

Based on Dharma talks by Zen master Thich Nhat Hanh and insights from participants in retreats for healing the inner child, Reconciliation is an exciting contribution to the growing trend of using Buddhist practices to encourage mental health and wellness. Reconciliation focuses on the mindful awareness of our emotions and the healing of our relationships as well as meditations and exercises to acknowledge and transform the hurt that many of us experienced as children. Hanh shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with, explore, meditate, and speak about our strong emotions. Written for a wide audience and accessible to people of all backgrounds and spiritual traditions, Reconciliation offers specific practices designed to bring healing and release for people suffering from childhood trauma.

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Start by marking "Reconciliation: Healing the Inner Child" as Want to Read: Thich Nhat Hanh is a Vietnamese Buddhist monk, teacher, author, poet and peace activist who now lives in southwest France where he was in exile for many years. Born Nguyen Xuan Bao, Thich. Happiness and Suffering. Nourishment. Accepting Life as It Is. Six - Healing the Inner Child. Meditation on the Five-Year-Old Child. Listening to Your Inner Child.

An exciting contribution to the growing trend of applying Buddhist practices to encourage wellness and balance mental health. Reconciliation. Healing this inner child's pain is the key to transforming anger, .. Adapted from Reconciliation: Healing The Inner Child () by Thich Nhat.

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