

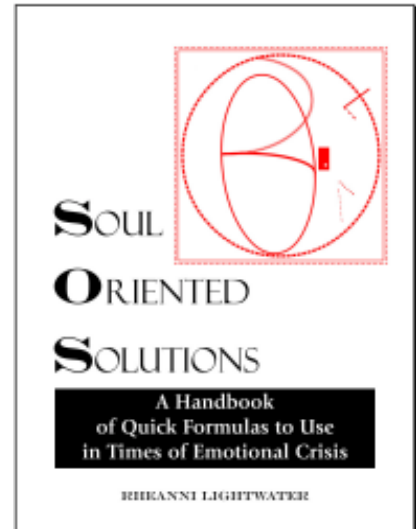
Catalog

SOUL ORIENTED SOLUTIONS

A Handbook of Quick Formulas to Use in Times of Emotional Crisis

By Rheanni Lightwater

Self Help / Mind/Body
8 1/2 x 11 Manual
33 illustrations - 43 pages
ISBN 978-0-9777080-7-9
\$24.95 plus shipping and handling



Soul Oriented Solutions offers support for survivors of trauma, loss and abuse and those who work with them with powerful tools and techniques that calm the mind, heal the body and uplift the shattered spirit.

Practitioners, survivors and support groups can use this ground breaking collection of visual meditations to shift debilitating thought patterns and regain balance. Each formula interrupts feelings of hopelessness or confusion and replaces them with renewed clarity and life-affirming solutions that spring from the person's innermost resources and wisdom.

Formula #1: **Coping with Serious Illness or Loss**

- n Managing symptoms from a long-term illness
- n Preparing for surgery
- n Coming to terms with a significant loss or death.

Formula #2: **Stabilizing After a Traumatic Event**

- n Feeling lost, hopeless, weak, anxious or upset
- n Unable to think clearly
- n Use as an exercise to ground and regain strength.

Formula #3: **Clearing an Overwhelmed Mind**

- n For feelings of exhaustion, confusion or being out of balance.

SOS Provides Relief From Symptoms of Post Traumatic Stress

There are additional short tools for handling shock and panic attacks. When used in combination, the formulas can alleviate symptoms of post-traumatic stress including:

- | | |
|---------------------------------------|-------------------------|
| s Feelings of fear about the future | s Flashbacks |
| s Over-dependence on drugs or alcohol | s Uncontrollable crying |
| s Insomnia and nightmares | s Shock, fixations and |
| s Feelings of guilt or helplessness | s Obsessive behaviors. |

Written by a somatic educator, hypnotherapist, group facilitator and survivor of abuse, Soul Oriented Solutions is a simple and practical addition to a counselor's toolbox that provides a safe passage for healing and recovery.

"An easy and effective method for healing an emotional or spiritual crisis."
- Ruth E. Francis, Book Marketing Consultant





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