



Heilung ganzheitlich: In Körper, Geist und Seele (German Edition)

Soila Helena Lempinen

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Die in Zürich arbeitende Krankenschwester, Komplementär-Therapeutin und spirituelle Heilerin erzählt über ihren Weg und ihre Erfahrungen in Finnland und in der Schweiz. Die Arbeit in eigener Therapie- und Heil-Praxis sowie viele persönliche Herausforderungen, haben ihr zum tieferen Verständnis über das Mensch-Sein und das Heilen verholfen. Hier gibt sie praktische Hinweise zu einer gesunden und bewussten Lebensführung. Mit diesen einfachen Mitteln kann jeder zu seiner Selbstheilung beitragen. Von der Lichtwelt können wir zusätzliche Hilfe bekommen; sie befreit uns aber nicht von der Eigenverantwortung. Auch die Konfrontation mit den eigenen Schattenseiten wird nötig sein, um eine ganzheitliche Heilung zu ermöglichen. Mehr unter www.soilahelena.ch

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