

Jin Shin Jyutsu Mudras

Waltraud Riegger-Krause

Yoga Mudras Pb Epublisher, Mudras - also playfully called 'finger power points' are yoga positions for your hands and fingers. they can be practiced sitting, lying down, standing or walking, at any time and place! Schooled in the traditional knowledge of this Eastern art of healing, the well-known Swiss yoga teacher and author of Basic Yoga for Everybody, shows you how these easy techniques can recharge your personal energy reserves and improve your quality of living. Use these mysterious healing gestures to calm the stress, aggravations and frustrations of every day life. In Mudras: Yoga in Your Hands, you will learn: - How you can apply these simple exercises to prevent illness and support the healing of a great variety of physical and emotional problems. - How to use mudras to promote your spiritual development. - How you can additionally intensify the effect with breathing exercises, affirmations, visualisations, herbs, nutrition, music and colours.

The Meditation Workbook Aventuras De Viaje, 2019-10-29 Teach Yourself to Meditate Discover 160+ meditation and mindfulness exercises. This book contains meditations of all levels and disciplines. Anyone with the slightest interest in meditation will find something they can use. Take the step to achieve your inner peace, because this is the only meditation guide you need. Get it now. Meditation for Beginners and Experienced Alike * Breathing * Gazing * Meditation mantras * Mindfulness * Moving meditation * Religious * Self-Awareness * Visualization (perfect meditation for kids) * Vipassana ... and more! Sourced from All Over the Meditation Universe... * Daoist * Buddhist * Yoga * Sufi * Christian With over 30 hand mudras from Buddhism, Yoga, and Jin Shin Jyutsu (learn how to use meditation as medicine). Limited Time Only... Get your copy of The Meditation Workbook today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive discount offers * Downloadable sample chapters * Bonus content ... and more! Discover your inner peace, because this book has 160+ meditations to choose from. Get it now.

Jin Shin Jyutsu Waltraud Riegger-Krause, 2009-11-20 Die Lebensenergie im Körper harmonisieren Die fernöstliche Heilmethode Jin Shin Jyutsu ist in Insiderkreisen bereits das große Thema. Wie Shiatsu, Reiki oder Akkupressur wird auch diese Methode mit Sicherheit sehr schnell weite Verbreitung finden. Bei Jin Shin Jyutsu ist der Körper in 26 so genannte Sicherheitsenergieschlösser aufgeteilt, die durch Berührung aktiviert werden. Aufgrund des Strömens, wie es in der Fachsprache heißt, werden die Sicherheitsenergieschlösser aufgeschlossen und die Energie kann frei fließen. Bemerkenswert ist, nicht auf die Behandlung einer anderen Person angewiesen zu sein, sondern dass es sich hierbei um eine

Selbsthilfemethode handelt, die auf die ursprüngliche Fähigkeit des intuitiven Heilens zurückgeht. Das umfassende Praxisbuch zu dieser Jahrtausende alten (Selbst-)Heilkunst - Anschauliche Fotos für ein erfolgreiches Umsetzen - Die Autorin ist eine der wenigen in Deutschland autorisierten Jin Shin Jyutsu-Lehrer

Yoga Nidra for Complete Relaxation and Stress Relief Julie Lusk, 2015-09-01 Chronic stress is a silent assassin that can lead to a number of health and mental health issues, such as anxiety, weight gain, diabetes, and heart disease. In this book, holistic health expert Julie Lusk offers readers a powerful Yoga Nidra program to stop stress in its tracks. If you feel stressed out, you aren't alone. Stress is a modern-day epidemic, and if you don't make healthy changes to keep it under control, you could end up with a weakened immune system or a number of health and mental health issues. This book offers the solution: Yoga Nidra—a practice based on a lucid, sleep-like state of relaxation—focuses specifically on alleviating both the mental and physical manifestations of stress, so you can live a better life. Packed with meditations, relaxation skills, and visualization techniques, the ancient practices in this book will help you relax, reflect, and revitalize for unshakable peace and joy.

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 fühlen! Kommt Ihnen diese Aussage wie eine Erlösung 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 müde sind oder leichte Schmerzen haben, aber kein Arzt eine Ursache finden kann? Dann hören Sie nicht mehr auf verständnislose Freunde oder ratlose Schulmedizin, sondern vertrauen Sie den Lehren der japanischen Heilkunst des Jin Shin Jyutsu. Übersetzen lässt sich der Begriff mit „Kunst des liebenden Schöpfers durch den gütigen, mitfühlenden, bewussten und verstehenden Menschen" und darin steckt schon das ganze Geheimnis: Aufmerksames In-sich-Hineinhorchen und einfühlsame Wahrnehmung machen den überwältigenden Erfolg dieser Heilkunst aus. Denn der gesunde Körper befindet sich in einem Gleichgewicht zwischen psychischen, seelischen und physischen Aspekten, in dem die lebensnotwendigen Energieströme frei und ungehindert fließen können. Jede Erkrankung ist demnach Zeichen für eine Störung dieser Balance und gezieltes Handauflegen führt durch das sogenannte Strömen dazu, energetische Blockaden zu lösen. So einfach soll das sein? Oh ja! Lassen Sie sich von der jahrtausendealten Erfolgsgeschichte überzeugen und finden Sie in diesem Buch heraus, wie durch Jin Shin Jyutsu Ihr gesamtes Wesen wieder in Harmonie und Einklang findet. - Lernen Sie alles über die Entstehung dieser Heilkunst und erfahren Sie, wie auch TCM und buddhistische Traditionen den verblüffenden Erfolg dieser Methode unterstützen. - Der Schlüssel zu sich selbst sind Sie: Wie Sie Ihre Selbstwahrnehmung schärfen und damit den Grundstein für umfassende, ganzheitliche Diagnostik und Behandlung legen. - Visualisierungsarbeit, Achtsamkeitsübungen, Mudrameditation: Erlernen Sie vielfältige, praktisch anwendbare Techniken, mit denen Sie sofort Ihr

Wohlbefinden steigern können! Der leicht verständliche und anwendbare Ratgeber führt Sie auf einfühlsame Weise ein in die märchenhaft wirkenden Geheimnisse der Selbstheilungskunst. Denn alles, was Sie benötigen, liegt schon immer tief in Ihnen, also lassen Sie sich von diesem Buch anleiten, Ihre innersten Heilkräfte ans Tageslicht zu holen!

The Art of Jin Shin Alexis Brink, 2019-06-25 Balance your body, mind, and spirit and heal yourself with your own hands using this clear, step-by-step illustrated guide to the practice of the ancient Japanese healing art of Jin Shin—written by a trained expert with nearly three decades of experience. You might be surprised to learn that the majority of today's most common ailments including anxiety, backaches, colds and flu, digestive issues, immune disorders, migraines, and insomnia, can be alleviated naturally by restoring and harmonizing blocked, stagnant energy. The art of Jin Shin, based on the Japanese healing art of energy medicine, is practiced throughout the world. While related to acupressure and massage therapy, this holistic practice uses only minimal pressure and gentle touching with the fingers and hands to redirect or unblock the flow of energy along the body's fifty-two points (twenty-six on each side of the body)—called Safety Energy Locations, or SELs—areas where energy tends to get congested. This simple, non-invasive process allows your body's energy to flow smoothly, and with balance restored, you will experience a sense of wellbeing and calm. The Art of Jin Shin explains all the basics of this healing art and provides you with the knowledge you need to practice it on yourself—with exercises ranging from simply holding a finger for a few minutes to spending twenty minutes to harmonize a specific circulation pattern. Whether you desire a deeper understanding of the body/mind/spirit connection or want to create a daily Jin Shin maintenance routine the power is literally at your fingertips.

Jin Shin Jyutsu - Die Kunst des Heilströmens erlernen Tina Stümpfing-Rüdiger, 2025-06-04 Jin Shin Jyutsu - auch Heilströmen genannt - ist eine uralte und doch hochaktuelle Heilkunst zur Harmonisierung der Lebensenergie im Körper. Durch einfaches Auflegen der Hände auf bestimmte Energiepunkte am Körper können Sie Ihre Gesundheit um 100 % verbessern. Sie stärken Ihre Selbstheilungskräfte, bringen mehr Vitalität, Freude und Leichtigkeit in Ihr Leben. Ungeahnte Energien können sich freisetzen und helfen Ihnen, Ihr ganzes Potenzial zu leben. In diesem Buch finden Sie die Grundlagen des Jin Shin Jyutsu mit zahlreichen Anwendungsmöglichkeiten, alle 26 Energieschlösser, die 12 Organströme in ihrer ausführlichen Form, die 8 Mudras und viele hilfreiche Strömgriffe bei speziellen Themen und Bedürfnissen. All dies ist einfach, klar und für jeden sofort anwendbar dargestellt und mit vielen Fotos und Abbildungen veranschaulicht, so dass Sie sofort beginnen können: Nehmen Sie Ihre Gesundheit und Ihr Wohlbefinden buchstäblich in die eigenen Hände.

Schröpfen | Gua Sha | Jin Shin Jyutsu | Mykotherapie: Das große 4 in 1 Praxis-Buch! Erfahren Sie ganzheitliche Gesundheit mit vier alternativen Heilmethoden, die Sie ganz leicht zuhause anwenden können
Lorina Grapengeter, 2021-07-05 SCHRÖPFEN Du suchst Entspannung und möchtest eine Vielzahl von Beschwerden ganz einfach selbst lindern können? Dann ist dieses Buch genau das Richtige für Dich! In diesem Buch erfährst du alles

Wissenswerte über das Schröpfen und lernst anhand anschaulicher Abbildungen, wie du damit zuhause ganz einfach und leicht verschiedenste Leiden behandeln oder einfach nur entspannen kannst. GUA SHA Leiden Sie häufig unter Kopfschmerzen, funktioniert die Verdauung nicht so recht oder kämpfen Sie immer wieder mit Atemwegsinfekten? Vielleicht dämmert Ihnen langsam, dass bei all den Röntgenbildern und Blutanalysen etwas Entscheidendes auf der Strecke blieb: Nämlich Sie, der ganze Mensch. Dann kann Gua Sha Ihre Lösung sein. Seit Jahrtausenden vertrauen Menschen in Fernost diesem Element der TCM - profitieren auch Sie von der umfassenden Heilkraft der Gua-Sha-Massage! JIN SHIN JYUTSU Es ist nicht normal, sich nicht gut zu fühlen! Kommt Ihnen diese Aussage wie eine Erlösung 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 müde sind oder leichte Schmerzen haben, aber kein Arzt eine Ursache finden kann? Dann hören Sie nicht mehr auf verständnislose Freunde oder ratlose Schulmedizin, sondern vertrauen Sie den Lehren der japanischen Heilkunst des Jin Shin Jyutsu. MYKOTHERAPIE Gesundheit steht für Sie an erster Stelle, aber im Durcheinander der Ernährungs- und Lifestyletrends verlieren Sie den Überblick? Oder macht Ihnen vielleicht schon ein Leiden zu schaffen und Sie sind auf der Suche nach etwas, das über Spritzen und Pillen hinausgeht? Ein geheimes Allheilmittel gibt es zwar noch immer nicht, wohl aber ein Mittel, das auf wirkungsvolle und zugleich schonende Weise Ihr persönliches, ganzheitliches Wohlbefinden in den Mittelpunkt stellt: Mykotherapie, die Anwendung von Heilpilzen.

Yoga Journal ,1988-03 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

SELF-HEALING REGIMEN BHAGWAN KHEMANI,2020-03-27 Self-Healing is a Science applicable and benefit to those who open their minds and bodies to allow this to happen. If you intuitively feel that you're a healer, or if someone has told you that, it's important to trust your abilities and use them wisely. Positive mindset Resonant breathing and inner Visualization can enhance your healing process. The true healing is about wholeness, balancing mind, body and soul is in the report card. The larger process of healing always will become a tapestry of actions that blend in elements of physical, mental and spiritual parts of one's life. To do this fully, healing becomes a process of growth. The book revolves around the most of the healing techniques and made it in a very simple language. You can adapt and practice these techniques in under expert guidance and supervision for better results. Life is full of happiness and tears; be strong and have faith. Small and simple changes, shifts in thinking, and self-improvement. The Holy Bhagwat Geeta says that most of the modern-day diseases are psychosomatic - caused by mind. Emotional disturbances like hatred, anger and fear destroy not only our peace of mind but our health as well. They are often caused by the over-or-under secretion of the endocrine glands which secrete chemical

hormones into the blood stream, which affects body functions like growth, digestion and energy levels, etc. Yoga and meditation are capable of relieving stress and strain and creating a relaxed mind. When a relaxed mind recites specific shlokas from Bhagavad Gita it can cure specific diseases. Rendering of verses is surely not going to cure diseases but it can be a supplement to regular medical therapies. My goal is to normalize the anxiety of change, motivate people through transitions and support them positively along their path... You need to have strong desire. Strong enough to overcome all distractions, doubts and weaknesses.

The Touch of Healing Alice Burmeister, Tom Monte, 2013-07-03 The Touch of Healing offers readers the means to greater health, vitality, and self-understanding through the practice of an ancient oriental healing art and practical holistic philosophy called Jin Shin Jytsu. Gentle touching similar to acupressure is used to release tension that accumulates and is at the root of dysfunction, disease, and imbalance. The authors explain the natural life force that runs through the body and demonstrate with case studies, detailed analysis, and more than 30 illustrations, how to integrate this system into one's life. The key healing points and body flows, known as Safety Energy Locks, are presented with step-by-step instructions on how to utilize them for healing and greater self-awareness. Many self-help practices are also offered that address a wide array of common ailments, including headaches, digestive disorders, fatigue, depression, and arthritis along with prescriptive exercises for relief of emotional ailments such as loss of confidence, anxiety, and depression.

Mindfulness for PMS, Hangovers, and Other Real-World Situations Courtney Sunday, 2018-05-22 Those people looking effortlessly relaxed in the yoga studio? They are so not you. Your life barely allows for quiet, let alone meditation. You have a commute that takes longer every year, you cook dinner for a family that doesn't appreciate it, and at the end of all that, you still have to take your dog out for a walk. You are tired, and adding one more thing to the pile is out of the question. Rather than expecting you to find more time to meditate, Mindfulness for PMS, Hangovers, and Other Real-World Situations brings meditation to you. Mindfulness expert Courtney Sunday allows the concept of mindfulness to be flexible, playful, and even fun. With more than 75 everyday meditations, Mindfulness for PMS, Hangovers, and Other Real-World Situations offers targeted suggestions for inner freedom, even if you can't stop scrolling your Instagram feed. Included are meditations for . . . When Your Energy is Fading Fast When You Can't Find Your Keys Rush Hour Traffic When You Just Don't Know Anymore Inner Struggle And more! Mindfulness for PMS, Hangovers, and Other Real-World Situations doesn't judge you for being hungover or eating too much cake (in fact, there are mindfulness exercises for both of those situations). Purposeful presence is possible for all of us, even when your Uber is late or the Wi-Fi is down. Really.

Weaving Complementary Knowledge Systems and Mindfulness to Educate a Literate Citizenry for Sustainable and Healthy Lives Małgorzata Powietrzyńska, Kenneth Tobin, 2017-11-14 Weaving Complementary Knowledge System and Mindfulness to Educate a Literate Citizenry for Sustainable and Healthy Lives contains 24 chapters written by 33 authors,

from 9 countries. The book, which consists of two sections on mindfulness in education and wellness, is intended for a broad audience of educators, researchers, and complementary medicine practitioners. Members of the general public may find appeal and relevance in chapters that advocate transformation in a number of spheres, including K-12 schools, museums, universities, counselling, and everyday lifestyles. Innovative approaches to education, involving meditation and mindfulness, produce numerous advantages for participants in schools, museums, and a variety of self-help contexts of everyday life. In several striking examples, critical stances address a band wagon approach to the application of mindfulness, often by for-profit companies, to purportedly improve quality of education, in contexts where learning has been commodified and ideologies such as neoliberalism have been mandated by politicians and implemented by policy makers. In different international contexts, Buddhist roots of mindfulness are critically reviewed by a number of authors. Chapters on wellness focus on complementary practices, including art therapy, Jin Shin Jyutsu, Iridology, and yoga. Foci in the wellness section include sexual health, prescription drug addiction, obesity, diabetes, cancer, and a variety of common ailments that can be addressed using complementary medicine. New theories, such a polyvagal theory, provide scope for people to become aware of their bodies in different ways and maintain wellbeing through changes in lifestyle, heightened self-awareness, and self-help.

Nursing from the Inside-Out: Living and Nursing from the Highest Point of Your Consciousness Rachel Y. Hill, 2010-01-08
Doody's Review Service - 4 Stars! *Nursing from the Inside-Out: Living and Nursing from the Highest Point of Your Consciousness* provides holistic self-care modalities that allow the nursing professional to achieve self-awareness through individual practice and application. Self-care consciousness helps nurses create the balance in their lives that support mental, spiritual, and physical growth. Through use of these tools, the nurse is able to maintain inner balance in the busy and changing world of healthcare, while simultaneously establishing meaningful connections with patients. Features Include: Poems in chapters Chapter opener quotes Self-reflection tools from acupuncture to tree hugging A foundation to live balanced and healthy lives Steps to obtain and maintain self-care consciousness

The Gift of the Night Philip Carr-Gomm, 2023-10-03 A fast and easy six-step approach for addressing insomnia and other sleep disorders • An effective, easy six-step program to help you sleep better as well as thirteen specific techniques to help you fall asleep and stay asleep • Offers an integrative approach combining evidence-based sleep science with holistic and spiritual techniques • Provides online support in the form of short videos, audio meditations, and exercises from the author's successful sleep clinic More than one third of adults suffer from insomnia or some other kind of sleep disorder. Left unaddressed, lack of sleep can lead to debilitated health, lowered resilience, and decreased performance in all aspects of life. Restoring hope to the sleepless, psychotherapist Philip Carr-Gomm reveals how we each have the ability to unlock better sleep naturally. Combining his knowledge of sleep science and cognitive behavioral therapy (CBT) with techniques drawn

from spiritual traditions and insights from the emerging field of psychedelic therapy, Carr-Gomm presents a fast and easy-to-follow six-step program to help you sleep better. He explores a multitude of approaches to sleep, as well as sleep difficulties and how to overcome them. He looks at the potential of psychedelic-assisted therapy and microdosing, applying elements of the psychedelic therapy model as a way of optimizing the conditions for sleep. He recommends thirteen natural ways we can drift into a deep and restorative sleep, including hypnotherapy, Yoga Nidra, sophrology, progressive muscle relaxation, and white, pink, and grey noise, and provides scripts for five of these techniques. His successful sleep clinic provides online support in the form of short videos and audio meditations as well as exercises. In addition to the six-step program, the author guides you in discovering the factors inhibiting a good night's sleep and explores the difficulties of sleep phobia, sleep-talking, sleep-walking, and "Exploding Head Syndrome." He also answers questions about the links between sleep and depression, sleep and obesity, and the value of sleep hacking and lucid dreaming. Helping you get a better night's sleep, this concise and simple guide shows you how to benefit from everything the night offers to body and soul.

Jin Shin Jyutsu für Frauen Waltraud Riegger-Krause, 2022-08-24 Die weiblichen Selbstheilungskräfte wecken Gerade für die verschiedenen Phasen der weiblichen Entwicklung ist die japanische Selbsthilfemethode Jin Shin Jyutsu eine wichtige Unterstützung. Sie wirkt sich harmonisierend auf den Hormonhaushalt aus und weckt die Lebensenergie. Die von Bestseller-Autorin Waltraud Riegger-Krause erstmals in Buchform ausführlich beschriebenen und übersichtlich bebilderten Strömsequenzen für die praktische Selbsthilfe bieten Rat bei allen wichtigen Aspekten der Frauengesundheit. Die im deutschsprachigen Raum führende Jin-Shin-Jyutsu-Expertin zeigt, wie aus dem Abnehmen der körperlichen Fruchtbarkeit eine geistige Fruchtbarkeit entsteht. So können die Wechseljahre und die Zeit danach als eine weitere spannende Phase des weiblichen Lebenszyklus' begrüßt werden. Ganzheitliche Frauengesundheit für alle Lebensphasen Durchgehend bebilderte Anwendungen zur praktischen Selbsthilfe Waltraud Riegger-Krause hat bereits mehrere Standardwerke und Bestseller zum Thema Jin Shin Jyutsu veröffentlicht

Jin Shin Jyutsu - Die Kraft der Selbstheilung Sophie Brunel, 2025-09-14 Heile dich mit deinen eigenen Händen Wenn du nach einem Weg suchst, um auf sanfte, intuitive und wirkungsvolle Weise deine Selbstheilungskräfte zu aktivieren und zurück zu innerer Balance zu finden, kann Jin Shin Jyutsu genau das Richtige für dich sein. Alles, was du dafür brauchst, sind deine eigenen Hände. Durch gezieltes Auflegen auf bestimmte Körperstellen werden Heilströme aktiviert, die Schmerzen lindern, Blockaden lösen und deine Gesundheit langfristig stärken. In 21 einfachen und bebilderten Ritualen führt dich die Heilpraktikerin und Jin-Shin-Jyutsu-Expertin Sophie Brunel Schritt für Schritt in diese Praxis ein. Das 3-Wochen-Programm zeigt dir angeleitete Akupressurtechniken, die auf ganz unterschiedliche Effekte abzielen und sich optimal ergänzen. Du kannst jeden der Griffe aber auch einzeln anwenden - egal, was du gerade suchst: weniger Stress leichteres Einschlafen mehr Energie Krankheiten vorbeugen Verspannungen lösen Die jahrhundertalte Heilkunst Jin Shin Jyutsu ist denkbar einfach

umzusetzen und dabei ideal, um Körper und Seele nachhaltig in Einklang zu bringen.

La luz cuadrada de la luna Véronique Le Normand, 2024-03-06 Una guía del ancestral arte curativo del jin shin jyutsu, que es a la vez el diario de viaje a un mundo sorprendente y una maravillosa iniciación a la cultura japonesa. Tras un duelo que sumió en el caos su vida y a su familia, la periodista y escritora Véronique Le Normand fue tratada por un médico que la introdujo en el jin shin jyutsu, el milenarismo arte de sanación japonés que nos enseña cómo ayudarnos a nosotros mismos mediante el uso de nuestras manos. En 2017, después de quince años de estudio y práctica, la autora partió hacia Japón para seguir los pasos del esquivo maestro y samurái Jiro Murai, quien había redescubierto y puesto en práctica esta filosofía a principios del siglo XX. La luz cuadrada de la luna es una amena y rigurosa introducción dirigida a todos aquellos que buscan un nuevo método para sanar mediante el equilibrio y armonización de las energías. En este relato, íntimo y personal, la autora cuenta la historia y describe la práctica de esta disciplina; con gran pericia narrativa, entrelaza conocimientos literarios, históricos y cinematográficos, para así establecer vínculos entre este antiguo arte de autocuración y los hábitos de vida japoneses. Un homenaje lleno de poesía e inspiración a esta civilización que ha hecho del concepto del equilibrio el corazón de su sabiduría.

Exploring Emotions, Aesthetics and Wellbeing in Science Education Research Alberto Bellocchi, Cassie Quigley, Kathrin Otrell-Cass, 2016-10-19 This book addresses new research directions focusing on the emotional and aesthetic nature of teaching and learning science informing more general insights about wellbeing. It considers methodological traditions including those informed by philosophy, sociology, psychology and education and how they contribute to our understanding of science education. In this collection, the authors provide accounts of the underlying ontological, epistemological, methodological perspectives and theoretical assumptions that inform their work and that of others. Each chapter provides a perspective on the study of emotion, aesthetics or wellbeing, using empirical examples or a discussion of existing literature to unpack the theoretical and philosophical traditions inherent in those works. This volume offers a diverse range of approaches for anyone interested in researching emotions, aesthetics, or wellbeing. It is ideal for research students who are confronted with a cosmos of research perspectives, but also for established researchers in various disciplines with an interest in researching emotions, affect, aesthetics, or wellbeing.

Our Inner Ocean LeCain W. Smith, 2014-08-12 This book describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices that illuminate our human potential and awaken our ability to attain and maintain perfect health and well-being.

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Jin Shin Jyutsu Mudras Introduction

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