

Massagen bedeuten nicht nur Entspannung, Genuss und Wohlbefinden - richtig angewendet helfen sie auch bei vielen Beschwerden. Dieses Buch zeigt die wichtigsten westöstlichen Massagetechniken für die Selbstbehandlung - z.B. die tibetische Massage oder die Chakra-Energiemassage.



Dazu werden Massagen beschrieben, die bei Befindlichkeitsstörungen von Asthma bis Zahnschmerzen hilfreich sind und Schmerzen lindern können. Bei welchen Beschwerden die jeweilige Methode angewendet werden sollte, wird dabei ganz genau erläutert. Mit vielen anschaulichen Illustrationen und Schritt-für-Schritt-Anleitungen.

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Massage Techniken Heilende Kraft H Nde Beschwerden

Puja Mehta



Massage Techniken Heilende Kraft H Nde Beschwerden:

Massage-Techniken David Chang, 2015-07-20

Bio-Touch: Die heilende Kraft der Fingerspitzen Debra

Schildhouse, 2020-08-10 Fast jeder hat schon einmal die Erfahrung gemacht dass ihn bei der unerwarteten Ber hrung der H nde einer fremden Person ein kleiner elektrischer Impuls getroffen hat Die H nde sind ein unmittelbarer bertr ger der Lebensenergie eines Menschen Diese Ur Empfindung stand am Anfang von Bio Touch ber die H nde und in ganz speziellem Ma ber die Fingerspitzen str mt Energie Energie die wenn sie bewusst eingesetzt wird eine wunderbare Heilwirkung aus ben kann Debra Schildhouse schildert auf spannende Weise ihre pers nlichen Erfahrungen mit dieser neuen Heilweise Sie erlebt au ergew hnliche Verwandlungen und bewegende innere Transformationen Heilwerdung umfasst immer den ganzen Menschen So wird dieses Buch zu einem lebendigen Dokument ber die Wirkungsweise von Bio Touch im Alltag und zu einer Quelle der Inspiration um die eigenen Heilkr fte neu zu entdecken

Jin Shin Jyutsu für Anfänger: Wie Sie die Kunst des Heilströmens Schritt für Schritt erlernen und durch Handauflegen ganzheitliche Gesundheit auf

körperlicher, seelischer und geistiger Ebene erfahren Mariela Baumfink, 2021-08-02 Ihr Weg zu ganzheitlicher Gesundheit Kraft und Ausgeglichenheit Es ist nicht normal sich nicht gut zu f hlen Kommt Ihnen diese Aussage wie eine Erl sung vor Weil Sie seit Langem unter kleinen Beschwerden leiden aber denken das sei eben normal Weil diffuses Unwohlsein Sie plagt aber Ihr Umfeld sagt Sie sollen sich nicht so anstellen Weil Sie chronisch m de sind oder leichte Schmerzen haben aber kein Arzt eine Ursache finden kann Dann h ren Sie nicht mehr auf verst ndnislose Freunde oder ratlose Schulmedizin sondern vertrauen Sie den Lehren der japanischen Heilkunst des Jin Shin Jyutsu bersetzen l sst sich der Begriff mit Kunst des liebenden Sch pfers durch den g tigen mitf hlenden bewussten und verstehenden Menschen und darin steckt schon das ganze Geheimnis Aufmerksames In sich Hineinhorchen und einf hlsame Wahrnehmung machen den berw ltigenden Erfolg dieser Heilkunst aus Denn der gesunde K rper befindet sich in einem Gleichgewicht zwischen psychischen seelischen und physischen Aspekten in dem die lebensnotwendigen Energiestr me frei und ungehindert flie en k nnen Jede Erkrankung ist demnach Zeichen f r eine St rung dieser Balance und gezieltes Handauflegen f hrt durch das sogenannte Str men dazu energetische Blockaden zu l sen So einfach soll das sein Oh ja Lassen Sie sich von der jahrtausendealten Erfolgsgeschichte berzeugen und finden Sie in diesem Buch heraus wie durch Jin Shin Jyutsu Ihr gesamtes Wesen wieder in Harmonie und Einklang findet Lernen Sie alles ber die Entstehung dieser Heilkunst und erfahren Sie wie auch TCM und buddhistische Traditionen den verbl ffenden Erfolg dieser Methode unterst tzen Der Schl ssel zu sich selbst sind Sie Wie Sie Ihre Selbstwahrnehmung sch rfen und damit den Grundstein f r umfassende ganzheitliche Diagnostik und Behandlung legen Visualisierungsarbeit Achtsamkeits bungen Mudrameditation Erlernen Sie vielf ltige praktisch anwendbare Techniken mit denen Sie sofort Ihr Wohlbefinden steigern k nnen Der leicht verst ndliche und anwendbare Ratgeber f hrt Sie auf einf hlsame Weise ein in die m rchenhaft wirkenden Geheimnisse der Selbstheilungskunst Denn alles was Sie ben tigen liegt

schon immer tief in Ihnen also lassen Sie sich von diesem Buch anleiten Ihre innersten Heilkräfte ans Tageslicht zu holen

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Patzschke-Schulz, 2004 Passe ich überhaupt zu einem Hund Mit Checkliste Welcher Hund passt zu mir Schau doch mal rein Tierheime heute Die Tierheime Lingen Celle und Bremen Checkliste Secondhand Hund Ein Hund im Haus Checkliste Was braucht der Hund Der erste Tag im neuen Zuhause Sitz Platz Erziehungstipps Hundeschule Checkliste Ist der Hund gesund Besuch beim Tierarzt Hund und Urlaub Der Hund stirbt Tierfriedhof Adressen rund um den Hund Tierschutzverbände

Idiopraxie: Die Kraft der Selbstberührung Peter Cubasch, Markus Böckle, 2025-08-11 Idiopraxie was ist das Dieses Handbuch ist das erste Werk das die vielfältigen Aspekte der Selbstberührung beleuchtet Basierend auf wissenschaftlichen Erkenntnissen und zahlreichen praktischen Übungen zeigen Peter Cubasch und Markus Böckle wie Selbstberührung sowohl im therapeutischen Kontext als auch im täglichen Leben als Quelle von Heilung und Selbstregulation dient Das Buch vereint theoretische Grundlagen der Idiopraxie mit anschaulichen Anleitungen und Praktiken für verschiedene Körperbereiche mit dem Ziel den Leser innen Selbsterfahrung und innere Balance zu ermöglichen Achtsame Berührung kann uns körperlich seelisch und geistig tief bereichern stärkt das Selbstwertgefühl und fördert die emotionale Sicherheit Dieses Buch ist eine wertvolle Ressource für alle die den Weg zur Selbsthilfe und professionellen Anwendung von Selbstberührungstechniken entdecken möchten seien es Therapeuten Pfleger oder an persönlicher Weiterentwicklung Interessierte **Bücherei**

und Bildung, 1987 Buch und Bibliothek, 1987 Fachzeitschrift des Vereins der Bibliothekare an öffentlichen Bibliotheken

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Gesicht Hände Schultern Nacken Rücken Füsse und Massagen bei verbreiteten leichteren Beschwerden in gut

nachvollziehbaren Schritten für Schritt Anleitungen und Abbildungen Massage Bernard C. Kolster, 2011-02-10

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