

JEAN SHINODA BOLEN

Autora de *Las Diosas de cada mujer*

EL MILLONÉSIMO CÍRCULO

Cómo transformarnos
a nosotras mismas y al mundo

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GUÍA ESENCIAL PARA LOS CÍRCULOS DE MUJERES

El Millonesimo Circulo Como Transformarnos A Nosotras Mismas Y Al Mundo

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El Millonesimo Circulo Como Transformarnos A Nosotras Mismas Y Al Mundo:

El millonésimo círculo Jean Shinoda Bolen, 2013-12-30 Guía esencial para los círculos de mujeres El millonésimo círculo extrapolado del mito de el centésimo mono se basa en una hipótesis sencilla y cuyo mecanismo es posible aprehender de forma intuitiva e inmediata cuando un número mero crítico de personas cambia su modo de pensar y de comportarse la cultura lo hace también y comienza una nueva era Este libro propone la posibilidad de que los círculos de mujeres puedan acelerar el cambio de la humanidad a una era post patriarcal Mediante la exposición de una serie de principios sobre cómo formar un círculo con quién y de cómo resolver potenciales conflictos la doctora Bolen proporciona las herramientas y la inspiración necesarias para que las mujeres creen nuevos círculos o transformen aquellos ya existentes en vehículos de cambio social cultural y psicoespiritual El millonésimo círculo es un libro accesible afianzador y destinado a convertirse en la biblia de los grupos de mujeres de todo el mundo

Malas hijas Sandra Sánchez, 2024-06-13 Es hora de transformar tu historia Eres una mala hija y eso es algo bueno CUIDA A LA NIÑA QUE FUISTE PARA SANAR A LA ADULTA QUE ERES Alguna vez has sentido que no perteneces a tu familia Decidiste que jamás criarás a tus hijos como te criaron a ti La relación que tienes con tu madre te hace sufrir y sientes culpa cada vez que te quieres alejar de ella o romper con lo que se espera de ti Si has contestado con un sí a alguna de estas preguntas lo primero que debes saber es que no estás sola Todas en menor o mayor medida tenemos una herida que nace de la relación con nuestra madre y en nuestras manos está el poder de sanarla para impedir que condicione nuestra vida adulta y nuestras relaciones con el resto del mundo Tomar el control de tu historia te acerca a una vida más libre y feliz pero también supone en muchas ocasiones replantearse las dinámicas familiares establecidas cuestionar los cuidados y la crianza que recibiste de tu madre poner límites saludables y ser en definitiva una mala hija a ojos de la sociedad Sandra Sánchez terapeuta y creadora de la comunidad Malas hijas rompe todos los tabús y nos acompaña en el camino de revisar la relación con nuestras madres y nuestra niña interior a la vez que libera de culpa a todas aquellas hijas heridas que callan por miedo a ser juzgadas En estas páginas encontrarás las herramientas para entender tus dinámicas maternofiliales y liberarte de aquello que te atormenta ejercicios para honrar a tu niña interior sanar tu linaje femenino cultivar la paciencia y la compasión y comenzar a vivir una vida plena libre de rabia y culpa

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