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Navigating Change: Conscious Endings, Visionary Beginnings (Paperback)

By Christine Warren

Flame Lantern Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this groundbreaking self-help book and spiritual guide, Christine Warren shares with us the core teachings and creative practices on life transitions that have made her national workshops life-changing events for thousands. Her book is a map through change, a companion on the trail of life transitions offering deep insights, wise words, and support. She shows us the way to travel from the challenges of our endings to joyful personal transformation and new vision. Christine balances the grit of being human with the illumination of being a soul on a spiritual journey. We are handed her proven, step-by-step guide through her unique Four Phases of Change, with dynamic teachings, experiential practices, and extraordinary stories of people turning their painful endings into inspired new beginnings. She encourages us in Phase 1, Conscious Endings, to integrate our endings fully, collecting our power and wisdom, finding gratitude for the good, and the liberation of authentic forgiveness. She guides us through the dark nights in Phase 2, The Mystery, the passage when we can't find our way forward. She instructs us in hearing the voice of...



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