



Stepping Stones to Heal Endings: Autumn Retreats: Journey into Letting Go

Laura Annan

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Life is a journey, filled with various experiences that have the power to alter the course of our lives. There will always be good-byes along the way. When a relationship ends we are left to navigate our way through a labyrinth of emotions. But for every ending, a new beginning awaits when we are ready to accept the invitation to heal our hearts.

Stepping Stones to Heal Endings is a journey of self-exploration inside the alchemy of Nature. This five-book series is a roadmap of support, guidance, and practical tools designed to navigate from separation to wholeness after the ending of a relationship.

In Autumn Retreats: Journey into Letting Go, the healing journey continues as we enter into the season of letting go where the next two stepping stones of acceptance and surrender are waiting to be discovered. Here's what we will explore together on the journey:

- The alchemy of Nature in the season of autumn
- Acceptance as the road we must travel
- How surrender opens a space to trust in the process of life
- Inner Coach Affirmations to redirect thoughts
- Exploration Journal work to look within
- Field Work to shift energy
- Cloud Releasing Meditation

This healing journey is an active path of stepping stones to follow. As you move from one stepping stone to the next you will find a new relationship with yourself unfolding, one that will help you create a new beginning that is free from the emotional bonds of the past.

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From reader reviews:

Johnny Mosier:

Playing with family in a park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Stepping Stones to Heal Endings: Autumn Retreats: Journey into Letting Go, you can enjoy both. It is very good combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

Tom Tucker:

This Stepping Stones to Heal Endings: Autumn Retreats: Journey into Letting Go is great guide for you because the content and that is full of information for you who also always deal with world and get to make decision every minute. This specific book reveal it information accurately using great arrange word or we can state no rambling sentences included. So if you are read the item hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but difficult core information with attractive delivering sentences. Having Stepping Stones to Heal Endings: Autumn Retreats: Journey into Letting Go in your hand like obtaining the world in your arm, data in it is not ridiculous 1. We can say that no book that offer you world throughout ten or fifteen minute right but this publication already do that. So , it is good reading book. Hey there Mr. and Mrs. occupied do you still doubt that?

Edward White:

The book untitled Stepping Stones to Heal Endings: Autumn Retreats: Journey into Letting Go contain a lot of information on that. The writer explains the girl idea with easy means. The language is very simple to implement all the people, so do certainly not worry, you can easy to read this. The book was written by famous author. The author gives you in the new period of time of literary works. It is possible to read this book because you can please read on your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice read.

Deon Henderson:

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