

# Essence Work, Spiritual Therapy

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Spiritual therapy may be an internal Klrungsarbeit referred to as the mchte go deeper than purely mental or emotional work. Ultimately, it is about the courage to have falling into, into what we already play in our essence, BEING in itself what is so enticing fr Search anhrt each, but is not so easy to do in everyday life, it does require that the small and unimportant durchlssiger I will always mean that we simply no longer a question let go of this I want to improve gunpowder and small, to the Umstnden rteln and to others still. It's about learning to natrlichen Autoritt to be in our, and indeed fhren to truly serve. Fr awareness work that is necessary dafr is the spiritual therapy Groe Support Form. The self is our essence looking armor, our protection against the incredible force of the living, before the unertrglichen loneliness and berwltigenden Schnheit of life. The self is my "NO" to define the sea of reality, my ultimately futile attempt, the flow of the existence of a bestndige form, it is the fear of le is, before the vulnerability, and before the Vergnglichkeit death. Am I the reality erschtern to be prepared by me, life ergreifen to let me off the mind, to have flooding, from me? Am I ready to face the fear of me, which is connected with it? The "essence" to watch us open seminars überhaupt only once for the Possibility of a life beyond the self. If we allow this first step, berschwemmt us to live a nameless sadness in view of the human Unfhigkeit paradise within us and around us and love to wear dafr concern and to bring it to Blhen, rather than zerstreuen to where we'll be able only. If we shift from the self lsen us and dive deeper, longer own benefit does not begin to stand in the foreground, but the question arises, what I have to contribute because of what I have to give away then. The give away is the reaction of the others have not covered, but a Erfllung in itself. What I have to give is, it is not a subtle manipulation, but springs from a deep look into my essence. Who am I then, and what I have to give? In the layers under my self I find to my intention to my vision fr This life, my true calling. Once there I had to no choice. This is the source of all passion. If I have something brig in my heart of time, patience, attention, or Zrtlichkeit Zuhr, then I give my gift das. binds you in any way. My gift bind me in any way. This is exactly what makes it so to the present. I'll leave you and me is entirely free. I am selbststndig is to stand so all alone.

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