

Heartwork The Path Of Self Compassion 9 Practices For Opening The Heart By Radhule Weininger

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"Pressestimmen ?There is no healing without heartwork, intimately tending to the wounds we've been avoiding for so long. In this powerful and beautiful book, Radhule Weininger will help you find the courage, pathways, and clarity needed to embrace this life with love.? ?Tara Brach, PhD, author of Radical Acceptance and True Refuge ?In her practice as a psychotherapist and mindfulness meditation teacher, Radhule Weininger guides her patients along the path of personal transformation through the practice of compassion and self-compassion. From the experience of that work comes Heartwork, a book that weaves together Weininger's work and personal journey, wisdom teachings and hands-on exercises. Conveyed through prose that is accessible to readers from a range of spiritual traditions and backgrounds, Weininger presents her insights on the methods she has found useful for identifying the roots of the issues we are all grappling with, as a first step toward addressing them through practice and perseverance. Shining through every chapter is the author's desire to help reduce the suffering that is the common thread connecting humanity.? ?Victor Chan, coauthor of Wisdom of Forgiveness and Wisdom of Compassion with His Holiness the Fourteenth Dalai Lama ?Radhule Weininger offers a tremendous gift in her book,

Heartwork, which weaves together the beauty of art, the wisdom of reflection, and the effectiveness of years of practical clinical application. The wealth of ideas and practices presented in this illuminating work will be of benefit and will help transform our individual and collective lives.?

Shauna Shapiro, PhD, professor at Santa Clara University and author of The Art and Science of Mindfulness and Mindful Discipline ?In its clear, inviting, and practical way, this book can change your life. Drawing on her years of combining mindfulness with the expansive power of compassion, Radhule Weininger brings us practices that serve to free us from fear, despair, self-hate, and other oppressive mind-states. Her three-part book begins with the rare, poignant journey that led her to these discoveries, and then, after their various forms are carefully set forth, concludes with nine real-life stories of how different people have put them to use. Heartwork helps me to be more present in each moment, more mindful of each encounter. I am especially grateful for the importance given to intention and motive in shaping what we accomplish and whom we become.?

Joanna Macy, author of Coming Back to Life ?This book is brimming with compassion! It?s filled with countless practical exercises, heartfelt stories, and wise guidance for living with an open heart. Radhule beautifully guides us on a journey home to ourselves.?

Diana Winston, Director of Mindfulness Education at UCLA?s Mindful Awareness Research Center and coauthor of Fully Present: The Science, Art, and Practice of Mindfulness.'This is a lovely book that presents the topics of compassion for self and others from a Buddhist perspective. With many meditations and journal exercises, this book will help you open your heart.'

Kristin Neff, Ph.D., author of Self-Compassion: The Proven Power of Being Kind to Yourself Über den Autor und weitere Mitwirkende RADHULE WEININGER, MD, PhD, is a clinical psychologist who first trained as a medical doctor in Germany before migrating to the US more than thirty years ago. She has a clinical practice in Santa Barbara and runs a yearly program at the La Casa de Marie Retreat Centre. She encountered Buddhism in Sri Lanka as a young medical student. Jack Kornfield and Allan Wallace are her mentors. She teaches meditation retreats both in the US and internationally."

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In my interview with author radhule weinger md ph d we discuss her new book heartwork the path of self passion in the interview with radhule she reveals the 9 practices for opening our heart up so that we can heal the pain that we carry inside and that frequently won't go away.

Author of the recent book heartwork the path of self passion shambhala publications she has offered a free weekly dharma group to santa barbara residents for almost a decade

Heartwork the path of self passion with a foreword by jack kornfield is published by shambala publications see radhuleweingerphd the yin amp yang of self passion retreat registration fri jan 10 2020 at 3 30 pm eventbrite. Passion is the urge to understand and alleviate the suffering of another being and if that being happens to be you then the technique called self passion can be the greatest of blessings for the passion you learn to apply to yourself naturally extends to all the other people in your life. Clinical psychologist radhule weinger shares her powerful book heartwork the path of self passion 9 practices for opening the heart nine simple mindfulness practices anyone can use to generate passion toward oneself others and the world and to live from that place of intelligent kindness in the face of life's difficulties. Heartwork the path of self passion 9 practices for opening the lb596372020 adobe acrobat reader dcdownload adobe acrobat reader dc ebook pdf only with adobe acrobat reader you can view sign collect and track feedback and share pdfs for free and when you want to.

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Book picks heartwork the path of self passion by radhule weinger there is no healing without heartwork intimately tending to the wounds we've been avoiding for so long in this powerful and beautiful book radhule weinger will help you find the courage pathways and clarity needed to embrace this life with love. Heartwork the path of self passion by radhule weinger in this shambala text the author says it can be used in several ways you can read it straight through and work on the practices. Heartwork the path of self passion 9 practices for opening the heart by radhule weinger english july 4th 2017 asin b06y57jdnq isbn 1611804817 205 pages epub 1 36 mb nine simple mindfulness practices anyone can use to generate passion toward oneself others and the world and to live from that place of intelligent. Dr radhule weinger is a clinical psychologist and meditation teacher who integrates psychodynamic jungian and gestalt psychotherapies with buddhist psychology in her new book heartwork the path of self passion shambhala 2017 dr weinger shares the path she took from medical school to buddhist psychologist and how she applies the principles.

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Book review heartwork the path of self passion tom hutchinson 49 international journal of whole person care vol 5 no 2 201 8 i sometimes alternated between chapters on one of the practices and one of the stories at the end of the book and that is one of the book's strengths. Heartwork the path of self passion 9 practices for opening the heart by radhule weinger a practical guide to nurturing passion through heartwork. Heartwork the path of self passion 9 practices for opening the heart by radhule weinger story of how a woman used a practice to deal with her feelings of despair and hopelessness a book excerpt on hope twitter facebook link print share for twenty five years violetta has been teaching climate science at a university in los angeles. Heartwork the path of self passion 9 practices for opening the heart kindle edition by weinger radhule kornfield jack download it once and read it on your kindle device pc phones or tablets use features like bookmarks note taking and highlighting while reading heartwork the path of self passion 9 practices for opening the heart.

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Heartwork the path of self passion 9 practices for opening the heart by radhule weinger the technique called self passion can be the greatest of blessings because the passion you learn to apply to yourself naturally extends to all the other people in your life. Her recent book heartwork the path of self passion 9 practices for opening the heart with a foreword by jack kornfield is published by shambala publications visit radhuleweingerphd mhp was awarded a grant to fund programs events and scholarships to actively reach out to the local munity to provide emotional and spiritual. Praise for heartwork the path of self passion 9 practices for opening the heart there is no healing without heartwork intimately tending to the wounds we've been avoiding for so long in this powerful and beautiful book radhule weinger will help you find the courage pathways and clarity needed to embrace this life with love. The sale i was most proud of was my last book published by shambala publications heartwork the path of self passion 9 simple practices to open the heart more the sale i was most proud of was my last book published by shambala publications heartwork the path of self passion 9 simple practices to open the heart.

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About heartwork nine simple mindfulness practices anyone can use to generate passion toward oneself others and the world and to live from that place of intelligent kindness in the face of life's difficulties passion is the urge to understand and alleviate the suffering of another being

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Nine simple mindfulness practices anyone can use to generate passion toward oneself others and the world and to live from that place of intelligent kindness in the face of life s difficulties passion is the urge to understand and alleviate the suffering of another being

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Passion is the urge to understand and alleviate the suffering of another being and if that being happens to be you then the technique called self passion can be the greatest of blessings for the passion you learn to apply to yourself naturally extends to all the other people in your life with the nine simple mindfulness practices she presents here radhule weinger provides a step by step course in self passion

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She mentored in her teaching by jack kornfield who also wrote the foreword to her book heartwork the path of self passion by shambala publications michael kearney md a palliative care physician with over 30 years experience and works with palliative care consultants of santa barbara he has been interested in bining medical

Her book heartwork the path of self passion which begins with a forward by jack kornfield was published in july 2017 by shambala publications radhule has a full time psychotherapy office in which she sees individuals and groups.

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