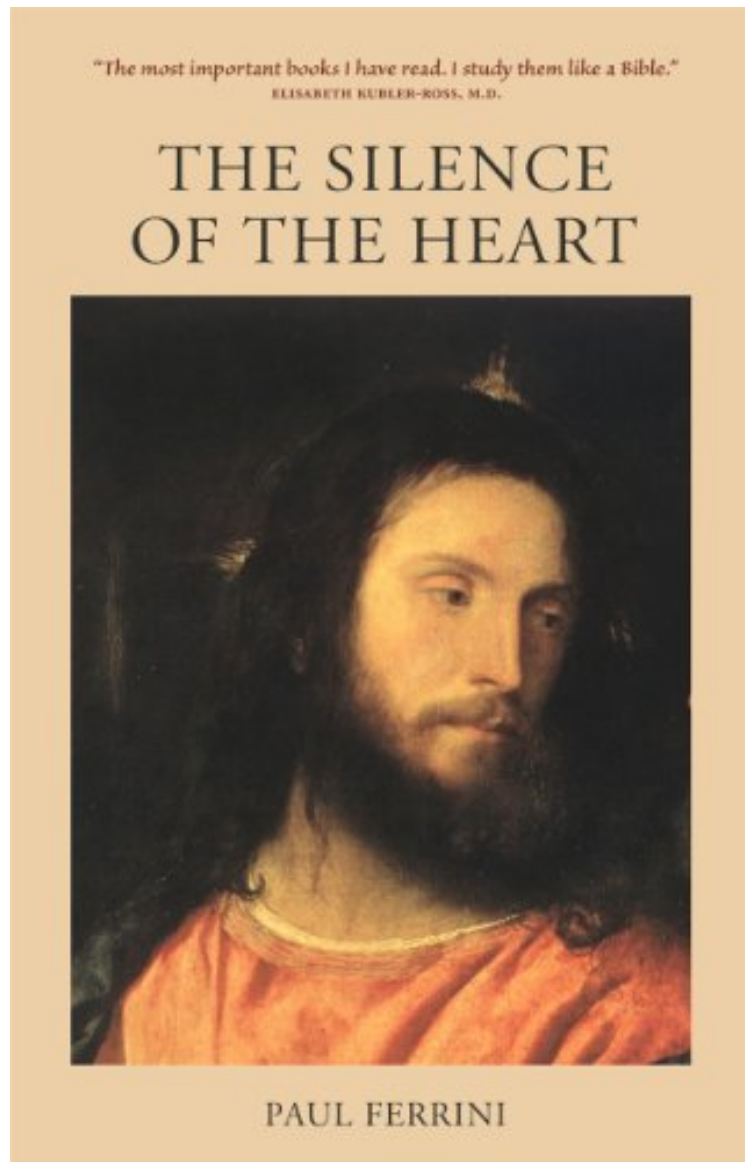


[PDF] The Silence of the Heart (English Edition)

The Silence of the Heart (English Edition)

Von Paul Ferrini

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Von Paul Ferrini : The Silence of the Heart (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Silence of the Heart (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen3 von 3 Kunden fanden die folgende Rezension hilfreich. This book contains the anwers to all my questions about lifeVon Ein KundeThis book has recently be translated into Dutch; title: "Stilte van het hart". I am amazed about the fact that it appears to answer all the important questions about life I

have--even the ones I wasn't fully aware of until now. It may be especially helpful for people who feel confused about matters of religion or faith, but also for people who chose a spiritual path and are satisfied with their choice--just to enlighten things that are not yet fully clear to them. (As a student of A Course In Miracles, I am among the latter.)

Kurzbeschreibung Silence is the essence of the heart. You cannot be in the heart unless you are in forgiveness of yourself and others. You cannot be in the heart if you are worried or angry. You cannot be in the heart if your breathing is shallow or labored. When the breath is shallow, thinking is superficial. If you want to live a spiritual life, bring your awareness to your breath. Become aware of the times when you are breathing in a shallow way and bring your awareness to your thoughts. You will see that your mind is chattering. None of these thoughts has depth or significance. If you relax and breathe deeply, these thoughts will fly away like startled birds. And then you will abide in the heart. When the breath is labored, thinking is driven by fear and anxiety. Your mind-states are rooted in the past or future. You may be focused on what other people are doing and how you can accommodate them or protect yourself from their actions. You are building a fortress of thought around your heart. Take a deep breath and relax. Breathe and return to the heart. Breathe and return to your essential Self. Unless you return to the heart, you cannot see with compassion. And one who does not see with compassion does not see accurately. All that is perceived is a fabrication, a hyperbole. It simply feeds your boredom or anxiety. Can you live without overstimulation? Can you slow down, breathe and live in the moment? It may not be as difficult as you think. Since you can only begin now, not in the past or future, it is a simple challenge. Try it now. Be in the present and breathe for a few minutes. The more you do it, the easier it will become. This practice will gather momentum, like a stream coming down from a mountain, taking with it all the blocks that stand in its way. When you commit to the practice of silence, your relationship to the entire universe changes. There is no more difference between inner and outer. Earth and heaven meet where your heart and mind join in silent bliss.

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Synopsis A powerful sequel to Love Without Conditions. John Bradshaw says: "with deep insight and sparkling clarity, this book demonstrates that the roots of all abuse are to be found in our own self-betrayal. Paul Ferrini leads us skilfully and courageously beyond shame, blame, and attachment to our wounds into the depths of self-forgiveness...a must read for all people who are ready to take responsibility for their own healing".