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and consciously addressing the emotional shocks that create physical disorders. Each symptom of an illness precisely indicates its emotional origin. Thus, far from being an enemy, the physical symptom is actually a valuable ally that provides the key to the cure of the physical disease as well as resolution of the emotional imbalance that created it.

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These unresolved traumas affect the body on the cellular level and manifest in minor as well as more serious chronic conditions. In The Biogenealogy Sourcebook, Flèche systematically chronicles all the major organs of the body and specifies the types of emotional conflicts that lead to illness in those areas. For example, he explains that conflicts of separation are evidenced in diseases of the skin; a reduction of self-

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worth or deep anguish will manifest in the lymph nodes.

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Biogenealogy is a comprehensive new vision of health that takes the mind-body connection one step further by identifying and consciously addressing the emotional shocks that create physical disorders. Each symptom of an illness precisely indicates its emotional origin. Thus, far from being an enemy, the physical symptom is actually a valuable ally that provides the key to the cure of the physical disease as well as resolution of the emotional imbalance that created it.

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The Biogenealogy Sourcebook: Healing the Body by Resolving Traumas of the Past. Intended for therapists, researchers, and any person biogenealogy wants to take his or her health in hand, this book is an important guide to understanding and decoding the causes and not just the effects of illness.

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Read Book The Biogenealogy Sourcebook Healing The Body By The Spiritual Awakening Healing + Resolving Traumas Of The Spiritual Awakening Signs Past

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A practical guide to the correspondence between emotion, organ systems, and disease • Identifies what emotional shocks will engender illnesses specific to a certain part of the body • Shows how illness is an

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ally that enables individuals to restore balance to their health Biogenealogy is a comprehensive new vision of health that takes the mind-body connection one step further by identifying and consciously addressing the emotional shocks that create physical disorders. Each symptom of an illness precisely indicates its emotional origin. Thus, far from being an enemy, the physical symptom is actually a valuable ally that provides the key to the cure of the physical disease as well as resolution of the emotional imbalance that created it. Christian Flèche, the leading researcher and practitioner in the field of biogenealogy, explains that the “activation of illness” is the body’s reaction to unresolved events that are frozen in time. These unresolved traumas affect the body on the cellular level and manifest in minor as well as more serious chronic conditions. In The Biogenealogy Sourcebook, Flèche

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systematically chronicles all the major organs of the body and specifies the types of emotional conflicts that lead to illness in those areas. For example, he explains that conflicts of separation are evidenced in diseases of the skin; a reduction of self-worth or deep anguish will manifest in the lymph nodes. He also shows that unresolved emotional issues can also be passed down to future generations if left untreated. Intended for therapists, researchers, and any person who wants to take his or her health in hand, this book is an important guide to understanding and decoding the causes and not just the effects of illness.

Biogenealogy: Decoding the Psychic Roots of Illness offers protocols for diagnosis and treatment for conflicts that can span generations.

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Within each body is an archaeological site that holds the details and wisdom of our extraordinary life story, composed of generational, spiritual, and personal experiences. Historical amnesia locks these stories in the body, manifesting as pain, disease, addictions, emotional patterns, and repetitive circumstances. Somatically excavating your personal legend unearths memories of the past that can be reconciled and healed in order to create a new myth-for your body and for your Earth."My Body, My Earth provides a detailed and eloquent rationale and description for how this remarkable technique works, both as a therapeutic model and a self-help manual. It is a major contribution to the burgeoning literature in the field of somatic psychology."-Robert Scaer, M.D., author, *The Body Bears the Burden: Trauma, Dissociation and Disease, and The Trauma Spectrum:*

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Hidden Wounds and Human Resiliency" A remarkable incursion into one of the deepest of all mysteries: the hidden memories that are locked into the fibers of our bodies. This book is an impressive and extremely helpful guide to reuniting the conscious and unconscious aspects of the mind."-Richard Smoley, author of Conscious Love and Inner Christianity

The Bio-Breakthrough offers a new vision on health, one that uncovers the emotional origins of physical disorders and provides a powerful self-help protocol for anyone wanting to get to the root of their own health or life challenges. Isabelle Benarous, NLP (Neuro-Linguistic-Programming) Trainer, offers in this book a synthesis of major breakthroughs regarding the origin of illness that can permit individuals to directly take control of their health through self-awareness and

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perceptual changes. The author's research uncovers the undeniable logic regarding the mind-body connection and reveals new hypotheses regarding ancestral impacts as well as in-utero distress and the type of effects they can produce in one's life. This book contains a comprehensive dictionary of organs and conditions with their corresponding meanings. The Bio-Breakthrough represents an extensive introduction to new findings, which will in the years to come revolutionize the world's vision about the origin of illness.

Fears, anxieties, traumas, and physical and emotional shocks imprint on the body and remain dormant in its vast memory store until they are roused by an event or encounter. They may manifest in a different form or place—a fearful incident may transform itself into a stomachache or a headache, or even a chronic disease. Pain

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creates its own path. In particular, psychological and emotional stresses affect the functioning of the internal organs. In *Understanding the Messages of Your Body*, Dr. Jean-Pierre Barral explains the relationships that exist between internal organs and emotions, to allow us to free ourselves from the effects of present and past tensions and traumas. The book opens with an explanation of the body-mind relationship and goes on to show how physical-emotional therapy works based on examples from Dr. Barral's clinical practice. The second part of the book offers detailed analyses of various "types" of human personality and the physical-emotional complexes and related organ dysfunctions that accompany them. The author offers advice and encouragement to improve physical, psychological, and emotional health, and recommends physical exercises,

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psychotherapeutic approaches, and dietary plans that can be used by both professional therapists and the average reader.

This practical resource offers a much-needed introduction to the why, what, and how of supporting college students through mindfulness and stress-releasing strategies. Higher education professionals are in a unique position to support, coach, and teach strategies with students to manage anxiety and emotional distress and improve well-being. Drawing on experience from the disciplines of Mental Health, Counseling, and Student Affairs, the authors provide evidence-based practices and tangible techniques supported by the latest brain-based research and neuroscience. Full of tools that college students can use daily to assist with their relaxation, meditation, focus, and stress management, this book helps

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higher education professionals who are not trained mental health practitioners to effectively and confidently incorporate activities to support the whole student.

Explores the body as a map of consciousness, where physical symptoms reflect stresses on our minds, emotions, and Higher Self • Offers a comprehensive guide to 800 physical symptoms with the description of their inner cause and the message they are sending to our consciousness • Explains how learning a symptom's message empowers the individual affected to take charge and effect change on the inner level • Addresses the individual as well as the helping professions, healers and therapists, to help them understand more fully the dynamics of the body-mind interface The body is intimately connected to the mind and the Spirit. Each physical symptom

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reflects a deeper part of our Spirit and consciousness, the part the Western traditions know as the “unconscious” or “subconscious.” When we make a decision that leaves us with stress, it affects our consciousness, and therefore our energy field or aura. When the tension increases in intensity, it reaches the physical level where it creates a symptom. This means that if we make a different decision, or change our mind about something, we can let go of this stress, and the symptom. The symptom itself is not the problem, just a message that, once understood, has fulfilled its purpose and can be released. Integrating Martin Brofman’s more than 30 years of research and healing practice, The Inner Cause comprises an A to Z compendium of 800 symptoms and a psychology of their inner causes, the messages they are trying to send to our consciousness. Woven into the

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descriptions of symptoms, the author also discusses personality profiles associated with certain symptoms, derived from his understanding of the chakras, the body-mind interface, and the connections he discovered when developing his Body Mirror System of Healing. He explains that when you explore the inner cause to a symptom, you recognize that you have created this symptom through the stressed way you chose to respond to the conditions in your life. By learning a symptom's message, you become empowered to take charge and effect change on the inner level. For each symptom discussed, the author explores the message of the symptom, which chakras are involved, how you may be affected, and which issues you might need to look at to resolve the tension or stress--although a specific solution will always depend on the individual's

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personal situation. With its correlation of symptoms and psychological states of being, The Inner Cause provides invaluable insight into how we can effectively support our own healing process physically, emotionally, and spiritually.

We are at the crossroads of world health. On the one hand we face the possibility of a world wide pandemic, the likes of which has never been seen before. We are, likewise on the threshold of discovering natural cures for nearly every disease. As choosing wisely may mean the difference between life and death, this book is designed to help the reader choose alternative options that are seldom if ever in the news. Jared Diamond, in his groundbreaking work, Collapse: How Societies Choose to Fail or Succeed, addresses the fact that only civilizations

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that recognize the threats against their existence, and deal with the threat effectively survive. Civilizations with their heads in the sand become extinct or are conquered by more vigorous nations. The robber barons of the last century were able to create a monopoly for oil and the automobile by ruthlessly and systematically destroying all competition. They tore up cable car lines and public transportation so the public would have no other alternative except their oil. Today, the drug monopolies, owned by the descendants of these same robber barons, are nearly complete in their plot to eradicate all natural, low cost remedies for disease prevention and treatment. In the state of Florida, naturopathic physicians were de-licensed unless they also had a conventional medical license. The powers that be want to create a drug induced society, at an enormous financial and

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emotional cost to the public at large. They are even trying to outlaw vitamins via European health treaties and side step the American constitution and the public. The ever escalating cost of medical care created by lack of natural alternative options can only lead to the eventual total collapse of the entire medical system. It is exceedingly difficult finding the truth about alternative medicine as the system has a vested interest in making profits and keeping the truth from you. A few thousand deaths is an acceptable loss if a few billion dollars can be made. And it will be a cold day in hell before a drug company puts itself out of business by telling you about a low cost natural cure that their product can manage. The guardians of public health know which side their toast is buttered on also. The career politicians and beltway bandits at the FDA know where the money is and

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they dont get it from you or providers of natural cures. The drug monopolies pay the big bucks. There have been no checks and balances. Corruption has become so pronounced that the US House of Representatives is seeking to pass the Consumers Access to Health Information Act (H.R. 2352) to ensure that accurate health claims ARE NOT SUPPRESSED. Consumers would be given TRUTHFUL AND COMPLETE information about the curative, mitigation, treatment, and prevention effects of foods and dietary supplements on disease or health-related conditions. The time to exercise your God given right to the health care of your choice is now. (www.lef.org) America has the finest emergency health care in the world. Bar none. However that is not the nature of the coming threat. American baby boomers will soon be retiring in the tens of millions. Their health care needs

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will be staggering and costly. However 92% of American health care providers are trained in emergency medicine and only 8% in long term preventative medicine. As it takes a minimum of 6-7 years to obtain a medical degree, America is unprepared for a crisis that is inevitable.

How consciousness and quantum energies affect your genetic expression and the development of disease and chronic health conditions • Draws on cellular medicine, genetics, quantum physics, and consciousness studies to define the real underlying mechanisms of disease and how they can be addressed • Explains how consciousness influences quantum DNA to erase the genetic imprint of illness, allowing your body to remember how to function efficiently and effectively • Shares the author's discoveries that enabled her to successfully heal the

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cellular dysfunction at the root cause of her cancer; tumors, chronic inflammation, and toxicity • Explores consciousness tools to re-encode DNA and includes detailed scripts for techniques that readers can apply to their own healing journeys Drawing on new advancements in quantum physics, cellular medicine, genetics, and consciousness studies, as well as her own journey of self-healing from a number of challenging health conditions, Althea S. Hawk reveals how you can consciously influence your DNA and re-encode it to improve your health and alter your genetic destiny. Sharing the discoveries that enabled her to successfully heal from her cancer, tumors, toxicity, and inflammatory-related conditions, the author explains how genes are not solely responsible for creating disease. She shows how human physiology interacts with the quantum

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energies of our external and personal environments and how the resulting information triggers the development and persistence of disease and chronic conditions. We each inherit susceptibilities, but it is our unique experience of these environmental factors, as well as our beliefs, thoughts, and emotions, that alter the way our genes are expressed. Detailing how our DNA is both quantum-energetic and biological-chemical, Hawk explains how your environment and your consciousness influence your quantum DNA, which in turn interacts with your biological DNA. By working directly with energetic information that affects how your quantum and biological DNA communicate, you can alter the expression of your genes by re-encoding the gene sequences on your physical DNA, erasing the imprint of illness and enabling your body to

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remember how to function properly. Hawk explores consciousness tools and mind-body techniques to re-encode your DNA, such as sound and breathing work, DNA marker removal, recalibration of Akashic information, and cellular communication exercises that readers can apply to their own healing journeys.

Whether you are completely new to yoga, a more advanced practitioner who feels they can't see the wood for the trees or simply someone who would like to know what all these people who seem to go on about yoga are actually talking about, this is the first book you need to read. The Incomplete Guide to Yoga is a comprehensive introduction and guide to yoga, covering everything from the philosophical background and history to the nuts and bolts of how to practice - and pretty much everything in between. There

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are hundreds of books about yoga, covering hundreds of topics and viewpoints, many conflicting with each other. If you have ever stood in a bookshop and thought I AM JUST A NORMAL PERSON WHO WANTS TO KNOW WHAT YOGA IS AND WHAT ON EARTH I AM SUPPOSED TO DO WITH IT, then reading this book will do the job nicely. The Incomplete Guide to Yoga is a unique synthesis of the many aspects of yoga, and its relationship with modern thinking. It provides clear, unbiased explanations and will leave you with your own coherent picture of yoga and how it will work for you.

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