

I'm not sure if Sharon has written a book or started a revolution in holistic birthing!
— Becky Walsh, author of *You Do Know: Learning to Act on Intuition Instantly*

Heal YOUR BIRTH *Heal* YOUR LIFE



Tools to
Transform your
Birth Experience
and Create a
Magical New
Beginning

Foreword by
Karl Dawson — Creator of
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SHARON KING

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Heal Your Birth Heal Your Life:

Heal Your Birth, Heal Your Life Sharon King, 2015-10 Foreword by Karl Dawson How we come into the world really matters Yet within our current Western birthing paradigm we have lost touch with the impact that the experience of birth can have on the baby What happens to us in the womb and at birth can have far reaching consequences that shape the way we experience and see the world for the rest of our lives This groundbreaking book dispels the myth that babies are not conscious beings It also shows how many of our beliefs are formed in the womb and at birth beliefs that end up running our lives today As well as highlighting the effects of birth trauma *Heal Your Birth Heal Your Life* offers practical solutions You will learn how to transform and rewrite traumas that happened both at birth and in the womb so that you can Understand the impact that your birth is still having on you now Learn how to go back to the womb and birth when beliefs were formed and rewrite them Discover how to release birth trauma Learn new tools to rewrite your birth impacting healing on all levels Containing a whole host of research from some of the leaders in the field this book offers a solution based approach to overcoming birth trauma It is for anyone who has ever experienced a birth trauma or had a parent who experienced stress when they were in the womb It is for mothers who are about to give birth and want to ensure that they do not carry their own birth traumas into the birthing experience It is also for practitioners of all modalities who want to help their clients connect with and transform the subconscious memories of their birth **Heal Your Ancestors to Heal Your Life** Shelley A.

Kaehr, 2025-08-05 Uncover and Heal the Root of Your Inherited Family Trauma Your family's past may be the key to healing in the present This groundbreaking book explores the life changing power of regression sessions that work with your ancestry While most sessions focus solely on the client this book shows that by contacting and sending restorative energy to certain members of your family tree you can initiate ripples of healing that make enormous positive transformations in your life and the world Join Shelley A Kaehr PhD as she shares case studies from her generational regression practice as well as specific exercises and meditations you can do to begin your own familial healing journey You will discover how to alleviate the suffering of your parents grandparents or earlier ancestors and extend the pure light of loving kindness to your own generation and even future generations who have yet to be born This book empowers you with the tools and techniques you need to help fill your life and the lives of your loved ones with joy happiness and purpose *Heal Your Life Workbook*

Sharon Whitewood, 2014-09-11 The *Heal Your Life Workbook* teaches three self help techniques for releasing emotional trauma anxiety and depression The author Sharon Whitewood has developed an integrated process for this inner work and articulates this in a structured and organised way while also providing extensive resources for self understanding and reflection Journaling Focusing and Meridian Tapping techniques are demonstrated reliable techniques in their own right for resolving emotional baggage but together in an integrated process they are highly effective and fast for the individual working on their own or with an experienced therapist This is a self help workbook which enables to reader to identify tune

into and release painful and debilitating experiences that prevent them from living fully and achieving their desires

Change Your Mind, Heal Your Body Anna Parkinson, 2014-05-20 Your body is trying to tell you what's wrong A successful journalist turned healer describes her innovative system of healing through the lens of her own self healing journey Parkinson was a busy workaholic reporter who yearned to leave her stressful job when she was diagnosed with a mysterious tumor behind her carotid artery At first she pursued the traditional medical route but after a series of frustrating mishaps with the medical system she began to investigate alternative healing Her search brought her into contact with such venerable healing philosophies as the ancient Hindu chakra and the simpler Hawaiian system She eventually met Martin Brofman founder of Body Mirror Healing who taught her how to delve into her emotional blockages underpinning the illness The breakthrough came when she realized that her body was communicating to her through the message of cancer She ultimately developed a series of simple exercises shared in the book that help people better listen to their bodies and bring the energy needed to wipe away disease

Heal Your Body, Cure Your Mind Ameet Aggarwal, 2019-08-01 Voted as one of the Top 43 therapists in the world 5 times bestselling author naturopath and psychotherapist Dr Ameet easily helps you with gut health mental health liver cleanse detox adrenal fatigue depression anxiety skin hormones inflammation health and sexual issues using holistic healing supplements nutrition healthy foods natural remedies holistic therapies mental health trauma healing Your gut liver adrenal and mental health are the most valuable gifts you have Reading this holistic healing and mental health book will quickly improve your gut health liver health adrenal fatigue trauma and mental health by helping you treat the root causes of diseases in your mind and body which are Leaky gut health Inflammation LIVER HEALTH Adrenal Fatigue Thyroid hormonal imbalance Mental Health Trauma Negative Beliefs Family Trauma With the top herbs homeopathic remedies foods acupuncture points Bach flower remedies and mental health trauma healing exercises that most successful holistic therapists use Get this book to quickly feel amazingly well with clear instructions on powerful holistic therapies from world renowned naturopathic doctor psychotherapist teacher Know What the best low inflammatory foods probiotics and supplements for digestive problems leaky gut health IBS and inflammation are Why your thyroid hormones mental health and brain heal when you improve your liver health with the best gallbladder and liver cleanses Which herbs amino acids homeopathic remedies and supplements to use for stress burnout anxiety depression gut health mental health gallbladder and liver cleanses The most helpful nutrients for holistic and mental health and what foods they're found in Powerful exercise to heal mental health trauma change negative beliefs and feel confident Highly effective meditation breathing journaling gratitude and positive psychology techniques for mental health Energy medicine therapy to increase happiness clarity emotional resilience and mental health Acupuncture points for mental health issues like anxiety and depression and liver health And so much more Read all the topics for free by clicking Look Inside at the top of this page Doctors therapists and nurses around the world are using this book to help people quickly recover from difficult chronic

health and mental health trauma issues Here s what they say Dr Ameet gives simple steps to help you recover from mental health issues anxiety depression stress trauma and burnout and with long lasting results Dr Hyla Cass MD Bestselling Author and Holistic Psychiatrist There s amazing details on holistic therapies foods and specific exercises to release emotional stress and trauma to optimize your emotions and health Geeta K Master Reiki Healer I learnt how to fix inflammation my mood and detox my liver with the most effective herbs foods and supplements R K I love the list of homeopathic and Bach flower remedies that go into very specific emotions Not everyone has the same type of anxiety or depression and that s clear with Dr Ameet s book Sandra Anxiety Survivor What I love about this book is that I feel more in control of my life and my health especially after releasing emotions and fixing inflammation Jacqueline R Therapist Volume 1 in my series Heal Your Body Cure Your Mind MINDFUL STEPS TO HEAL YOUR LIFE Dr. Deepa Mishra,2025-07-30 Mindful Steps to Heal Your Life by Dr Deepa Mishra What if healing wasn t just a process but a blueprint A blueprint rooted in science guided by intuition and designed to awaken your inner power In Mindful Steps to Heal Your Life Dr Deepa Mishra a physician healer and teacher masterfully bridges the world of evidence based medicine with soulful practices of self discovery Whether you re navigating emotional burnout struggling with self worth or simply yearning for deeper calm and clarity this book offers you a grounded actionable path Inside you ll find Mental performance drills to rewire your mindset Body wise charts for emotional decoding and energy mapping Healing affirmations that speak to your nervous system and spirit Stories and insights from real life transformation Praised by leaders in sports medicine defense and the arts this book is your personal guide to inner mastery It s not just a read it s a return to your truest self If you re ready to move from fatigue to flow from trauma to transformation this book will meet you where you are and lift you to where you re meant to be *Heal Your Life* Jean Maalouf,2017-04-27 For our very survival and sanity we need God We need virtue We need character The good person brings good things out of a good treasure and the evil person brings evil thing out of an evil treasure Matthew 12 35 Godly people make all the difference in the world by striving to match the politics of the earth with the politics of the kingdom of God By talking about uncovering the healing power of faith hope love and prayer this book uncovers at the same time the secret of sanitythe sanity that runs our lives at the individual level as well as at the national and international levels Sanity requires the rejection of the gods we ve created by learning to focus on the God in whose image we ve been created Billions of dollars are spent every year on the pursuit of physical perfection People do anything to become richer more powerful or more prestigiouswith improved appearances and more pleasing makeup in all domains as if the only value that really counts is the most attractive picture we are able to show In this very expensive race for the outside perfect masks the pursuit of inner beauty can often be pushed aside when this inner beauty is by far more important than the outer beauty Dont we know that the Lord does not see as mortals see they look on the outward appearance but the Lord looks on the heart 1 Samuel 16 7 In this book Heal Your Life Awakening to the Power of FaithHopeLovePrayer Dr Maalouf masterly invites us to reject the double lifestyle we are living

and to genuinely consider living by the truth of the permeation and integration of theology and politics Pope Paul VI declared is the highest form of charity And we can add that charity is the highest form of political sanity as well Indeed real politics takes action and contemplation All our crises are rooted in our spiritual crisis first For our sanity and survival God is needed For our sanity and survival the politics of the earth should match the politics of the kingdom of God as this book explains

Heal Your Memories, Heal Your Life Sirshree,2022-07-12 On this human journey of learning and growth we become burdened by karmic bonds that infest our memories Peace and fulfillment come only by facing and healing them This book explains Four invisible factors that burden and restrain the body and mind Effective tools to get rid of karmic bondage How injured memories bear upon us and ways to eliminate them The SOUL lessons that serve to heal our injured memories Nature's special arrangement for learning our SOUL lessons Read the book to heal your life by learning your SOUL lessons

Heal Your Anxious Attachment Jennifer Nurick,2024-02-01 People who experience neglect or abuse as children often develop an anxious attachment style resulting in feelings of abandonment and distrust troubled relationships and an unhealthy self image In this holistic guide therapist Jennifer Nurick guides readers with an anxious attachment style through a step by step process to feel more secure in themselves cultivate self worth self trust and confidence and approach life and relationships from a place of calm clarity and connectedness

Happy Birth Happy Baby Glen Thomas,2018-10-26 Have a positive birth for you and your baby and heal the world in the process Birth is powerful A happy birth is one that empowers you to make the choices that are best for you and your baby Birth makes a difference to mothers to babies and to the world Happy Birth Happy Baby is a practical and inspiring guide to having a positive birth experience Featuring cutting edge research as well as exercises including self hypnosis journaling birth art mindfulness exercises and even dancing Happy Birth Happy Baby is a sourcebook for all expectant mothers who want to reclaim their births

How To Heal Anne Jones,2022-03-21 What's stopping you from lifting your life above your fears and limitations With streaming reports of humanitarian disasters and global pandemics on news channels the ongoing climate emergency and a continuous bombardment of similar from social media it's not surprising that living in the modern world can take its toll on our physical mental and spiritual wellbeing In How to Heal renowned spiritual leader Anne Jones shows that amid all this confusion negativity and noise you can use the power of ancient symbols and rituals to reclaim control of your emotions breakthrough your barriers and lift your life to a happier calmer and more fulfilling place Unlock a new strength and resilience as Anne coaches you through a uniquely holistic approach to healing As you begin to clear negative beliefs thoughts and feelings about yourself every single part of you from your physical body to your mental health and spirit will respond come to life and start to heal What you think feel and see becomes your truth So now is the time to stop letting the world break you down and move beyond the past traumas that have come to define you By surrounding yourself with peace and positivity and taking control of the negativity that blocks your path you can begin a transformative healing process that will release your past

reclaim your energy and revive your joy **Self care and healing for mental illness** Angel Lanzano,2022-09-04 Self care and healing for mental illness has an abundant of information to keep you mentally well from balancing your chakras to healing your subtle bodies closing portals that drain you to going for long strolls in nature and lots more *Bridges to Heaven* Sue Frederick,2013-09-17 Death is not the end In fact your loved ones who have passed are watching you helping you and healing you though you may not know it In this highly emotional book lifelong intuitive Sue Frederick takes you through the process of connecting with the other side to Use your intuition to understand that your loved ones are at peace See into the other side to feel and release your pain Help loved ones cross over Use your own birth path number to discover what obstacles you might have on this journey and how to overcome them Understand a bigger view of spirituality and what happens after life And so much more Filled with heartwarming reassuring stories of Sue s own experiences and those of others *Bridges to Heaven* is a landmark book about grief mourning death and life Heal your karma with love Tanya Schindelin,2024-10-25 Do you have huge obstacles in your path through life Can t you find an explanation for them Have you already tried many methods If so the causes may be karmic entanglements from previous lives This book explains karma in a simple and earthly way You will find clear and understandable information in this book about how blockades from past lives karma can arise By means of diagrams and simple explanations you will become aware that karmic entanglements are energetic connections Case studies from practice will give you the opportunity to get a personal understanding of how karma shows up as blockades on a person s life path and what effects they can have Furthermore you will find dissolving techniques from energy work spiritual healing and inner child healing for karma transformation dissolution and healing which will enable you to dissolve your blockages Another component is the healing of karmically burdened places and the release of bound souls This is the ideal reference book for everyday use becoming the best version of yourself and live a successful professional and private life *Your Hidden Symmetry* Jean Haner,2013-05-01 On the day you were born you were imprinted with a plan and a purpose elegant patterns that can be read to see who you really are and what your true calling is And like your own personal map the design for each phase of your life journey was created on the day of your birth Based on ancient Chinese principles of balance and health this book gives you a rich understanding of your hidden symmetry the intricate inner design that influences who you are and how your life unfolds This book is not about astrology or numerology it is grounded in thousands of years of research about how time moves in natural patterns that profoundly affect you You can use this knowledge to discover the themes running through your life experience tap into your core strengths find lasting love and do your best work in the world Jean Haner shows you how to ride the waves instead of fight the current of your life make the best use of what s coming in future years and understand why things happened as they did in the past Jean will guide you to discover who you really came here to be recognize the true nature of everyone you meet and break free of old limitations to create a life of conscious vitality joy ease and love The Healing Formula Jimmy D. Davis,2016-09-09 There is a dynamic

formula available to you that shares comfort strength peace and healing for your deepest sufferings It is also the secret to eternal life and its available to anyone God provides this formula so that people can experience healing for personal suffering but you must apply each element to your life in order to gain the desired results The payoff is huge the healing of personal suffering no matter what your situation Everyone needs this formula because everyone suffers emotional or physical distress Even those who are dying will have time to find the cure This guidebook provides tips on how to listen and apply the formula to your own life insights on Gods perfect healing power through Jesus Christ strategies to overcome personal suffering whatever it may be information to ensure that you can find eternal life Whether you are experiencing problems in a relationship depression over your finances or even more serious problems you can have relief from your pain The Healing Formula leads to personal healing comfort and eternal life Even if youre not a Christian right now there is still time to find the elixir that will change your life forever

The New Detox Diet Elson M. Haas,Daniella Chace,2004 Dr Elson Haas has helped thousands recover from chemical dependency through what he calls the missing link in the American diet detoxification His tried and true program set forth in THE DETOX DIET shows how to cleanse your body of sugar nicotine alcohol caffeine and other harmful toxins for improved health energy and well being For those who have experienced the diet s benefits and would like to make detoxification a lifestyle choice THE NEW DETOX DIET presents a comprehensive plan for lifelong vitality Dr Haas has teamed up with nutritionist Daniella Chace to provide 50 all new recipes and menu plans to nourish your body and help you detoxify with minimal side effects THE NEW DETOX DIET includes tasty nutritious recipes like Baked Apples Smoked Wild Salmon Salad and Mango Salsa Dr Haas and Ms Chace also share case studies and personal stories of triumph over toxic substances Even after years of a damaging lifestyle or bad eating habits you can break the cycle of addiction and achieve greater vitality and improved overall well being An expanded edition of the best selling THE DETOX DIET featuring 50 new recipes and menu plans not available in previous editions written for those who would like to make detoxification a lifestyle choice Each chapter ends with a summary of the most important rules for detoxification from each substance THE DETOX DIET has sold more than 100 000 copies

Manifest Sacred Birth Ishtara Blue,2013-11-26 Intuitive Birthing a term coined by Ishtara is not about right and wrong ways of birthing but to help you access your intuition easily in order to birth how it is right for you to birth By following the Manifest Sacred Birth Programme you can birth connected and tuned in to follow your unique body signals and intuition so that your birth can be blissful and pain free If you are in a sacred place you hear your intuition easily so you can open your light womb up wide When you cannot hear the inner voice you act from a place of fear you are scared It is this fear which blocks the birth hormones from being released and prevents you from opening up your womb easily and without pain The key intuitive birthing techniques which are an integral part of the 40 day programme include visualisation mantra meditation ceremony and more and are designed for regular practise from around week twenty of the pregnancy but to familiarise yourself with from before that time then to use during

the actual birth itself You can use the Intuitive Birthing techniques contained within this programme for many other birthing and pregnancy issues resolve conception difficulties release heal and forgive past birth trauma or use them to connect to your intuition as a parent Packed full of birthing visualisations this is the ultimate book in Spiritual Birth I followed the programme in 2011 and used it to deal with issues that arose during my meditations and unexpectedly healed old wounds as well as my relationship then went onto have an even more beautiful and wonderful birth than the one I imagined and asked for Thank you Ishtara for these tools to joyfully birth our beautiful baby girl Christa Rose therapist This is a beautiful and intuitive book exploring the spiritual approach to birth preparation Connection with your baby is the primary focus of this gentle programme by Ishtara Blue encouraging each mother to envision and create her ideal birth using visualisation and empowerment techniques drawing wisdom from a variety of traditional and New Age sources Claire Arnold doula

Heal Your Trauma, Heal Your Marriage Cheri McDonald, 2020-04-07 Heal Your Trauma Heal Your Marriage is a roadmap for women to conquer the rippling effects of complex trauma on themselves and their marriage For over thirty years Dr Cheri McDonald has helped her clients achieve the life of their dreams and a happily ever after marriage By integrating rituals and symbolic steps to her teamwork based approach Dr Cheri guides women within Heal Your Trauma Heal Your Marriage on how to Awaken to their amazing truth and dream come true marriage Renew their fractured heart with re ignited passionate energy for everlasting healing from the inside out Revive their voice to victoriously express their deepest desires Restore their power to intuitively learn how to be present in their marriage Rise to forgiveness for themselves and their partner

Core Light Healing Barbara Ann Brennan, 2022-06-28 Barbara Ann Brennan founder of the Barbara Brennan School of Healing and best selling author of *Hands of Light* and *Light Emerging* is one of the most influential healers and spiritual leaders of the 21st century Now in her latest book *Core Light Healing* her work continues with revolutionary new information on working with the creative process and the fourth level The fourth level or astral world bridges the creative pulse from the physical to the higher levels of reality and manifestation *Core Light Healing* also chronicles Barbara Brennan's life journey and personal experiences In *Core Light Healing* you will discover The nature of the creative process from the Human Energy Consciousness perspective How each of us creates blocks in our energy fields how blocks look interact and ultimately cause dysfunction in our lives and the process involved in the clearing of blocks and releasing our creative potential How to develop and work with High Sense Perception and its role in facilitating the clearing of blocks in our energy fields The nature of fourth level reality and its vital role in the creative process The fourth level as it relates to healing relationships and the cord connections that underlie those relationships And much more Complete with full color and black and white illustrations *Core Light Healing* offers to take you on a journey to create the life you have always imagined

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