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BLUE ICE: Memories and Relationships MsKr SITH® Conversations, Book 2. Paperback – January 1, 2014. 4.7 out of 5 stars 32 ratings. Book 2 of 2 in the Dr. Hew Lena and Kamaile Rafaelovich Self I-Dentity through Ho'oponopono®, MsKr SITH® Conversations Series. See all formats and editions. Hide other formats and editions.

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BLUE ICE: Memories and Relationships with The Self is a compilation of discussions from an on going radio program called MsKr SITH® Conversations between Kamailelauli'I Rafaelovich and Dr. Ihaleakala Hew Len about SITH®.

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BLUE ICE: Memories and Relationships with The Self is a compilation of discussions from an on going radio program called MsKr SITH® Conversations between Kamailelauli'I Rafaelovich and Dr. Ihaleakala Hew Len about SITH®. In the book these two master practitioners discuss how SITH®, as a way of life, has transformed their lives through moment-by-moment cleaning and what they do when problems arise.

BLUE ICE: Memories and Relationships: MsKr SITH ...

BLUE ICE: Memories and Relationships, MsKr SITH® Conversations, Book 2: This book is the second in a series of books on the use and application of Self I-Dentity through Ho'oponopono (SITH®), an ancient Hawaiian problem solving method, updated by Kahuna Lapa'au Mornah Nalamaku Simeona. SITH® can be used by any individual to release stress and bring about freedom and balance.

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Blue Ice The Relationship Self

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BLUE ICE: Memories and Relationships: MsKr SITH® Conversations, Book 2 by Kamailelauli'I Rafaelovich. 24 ratings, 4.50 average rating, 3 reviews. BLUE ICE Quotes Showing 1-1 of 1. "It's just like unraveling a tangle when you don't know where the knots are, and you don't know what the web looks like. But as you work on one section, it is connected to everything."

BLUE ICE Quotes by Kamailelauli'I Rafaelovich

BLUE ICE: Memories and Relationships: MsKr SITH® Conversations, Book 2 (Dr. Hew Lena and Kamaile Rafaelovich Self I-Dentity through Ho'oponopono®, MsKr SITH® Conversations) Kindle Edition. by Kamailelauli'I Rafaelovich LMT R MBA (Author), Ihaleakala Hew Len Ph.D. (Author), Momilani Ramstrum Ph.D. (Editor)

BLUE ICE: Memories and Relationships: MsKr SITH ...

Our thoughts and experiences with our body.

Will he ever find his love again or will she always just be a memory?

One mistake can shatter dreams and shape the future. Alexis knows this first hand. Even though her memory of that day is hazy, she has spent the last ten years trying to put it behind her. Armed with the knowledge that her career will be her only legacy, Alexis works night and day to prove that she is more than just her last name. It's not only that she doesn't have time for love. She doesn't have the heart for it. After all, there's no point in starting something you can't finish. When she meets Adam, she's drawn to him in a way even she can't deny. The film student is dark and brooding and strangely charming. He's the perfect distraction from her mundane life. And, as if fate is pushing them together, he seems to be around every corner. It's enough to almost make her entirely forget about her past and take a chance. But Adam can recall every detail that she's forgotten. What she doesn't remember, he can't forget.

Ho'oponopono is not about the other person. It's about you. Ho'oponopono is known as the ancient Hawaiian forgiveness process. But, according to Dr. Matt James, that's not quite accurate. "Ho'oponopono is about release. Releasing pain from the past that enslaves you in the present. Releasing old perceptions of those you love, so your relationships are alive and fresh. Even releasing those who have died so your grief can shift into a new appreciation." Through consistent use of practices like ho'oponopono, ancient Hawaiians were almost completely devoid of mental and emotional diseases. They knew what modern medical science has since verified: that holding a grudge affects you not only emotionally, but is also related to physical issues like heart disease, compromised immune systems, and increased stress. This book will show you: - Why emotional baggage is so toxic physically, and how to remove it - How holding grudges sabotages your dreams, and how to release any resentment - Why your relationships become stale, and how to bring vibrancy back to them - How to turn your grieving into love and joyful acceptance "Now that science understands the importance of forgiveness and release, many teachers and trainers are promoting ho'oponopono. Their intentions are good, but they miss the mark. It's not just about the words. For true healing, you need to understand how to tap the energy of ho'oponopono." Modern teachers often streamline the process of ho'oponopono, but in doing so, they leave out elements that ancient Hawaiians knew were critical. In Ho'oponopono: Your Path to True Forgiveness, Dr. Matt reveals those elements, and shows you step by step how to use them for total healing. Few teachers who talk about ho'oponopono have the extensive background Dr. Matt James has in the practice. Dr. Matt is privileged to carry on the 28th generation of Huna- the ancient practice of energy work, empowerment and flexibility of the Spirit, Mind and Body- and its teachings. He also wrote the dissertation for his doctorate in psychology on ho'oponopono and its effectiveness. He has practiced ho'oponopono and taught it to thousands of students for over 20 years.

"What are you, some kinda PSYCHO?" How many times have you said this to someone? Probably a lot. How often has someone said this to you? Hopefully, not so much! Truth is, we've all dated or been involved with someone who drove us nuts or, if we haven't, chances are that we were the ones who got on the other person's nerves. Now, the question is: who is the Psycho; you or the other person? Don't Date a Psycho: Don't Be One, Don't Date One looks at why we behave in the ways that we do in relationships, what makes us stay with the person we're with and what makes us leave them, and how to tell who is safe to be in a relationship with and who is unsafe. Done with humor and written from more than two decades of clinical experience as a psychologist, Dr. Keiron Brown helps us to gain a clearer understanding of who we are as individuals, who we are as partners in relationships and what makes each and every one of us prone to acting a little nuts sometimes when our hearts are at stake.

NEW TECHNIQUE CONNECTS COUPLES "Truly original, in over 30 years as a counselor educator, I've never seen anything like this." - Mark E. Young Ph. D. Professor, Counselor Education Teaches you how to: Connect on a CORE level with your partner Build trust and effective communication skills Work through ANY issues together as a team Feel valued and appreciated by one another Truly be there for one another when needed See if there's HOPE for your relationship Do you know why so many couples fail or feel like something important is missing from their relationships? It's because no one ever taught them how to create and sustain an intimate connection with a partner. Whether you're single, in a relationship that's going strong, or having problems, you can benefit! This breakthrough technique shows you, step-by-step, how to create the most intimate connection possible. Project Intimacy is a quick, easy read with interactive charts, diagrams, chapter takeaways, and self-awareness exercises that are full of practical applications. Give your relationship the best chance at success and equip yourself with the knowledge to experience the love you desire. Begin your journey, visit www.projectintimacy.com to see a FREE EXCERPT today.

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