchers all of this transformative change is offered explored and

explained in a series of carefully crafted lessons lovingly taught by a shamanic teacher healer in a stone circle classroom the ancient site of a modern teaching There is a grand feast awaiting *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 Radical Awareness Catherine Dowling,2014-12-08 Experience a profound engagement with life through the transformational power of spiritual awakenings Presenting a simple and safe system that can be applied to daily living *Radical Awareness* shows you how to achieve the mystical state of oneness Join author Catherine Dowling as she offers meditation techniques hands on exercises and breathwork methods for enlightenment and expanded awareness Exploring five practices for turning everyday experiences into opportunities for spiritual growth you will learn to move past fear and self sabotage break the bonds of anger understand the expectations of others honor your own values and more Grounded in the knowledge of ancient and contemporary world wisdom traditions *Radical Awareness* is a down to earth workable guide for living with passion abundance and serenity Praise There is much learned and practiced wisdom here Fr Richard Rohr author of *Falling Upward* and founder of the Center for Action and Contemplation When you ve read this book you will understand what mysticism and spirituality are Everyone will grow with *Radical Awareness* even the most experienced It is a truly excellent book Joy Manne PhD author of *Conscious Breathing in Everyday Life* Rebirthing Deike Begg,2013-08-01 This is a pioneering book in the field of breath work therapy *Rebirthing* is an impressive life changing therapeutic procedure that promotes and accelerates personal growth and development in a relatively short time *A Gift to Myself* Charles Whitfield,2010-01-01 This is a gentle and effective workbook and guide to *Healing the Child Within* It can be used with or without having already read *Healing the Child Within* Using numerous experiential exercises that the reader can do at their own pace physician and author Charles Whitfield takes us on a healing journey into our inner and outer life Once a reader starts this book the healing process begins even if they rarely do any of its exercises One of the highlights of this book is the clear description of age regression one of the most crucial concepts in healing and recovery Tantra Made Easy Shashi Solluna,2018 An introductory guide to the sacred sexuality practices of Tantra and how you can weave them together to

create wholeness in your life Tantra is often described as the path of love or the way of the heart It is a spiritual path that brings apparent opposites into unity so that life can flow with ease Sexuality is fused with spirituality masculine with feminine playfulness with depth and the dark shadows of the psyche with the light of conscious awareness And the catalyst for this union is love In this book sacred sexuality teacher Shashi Solluna explains how Tantric practices can help you become fully alive and move from sex to spirit and from spirit to sex in a creative dance of life You will learn the philosophy of Tantra as a spiritual path different ways to explore your own sexuality techniques to open your heart and cultivate sacred relationships how to activate your sexual energy and experience a richer more fulfilling sex life how to unite the physical with higher spiritual consciousness through intimacy sensuality and orgasm This title was previously published under the title Tantra Hay House Basics series Calling Romeo Alexandra Potter,2004-02 Bored by her comfortable romantic relationship with Will Juliet a successful businesswoman dreams of passion and excitement and finds herself drawn to a handsome rival from a competing advertising firm **Shamanism Made Easy** Christa Mackinnon,2021-10-05 Reconnect with your authentic self and bring meaning back into your life with the ancient time tested wisdom of shamanism This book is a fantastic and comprehensive introduction to shamanism by a leading expert and teacher on the subject Shamanism is the oldest and most enduring spiritual wisdom tradition on Earth It offers powerful practices for healing and finding wholeness and is appealing to a whole new generation of spiritual seekers Shamanism Made Easy written by a much loved university psychotherapist and shamanic teacher explains the subject in a clear and easily digestible format and shows why these deeply transformative techniques are so needed in our challenging times In this book the reader will learn amongst many things how to build an altar and create a sacred space conduct ceremonies and design a daily ritual connect with spirit helpers ancestors and descendants and use dance as a tool for awakening and freedom Above all readers will learn what it is like to undergo transformative journeys for personal healing and development This book was previously published within the Hay House Basics series Overcoming Allergies and Stress-related Illnesses Chris Greene,1993 **ReBirthing Your Dreams** Catherine Trim,2020-05-15 Book Delisted **Rebirthing** Jim Leonard,Phil Laut,1983 *The Deep Healing Process* Bruce Bibee,2005-02 **Cosmic Eve 2012 Rebirthing Mankind** Susan Isabelle,2009-01-01 During the Occupation of Japan 1945 50 U S Army soldiers called every Japanese woman over thirty five years of age Mama san It was not a Japanese word but pidgin English by American soldiers in an effort to communicate on their own terms This well meaning word quickly found use in mama san houses which were operated by mama sans who rented rooms by the hour to pom pom girls However Mama san House of this story was a middle class Tokyo home owned by Mama san a gentle lady whom Joe suspected of being a former Geisha Here during his off duty hours Joe and Eiko found their Special Island or hideaway Such affairs were discouraged and frowned on by the U S Army and American Japanese marriages were forbidden by law Outbreak of war in Korea ended Joe s secret paradise when he and most of the Occupation Army moved quickly to

meet the communist attack Never a hero Joe served honorably as an Infantryman and survived thanks to the draw of a lucky card or so he believed Daily letters from Eiko sustained him through heartbreak and hardship and fallen friends helped him when needed the most After a time officialdom in Washington concede to the reality of mixed marriages but now Joe is in Korea *The New Zealand Nursing Journal* ,1989 *American Bookseller* ,1987 *Love and Peace Through Affirmation* Carole Dexter,1989 **Respirer et renaître** Georges-Henri Arenstein,2019-09-18T00:00:00-04:00 Savons nous que la respiration est la clé de tout Meilleure santé meilleure vie meilleure façon de goûter totalement l'instant et même de vaincre de nombreuses angoisses Une des techniques pour maîtriser cette clé est la pratique du rebirth Rien de complexe ni de menaçant dans cette démarche Le rebirth considéré dans ce guide comme un synonyme de palingénésie signifie respiration consciente Cet ouvrage propose une introspection explicative de cette technique Des adeptes du rebirth témoignent Des intervenants démystifient cette prise de conscience particulière **The Publishers Weekly** ,1988

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