



Das Phönixtraining: Wege zur Transformation und Selbstheilung (German Edition)

Françoise Guillot

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Ein außergewöhnliches Plädoyer für eine ganzheitliche Sicht von Gesundheit und Heilung. Ein Buch, das Mut macht und in die eigene innere Stärke führt.

Hier geht es um eine ganzheitliche Form des Heil-Werdens, die in den tiefsten Schichten unseres Wesens begründet liegt. Offen mit ihren eigenen Erfahrungen von Krankheit und Leid umgehend, teilt Françoise Guillot ihre faszinierende Überzeugung mit dem Leser, dass Krankheit auch eine Sehnsucht in sich bergen kann: Die Sehnsucht nach unserem wahren Zuhause, nach der Quelle unseres Daseins. Das stärkste Ungleichgewicht, die Krise, kann uns bewusst machen, wie sehr wir uns nach einem befreiten Zustand, nach Geborgenheit und Frieden sehnen.

Mit praktischen Beispielen und fundiertem medizinischen Wissen führt die Autorin uns in unser intuitives Wissen um unsere eigenen Ressourcen, die uns den Weg zur Heilung zeigen werden. Die Homöostase, die Selbstregulation des Körpers wird aktiviert und gefördert. Tiefe Entspannung, freundliche, bedingungslose Annahme unseres Zustandes, unseres Wesens, Achtsamkeit und vertiefte Wahrnehmung entfalten die in jedem Menschen angelegten Selbstheilungskräfte.



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