



## Heartbeat Nurturing Therapy: Healing Our Hearts- A Guide for Friends and Lovers (Paperback)

By Amara Karuna

Karuna Publishing, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Heartbeat Nurturing Therapy addresses the pain that many of us experienced as infants in our birth process, and also the lack of skin contact and breastfeeding from our mothers after birth. Our birth is the primal imprint, the initiation moment on which we base our beliefs about life. Unsatisfied needs for oral stimulation and closeness can lead to overeating, smoking, relationship problems and other addictions later in life. In this form of therapy we can offer new imprints of love and nurturing directly back to those younger parts of ourselves. This frees us to create more mature and satisfying intimate contacts with others. Within a spiritual and intentional context, we act as healing channels to help release this pain and create new healthy imprints in the psyche. A version of inner child therapy, this process works with accessing the infant self and memories still stored in our deep subconscious and cellular memory. By using ritual, hypnotic induction, massage, touch, sound and spoken words, we open a direct channel back to that time and those experiences around birth....



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