

Verslaafd Aan Liefde Jan Geurtz

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Verslaafd aan liefde

In Verslaafd aan liefde laat Jan Geurtz op heldere wijze zien dat onze zoektocht naar liefde en erkenning voortkomt uit een fundamentele zelfafwijzing. Die proberen we te compenseren met onze zoektocht naar waardering van anderen. Maar dat werkt averechts: het maakt ons juist onzekerder en dus steeds afhankelijker. Zo ontstaat er een verslaving aan liefde, erkenning en de veiligheid van een relatie. De meeste liefdesrelaties lopen daardoor na een tijdje op de klippen, of misschien nog erger verzanden in een gezapig samenzijn zonder veel ruimte voor groeien geluk. Met humor en praktische voorbeelden toont Jan Geurtz een uitweg uit deze vicieuze cirkel. Eenmaal ontdaan van zelfafwijzing blijken onze pijnlijke emoties, maar ook onze seksuele verlangens, de toegangspoort naar een staat van zijn die volledig vrij is van beknelling en afhankelijkheid, en die met of zonder relatie vervuld is van liefde en helderheid.'

The Writing Diet

In Bevrijd door liefde beschrijft Jan Geurtz op toegankelijke wijze de meest voorkomende relatieperikelen en hoe je die kunt benutten voor spirituele groei. Hoe kun je liefdesrelaties aangaan die niet verzanden in een crisis of in een gezapig samenzijn? En hoe geef je elkaar ruimte voor persoonlijke groei zonder bekneld te raken in verwijt of verlatingsangst? Jan Geurtz is de auteur van de bestsellers De opluchting, De verslaving voorbij, Verslaafd aan liefde en Verslaafd aan denken. Geurtz studeerde orthopedagogiek, onderwijskunde en wetenschapsfilosofie, en is geïnspireerd door het boeddhisme.

For the Love of Everything

Reach your goals with Kaizen—the Japanese art of gentle self-improvement. From Hygge to Ikigai, positive philosophies have taken the world by storm. Now, Kaizen—meaning “good change”—will help you transform your habits, without being too hard on yourself along the way. With Kaizen, even the boldest intention becomes a series of small, achievable steps. Each person’s approach will be different, which is why it’s so effective. First popularized by Toyota, Kaizen is already proven in the worlds of business and sports. Here, Sarah Harvey shows how to apply it to your health, relationships, money, career, hobbies, and home—and how to tailor it to your personality. Kaizen is the key to lasting change!

Poems, New and Collected, 1957-1997

"Quit Smoking In One Day" is one of the most successful books written on ending cigarette addiction. Originally published in Holland and translated into many other languages it is now available in English for the first time. Countless people have quit smoking after reading this book. If you want to quit smoking then this book will help you succeed without withdrawal symptoms, no noticeable weight gain and without using force or self discipline. A proven method used successfully for more than 15 years.

What a Time to be Alone

Provides one hundred poems including the author's "View with a Grain of Sand," and sixty-four newly-translated selections.

Our Love

Storm Cycle

In *Addicted to Love*, Jan Geurtz clearly demonstrates how our search for love and approval stems from a fundamental self-rejection. We try to compensate for this by seeking other people’s appreciation. But this is counterproductive: it actually makes us more insecure and therefore increasingly dependent. This creates an addiction to love, approval and the security of a relationship. As a result, most romantic relationships eventually fail, or – perhaps even worse – are reduced to dreary co-existence with little room for growth and happiness. With humour and practical examples, Jan Geurtz shows a way out of this vicious circle. Once we have let go of self-rejection, we find that our painful emotions, and also our sexual desires, are the gateway to a state of being that is completely free of restriction and dependence, and is filled with love and clarity – with or without a relationship. Jan Geurtz has written several books on addictions, including the bestseller *Quit Smoking in One Day*. He studied remedial pedagogy, education sciences and philosophy of science, and is inspired by Buddhism.

Over liefde en loslaten

Jan Geurtz, bekend van de bestsellers *De opluchting* en *De verslaving voorbij*, laat in zijn nieuwste boek zien dat de crisis in de opvoedkunde, maar vooral ook in de dagelijkse praktijk van het opvoeden, veroorzaakt wordt door een fundamentele fout in ons basisprincipe van het opvoeden. Terwijl we ons als ouders verantwoordelijk voelen voor het latere levensgeluk van onze kinderen, zijn we juist bezig hun huidige en toekomstige geluk te dwarsbomen. Het einde van de opvoeding confronteert ouders met het fatale mechanisme om hun eigen jeugdproblemen te corrigeren in de opvoeding van hun kinderen, waarmee ze op een dieper niveau hun blokkades en beknellingen juist aan de volgende generatie overdragen. Met veel praktijkvoorbeelden en humor laat Jan Geurtz zien dat er een totaal andere manier van opvoeden van kinderen mogelijk is. Het einde van de opvoeding is bedoeld voor ouders en beroeps-opvoeders, maar ook voor oudere kinderen, en eigenlijk voor iedereen die nog weleens hinder ondervindt van zijn eigen opvoeding. En ondervinden we dat niet allemaal?

McMindfulness

In her first two books, Byron Katie showed how suffering can be ended by questioning the stressful thoughts that create it, through a process of self-inquiry she calls *The Work*. Now, in *A Thousand Names for Joy*, she encourages us to discover the freedom that lives on the other side of inquiry. Stephen Mitchell—the renowned translator of the *Tao Te Ching*—selected provocative excerpts from that ancient text as a stimulus for Katie to talk about the most essential issues that face us all: life and death, good and evil, love, work, and fulfillment. The result is a book that allows the timeless insights of the *Tao Te Ching* to resonate anew for us today, while offering a vivid and illuminating glimpse into the life of someone who for twenty years—ever since she “woke up to reality” one morning in 1986—has been living what Lao-tzu wrote more than 2,500 years ago. Katie’s profound, lighthearted wisdom is not theoretical; it is absolutely authentic. That is what makes this book so compelling. It’s a portrait of a woman who is imperturbably joyous, whether she is dancing with her infant granddaughter or finds that her house has been emptied out by burglars, whether she stands before a man about to kill her or embarks on the adventure of walking to the kitchen, whether she learns that she is going blind, flunks a “How Good a Lover Are You?” test, or is diagnosed with cancer. With her stories of total ease in all circumstances, Katie does more than describe the awakened mind; she lets you see it, feel it, in action. And she shows you how that mind is yours as well.

Bevrijd door liefde

Provides a detailed explanation of the Twelve-Step program designed by Alcoholics Anonymous, accompanied by advice on how to apply the program to codependent issues and cross-addiction

Love Your Lady Landscape

In the final year before his death, Nouwen began to write an account of the death of his friend Adam, a severely handicapped young man. Through this story, Nouwen found a new way to tell God's story and the story of all human creatures, broken and yet beloved.

Making Sense of Nonsense

“Brave, funny, and deeply moving.” — Cathy Alter, author of *Up for Renewal: What Magazines Taught Me About Love, Sex, and Starting Over* “Three cheers to *The Lost Girls* for showing us, with good humor and graceful prose, the beauty and importance of leading life astray.” — Franz Wisner, *New York Times* Bestselling author of *Honeymoon with My Brother* Three friends, each on the brink of a quarter-life crisis, make a pact to quit their high pressure New York City media jobs and leave behind their friends, boyfriends, and everything familiar to embark on a year-long backpacking adventure around the world in *The Lost Girls*.

Julius Zebra: Rumble with the Romans!

This book describes results of different experiments and clinical trials exploring the effects of Reconnective Healing. Experiments during three years demonstrated that sessions of Reconnection Healing had statistically significant positive influence on the functional state, humoral activity, physical condition and reaction to loading for the group of people both immediately and in 10 days after the influence. This signifies long-lasting effect of Reconnection Healing and its significance for people's health and well-being. Reconnective Healing does not invoke a relaxation response in the person, but decreases both sympathetic and parasympathetic stimulation of the autonomic nervous system, as observed when a person is in a state of emotional detachment, inner quiet and heightened awareness of the flow of subtle energy. These physiological responses are compatible with the Reconnective Healing principle of sensing and kinesthetically interacting with energy fields, as well as passively allowing the energy to flow through the body. One special effect of Reconnective Healing is structurization of Space in the auditorium, which affects all people present.

Einde van de opvoeding

With its unprecedented convocation of eighteen of the world's greatest spiritual thinkers, writers, and scientists, including Maya Angelou, Deepak Chopra, Paulo Coelho, and Eckhart Tolle, this beautifully designed full-color spiritual guide—which ties into a film of the same name—reveals how you can overcome limitations and fulfill your highest potential. Baptist de

Pape, a young lawyer, was mired in anxiety and fears about his future when he felt the call to investigate the incredible power of the heart and how it can lead us to our true purpose in life. On a quest that took him around the world, de Pape interviewed eighteen living icons—all on camera—including Isabel Allende, Jane Goodall, Marci Shimoff, Marianne Williamson, and Gary Zukav. Generously sharing their touching personal stories as well as profound guidance, these leaders co-created with de Pape a multidimensional, illuminating portrait of the heart as an inexhaustible source of love and wisdom that far surpasses that of the mind. With exciting spiritual and scientific insights, *The Power of the Heart* presents fascinating evidence that the heart is more than a physical organ. It possesses its own intelligence, capable of transforming your views of money, health, relationships, and success. Mindfulness exercises and contemplations guide you to activate the heart's special powers—including intuition, intention, gratitude, forgiveness, and love. These unforgettable lessons from the world's greatest teachers will inspire you to find your hidden talents, hear your inner voice, and fulfill your highest purpose in life.

The Power of the Heart

A lively and razor-sharp critique of mindfulness as it has been enthusiastically co-opted by corporations, public schools, and the US military. Mindfulness is now all the rage. From celebrity endorsements to monks, neuroscientists and meditation coaches rubbing shoulders with CEOs at the World Economic Forum in Davos, it is clear that mindfulness has gone mainstream. Some have even called it a revolution. But what if, instead of changing the world, mindfulness has become a banal form of capitalist spirituality that mindlessly avoids social and political transformation, reinforcing the neoliberal status quo? In *McMindfulness*, Ronald Purser debunks the so-called "mindfulness revolution," exposing how corporations, schools, governments and the military have co-opted it as technique for social control and self-pacification. A lively and razor-sharp critique, Purser busts the myths its salesmen rely on, challenging the narrative that stress is self-imposed and mindfulness is the cure-all. If we are to harness the truly revolutionary potential of mindfulness, we have to cast off its neoliberal shackles, liberating mindfulness for a collective awakening.

Addicted to love

The authors document how four forces--exponential technologies, the DIY innovator, the Technophilanthropist, and the Rising Billion--are conspiring to solve our biggest problems. "Abundance" establishes hard targets for change and lays out a strategic roadmap for governments, industry and entrepreneurs, giving us plenty of reason for optimism.

Nameless Queen

A brilliant dissection and reconstruction of the three major faith-based systems of belief in the world today, from one of the world's most articulate intellectuals, Slavoj Žižek, in conversation with Croatian philosopher Boris Gunjévić. In six chapters that describe Christianity, Islam, and Judaism in fresh ways using the tools of Hegelian and Lacanian analysis, *God in Pain: Inversions of Apocalypse* shows how each faith understands humanity and divinity—and how the differences between the faiths may be far stranger than they may at first seem. Chapters include (by Žižek) (1) "Christianity Against Sacred," (2) "Glance into the Archives of Islam," (3) "Only Suffering God Can Save Us," (4) "Animal Gaze," (5) "For the Theologico-Political Suspension of the Ethical," (by Gunjević) (1) "Mistagogy of Revolution," (2) "Virtues of Empire," (3) "Every Book Is Like Fortress," (4) "Radical Orthodoxy," (5) "Prayer and Wake."

The Art of Sexual Magic

The hideously disfigured body was found in the atrium. The only clues are a blood-soaked cloak, and, carved into the stone at the corpse's feet, the word Sparta. The murdered man was the overseer of Marcus Crassus's estate, apparently killed by two runaway slaves bent on joining Spartacus's revolt. In response to the murder, the wealthy, powerful Crassus vows to honor an ancient law and kill his ninety-nine remaining slaves in three days. Now Gordianus the Finder has been summoned from Rome by a mysterious client to find out the truth about the murder before the three days are up. Enmeshed in a world of desperate slaves and duplicitous masters, extravagant feasts and sordid secrets, Gordianus must risk all he loves, including his life, to stop a senseless slaughter-and save the very future of Rome itself.

First in the Morning

In the city of Seriden, the thief called Coin is Nameless -- she has no family, no legal rights, and no standing in society -- but she inherits the throne and the power and danger that come with it.

A Thousand Names for Joy

Approaching the dating process as a means for awakening, the author offers quotes from wisdom traditions

The Butterfly House

Love Your Lady Landscape is a healing journey through the terrain of what it is to be a woman. When a woman isn't in alignment with her feminine essence, she may experience exhaustion and overwhelm, lack sexual desire or passion for life, and generally feel "out of sync". In this book, Lisa Lister uses a myriad of tools and practices such as Earth based

spirituality, shamanic teachings, movement and dance, and breath and sound work to teach women how to reconnect to their feminine wisdom in order to start rebalancing all aspects of their lives. Based on Lisa's own 11-year journey of healing and reconnecting with her body, this book will help you: • release guilt and shame from the past • explore self-pleasure and sensuality • understand, read, and connect with your body's signs and signals • learn about your menstrual cycle and its connection with the rhythms of nature and the universe • discover the sacred art of receiving • express your creativity • find your voice to communicate your needs, wants, and desires Love Your Lady Landscape will move women into a fiercely loving and healing relationship with their body and will teach them how to use its cycles and signs to create a life of vitality, fulfillment, and creation.

The Lost Girls

First in the Morning: Every morning you probably begin your day by looking at the news and checking your emails – and you will probably agree that this is not the most inspirational start to the day. First in the Morning is Osho talking on a variety of subjects specially selected for the morning. It gives you a different option for your morning routine, a taste of meditation that can carry you through the day. Simply begin each morning by finding a moment to sit quietly, be with yourself, and read the suggested passage. The extracts here, and in the companion volume Last in the Evening, are taken from intimate one-on-one talks with Osho, and he suggested this compilation of his insights on a variety of subjects that include the nature of bliss, joy, and meditation. Whether you are familiar with meditation or a newcomer to the inner world, these two invaluable books, separately or together, can make a real difference to how you approach each day, and your life.

If the Buddha Dated

For those who want to unleash the potential of erotic energy.

God in Pain

In these pages, you won't find advice to wake up earlier, work out harder, or invest smarter. Paul Smit and Scott Byrd bring their dynamic experience as corporate coaches, comedians, and philosophers to this groundbreaking read on life and leadership. What you will find are simple truths about the human mind that will fundamentally change everything about the way you see yourself and the decisions you make. Marrying the latest insights from neuroscience with practical ancient wisdom, this will be the deepest light reading you've ever done.

Quit smoking in one day

Search Inside Yourself

This book simply points to home beyond any experience. It points back to that which has always been there despite who and what you believed yourself and the world to be. It is true freedom - not one based on hope or perfection in the flow of life. This is about the perfection and love of simply being. True LOVE is Everything.

The World Book of Happiness

From the bestselling author of *The Artist's Way*, a revolutionary diet plan: Use art to take off the pounds! Over the course of the past twenty-five years, Julia Cameron has taught thousands of artists and aspiring artists how to unblock wellsprings of creativity. And time and again she has noticed an interesting thing: Often, in uncovering their creative selves her students also undergo a surprising physical transformation-invigorated by their work, they slim down. In *The Writing Diet*, Cameron illuminates the relationship between creativity and eating to reveal a crucial equation: creativity can block overeating. This inspiring weight-loss program, which can be used in conjunction with Cameron's groundbreaking book on the creative process, *The Artist's Way*, directs readers to count words instead of calories, to substitute their writing's "food for thought" for actual food. Using journaling to examine their relationship with food-and to ward off unhealthy overeating -readers will learn to treat food cravings as invitations to evaluate what they are truly craving in their emotional lives. *The Writing Diet* presents a brilliant plan for using one of the soul's deepest and most abiding appetites-the desire to be creative-to lose weight and keep it off forever. I'm a creativity expert, not a diet expert. So why am I writing a book about weight loss? Because I have accidentally stumbled upon a weight-loss secret that works. For twenty-five years I've taught creative unblocking, a twelve-week process based on my book *The Artist's Way*. From the front of the classroom I've seen lives transformed-and, to my astonishment, bodies transformed as well. It took me a while to recognize what was going on, but sure enough, students who began the course on the plump side ended up visibly leaner and more fit. What's going on here? I asked myself. Was it my imagination, or was there truly a "before" and an "after"? There was! -from *The Writing Diet*

Arms of Nemesis

Brutally honest, often hilarious, hard-won lessons in learning to love and care for yourself from a young vice president at Comedy Central who was called "ahead of her time" by Jordan Peele "Compelling, persuasive, and useful no matter where you are in your life."--Chelsea Handler, #1 New York Times bestselling author of *Life Will Be the Death of Me* "A bracingly honest, funny read . . . like Wild meets You Are a Badass."--Adam Grant, #1 New York Times bestselling author of *Give and Take*, *Originals*, and *Option B* By the time she was in her late twenties, Tara Schuster was a rising TV executive who had

worked for The Daily Show with Jon Stewart and helped launch Key & Peele to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath that veneer of success, she was a chronically anxious, self-medicating mess. No one knew that her road to adulthood had been paved with depression, anxiety, and shame, owing in large part to her minimally parented upbringing. She realized she'd hit rock bottom when she drunk-dialed her therapist pleading for help. Buy Yourself the F*cking Lilies is the story of Tara's path to re-parenting herself and becoming a "ninja of self-love." Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows how to * fake gratitude until you actually feel gratitude * excavate your emotional wounds and heal them with kindness * identify your self-limiting beliefs, kick them to the curb, and start living a life you choose * silence your inner frenemy and shield yourself from self-criticism * carve out time each morning to start your day empowered, inspired, and ready to rule * create a life you truly, totally f*cking LOVE This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid, hysterical, addictively readable, practical guide to growing up (no matter where you are in life) and learning to love yourself in a non-throw-up-in-your-mouth-it's-so-cheesy way.

A Cloudless Mind

Computer genius Rachel Kirby struggles with the imminent death of her seriously ill sister before she receives a mysterious e-mail from John Tavak, an archaeologist who may know of a cure and who has been trapped inside a collapsed Egyptian tomb by danger

Addicted to love

With Search Inside Yourself, Chade-Meng Tan, one of Google's earliest engineers and personal growth pioneer, offers a proven method for enhancing mindfulness and emotional intelligence in life and work. Meng's job is to teach Google's best and brightest how to apply mindfulness techniques in the office and beyond; now, readers everywhere can get insider access to one of the most sought after classes in the country, a course in health, happiness and creativity that is improving the livelihood and productivity of those responsible for one of the most successful businesses in the world. With forewords by Daniel Goleman, author of the international bestseller Emotional Intelligence, and Jon Kabat-Zinn, renowned mindfulness expert and author of Coming To Our Senses, Meng's Search Inside Yourself is an invaluable guide to achieving your own best potential.

Kaizen

A follow-up to The Matrix and Philosophy considers issues of freedom, causation, metaphysics, race, violence, and the

definition of humanity as seen through the lens of the Matrix movies and its Animatrix anime spinoff. Original. 25,000 first printing.

Wijzen naar de maan

Is 'hustle and grind' really the message of The New Way? Is financial freedom really what it's about? Is 'living life on our terms' really the summit of this mission? Is The New Way about becoming more successful than our generations before us? This book is a conversation about The New Way to Live, Lead, Earn, and Give. It is a collection of insights and ideas about how we can, and how we are, changing the world. It's an invitation to the New Superheroes—the people all over the world who give a sh*t about each other and our earth—to lighten up in our work as Game Changers. It's a time stamp so that our kids and their kids can read it and say, "oh, so that's what you were growing through back then" The New Way is not just about having more money at the end of the month. Success as we'd been taught isn't sufficient. Success to our generation looked and felt completely different to what it looked and felt like to generations before us. We millennials do not thrive off gains in a capitalist society. The religious separation that our parents' generation know is torturing our hearts. Our planet isn't a place for us to holiday, but a place of permanent residence with the requirement that we nurture and love our Mother Earth as our one collective mother. There is no 'top' when it comes to leadership, but instead we're all about the power of tribe. We don't care to move forward at lightning speed, but would rather to stop and go back to our indigenous roots and ensure that ancient wisdoms are never forgotten. Taking care of our brothers and sisters who are without basic necessities is the only way we all win. Play is everything. We're here to change the world, but we've gotta stop taking it so seriously. We're here to use our talents and abilities to create epic sh*t, but we've gotta stop missing the point along the way. It's time for us to thrive like no generation before us ever has. It's time for us to show the world how good it's really meant to be. This book is for the millennial conscious leaders and entrepreneurs- those ushering in the new paradigm through their work, art, businesses, leadership.

Codependents' Guide to the Twelve Steps

"I was fifteen when my mother finally told me about my father. She didn't mean to. She meant to keep it a secret forever. If she'd succeeded, it might have saved us all." Roberta and Cynthia are destined to be best friends forever. When both your fathers are missing, you have a lot in common. Unable to cope with her alcoholic mother, Roberta finds Cynthia's house the perfect, carefree refuge. Cynthia's mother keeps beautiful rare butterflies on her sunporch and she's everything Roberta wishes her own mother could be. But just like the delicate creatures they nurture, the women are living in a hothouse. Years later, a hauntingly familiar stranger knocks at Roberta Dutreau's door, forcing her to begin a journey back to her childhood. But is she ready to know the truth about what happened to her, her best friend Cynthia and their mothers that tragic night

ten years ago?

Buy Yourself the F*cking Lilies

Jan Geurtz - Over liefde en loslaten Over liefde en loslaten is een persoonlijke gids op je spirituele zoektocht naar de essentie van het bestaan. Van Geurtz verschenen eerder de bestsellers De opluchting, De verslaving voorbij, Het einde van de opvoeding, Verslaafd aan de liefde, Verslaafd aan denken, Bevrijd door liefde en Vrij van gedachten. Doorgaans reageert ons ego op een levenscrisis met weerstand en veel pijnlijke gedachten. Daardoor maken we ons leven extra ellendig en uitzichtloos. In Over liefde en loslaten laat Jan Geurtz zien dat bijvoorbeeld een relatiecrisis, en elke pijnlijke emotie die we dan ervaren, in wezen een opening is naar spirituele groei. Met behulp van korte praktische instructies wordt getoond hoe we de sprong kunnen maken vanuit ego's beknellende gedachten en emoties naar ruime open liefdevolle staat van zijn. Hierdoor veranderen pijnlijke emoties zoals eenzaamheid, frustratie of angst in toegangsdeuren naar wat in het boeddhisme de 'boeddha-natuur' genoemd wordt en in Advaita de 'non-duale essentie', een natuurlijke staat die vrij is van lijden.

Earth is Hiring

What happens when you mix the gladiatorial combat of ancient Rome with a fast-talking creature who is DEFINITELY NOT A STRIPY HORSE? From a smelly water hole on the African savanna, Julius Zebra is captured, along with Milus the scarred lion and Cornelius the clueless warthog. Transported to the ferocious clamor of the Colosseum, Julius Zebra and his motley menagerie of friends must gear up to be . . . gladiators! The only way they will gain their freedom is if they win the love of the Roman crowds. But do they have what it takes to succeed in a world where only the meanest and toughest survive? Follow the madcap adventures of Julius Zebra and his pals in short chapters with funny, irreverent text and zany cartoon-style illustrations, with an illustrated guide to Roman numerals and a handy glossary at the end.

Family Secrets: The Path from Shame to Healing

In this wide-ranging book, 100 top experts in the field of positive psychology from around the world reveal the findings of their research in the best way to find and keep happiness.

More Matrix and Philosophy

In Wijzen naar de maan toont Jan Geurtz hoe we via liefde en lijden bewuster kunnen leven naar onze natuurlijke staat van

Zijn. Verslaafd aan liefde 2.0. Wijzen naar de maan van Jan Geurtz is een verzameling boeiende, ontroerende en gedeeltelijk autobiografische verhalen die laten zien hoe spiritualiteit in een gewoon mens kan ontwaken en zich vervolgens kan ontwikkelen. In zijn eerdere boeken, waaronder de bestseller Verslaafd aan liefde, geeft Jan Geurtz een heldere beschrijving van zijn spirituele visie op onszelf en de werkelijkheid. In dit nieuwe boek gaat hij een stap verder. Geurtz toont dat we via liefde en lijden bewuster kunnen toelevens naar de ultieme realisatie van de werkelijkheid, de non-duale verbondenheid van alles, onze natuurlijke staat van Zijn. Eeuwenoude boeddhistische beeldspraak vergelijkt ons bewustzijn met de afzonderlijke weerspiegelingen van de maan in elke vijver, plas of rivier op aarde. De verhalen in Wijzen naar de maan – geïnspireerd op Dzogchen, Tantra en Advaita – zijn als vingers die wijzen naar de echte maan, het oorspronkelijk zelf-gewaarzijn waar ons ogenschijnlijk afgescheiden ego-bewustzijn een afspiegeling van is.

Adam

Identifying the differences between healthy family secrets and dangerous ones, a step-by-step guide to uncovering dark family secrets from the past and present explains how to use the genogram to chart key relationships. Reprint.

Abundance

When New York Times bestselling author Raymond Moody began writing about near-death experiences, he noticed that the stories resembled the nonsensical writing of his literary heroes Lewis Carroll, Edward Lear, and Dr. Seuss. In this book, Dr. Moody shares the groundbreaking results of four decades of research into the philosophy of nonsense, revealing new ways to understand and experience life, death, and spirituality. Explore the nuanced feelings that accompany nonsense language, and learn how engaging with nonsense can help you on your spiritual path. Discover how nonsense transcends classical true/false logic, opening the doorway to new spiritual and philosophical breakthroughs. With dozens of examples from literature, comedy, music, and art, this accessible book presents a fascinating new approach to the mysteries of the human spirit.

Science Confirms Reconnective Healing

This book will show you how to release the inner joy and romance of your relationship. You can return to love as it was when you first met: experiencing a longing for each other, being interested in each other's thoughts, feelings and activities, and experiencing mutual sexual desire. In other words, really sharing life together! It might sound utopian, but with the right insights and tools it becomes surprisingly easy. In her fifth book, author and psychologist Ingeborg Bosch shows you how this can be done. She takes the reader by the hand, and in an incisive, concrete, and recognizable manner explains

how to get back to the love you once shared. This inspiring book, with many appealing and recognizable examples, is also a "do-it-together" book. The model developed by Ingeborg Bosch will give you clear insight into the basic building blocks of a loving relationship, why they are so often lost, and how to reconstruct them. This book is a wonderful gift to the world. It is written with so much love and "good will". It goes through all barriers of fear and gives a lot of hope and trust in Our LOVE. Kay Pollak, Swedish film director - As it is in Heaven. Ingeborg Bosch developed the very successful therapy Past Reality Integration, one of the fastest growing drug-free therapies in Europe. Her other books available in English are Rediscovering the True Self (2002), Illusions (2016, English ed)) and Past Reality Integration, 3 Steps to mastering the Art of conscious Living (2012).

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