

Reconciliation Healing The Inner Child Thich Nhat Hanh

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Based on Dharma talks by Zen Master Thich Nhat Hanh and insights from participants in retreats for healing the inner child, this book is an exciting contribution to the growing trend of using Buddhist practices to encourage mental health and wellness.

Reconciliation - Parallax Press

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Reconciliation : Healing the Inner Child: Thich Nhat Hanh ...

Healing the Inner Child. Reconciliation focuses on the theme of mindful awareness of our emotions and healing our relationships, as well as meditations and exercises to acknowledge and transform the hurt that many of us experienced as children. The book shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with,...

Reconciliation - Plum Village

Healing the Child Within. The practices of mindful walking, mindful sitting, and mindful breathing are our foundation. With our mindful breath and mindful steps, we can produce the energy of mindfulness and return to the awakened wisdom lying in each cell of our body. That energy will embrace us and heal us, and will heal the wounded child in us.

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