

Bioenergetica Dolce Guida Al Massaggio Del Bambin

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Trauma Releasing Exercises (TRE) David Berceci 2005-05 This book explains many aspects of the trauma recovery process in uncomplicated language and uses basic concepts for the non-professional. It includes the ground-breaking, Trauma Releasing Exercises (TRE). These exercises elicit mild psychogenic tremors that release deep chronic tension in the body and assist the individual in the trauma healing process.

Games, Sports, and Exercises for the Physically Disabled Ronald C. Adams 1991

Ganga Ma Giulio Di Sturco 2019-03-25 A ten-year photographic journey along the river Ganges documenting the effects of pollution, industrialisation and climate change.

The Dalai Lama's Cat and the Art of Purring David Michie 2013-11-28 "What makes you purr? Of all the questions in the world, this is the most important. . . . Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." His Holiness's cat is back—older, a bit wiser, and as curious as ever. In this book, the Dalai Lama sets for his lovable feline companion the task of investigating The Art of Purring. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved—and growing—cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from far and wide, The Dalai Lama's Cat and the Art of Purring will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and nonattachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness.

A dissertation on the seventy weeks of Daniel the prophet John Stonard 1825

The Way to Vibrant Health Alexander Lowen 2012-12-12 The Way to Vibrant Health, now in its 3rd printing, represents over 20 years of Bioenergetic body-psychotherapy techniques. These unique exercises are designed to reduce muscular tension and promote well-being, allowing you to feel more joy and vibrancy. Bioenergetics is a way of understanding the human personality in terms of the body and its energetic processes. Bioenergetic Analysis is a form of psychotherapy that combines work with the mind and the body to help people resolve their emotional problems, and realize their potential for vibrant health and pleasure in all aspects of their lives. Bioenergetic Exercises help you experience: • Natural breathing as a total body respiratory wave. • Unblocking of the body's holding patterns that restrict your energetic potential. • Increasing your capacity for pleasure and feeling.

The Skin-Ego Didier Anzieu 2018-05-15 In this classic work, the author presents and develops his theory of the importance of 'the Skin-ego'. Just as the skin is wrapped around the body, so the author sees the 'Skin-ego' as a psychical wrapping containing, defining and consolidating the subject. From this perspective, the structure and functions of the skin can provide psychoanalysts and general readers with a fertile and practical metaphor. The author's concept of the Skin-ego is the answer to questions he regards as crucial to contemporary psychoanalysis: questions of topography which were left incomplete by Freud; the analysis of fantasies of the container as of the contained; issues of touch between mothers and babies; extending the concept of prohibitions within an Oedipal framework to those derived from a prohibition on touching; and questions pertaining to the representation of the body and to its psychoanalytic setting. This new translation of *Le Moi-peau* is based on the second and last (1995) edition.

Adolf Hitler Relaxation Coloring Book Eva Reich 2019-08-14 Adolf Hitler Relaxation Coloring Book! (Satire) Single-sided Pages. Every image is placed on its own black-backed page to reduce the bleed-through problem found in other coloring books.

The Orgone Accumulator Handbook James DeMeo 2010 In the 1940s, Dr. Wilhelm Reich claimed discovery of a new form of energy. Declaring "the orgone energy does not exist," U.S. courts ordered all books on the orgone subject to be banned. Reich was thrown into prison, where he died. Dr. DeMeo examines Reich's evidence and reports on his own observations and laboratory experiments, which confirm the reality of the orgone phenomenon.

Giornale della libreria 1994

Healing Ourselves Naboru Muramoto 1977

Infant Massage Vimala McClure 2000 Thoroughly updated and revised, a new edition of the classic handbook draws on the latest research into the importance of touch to developing a loving bond between parent and child and offers a stroke-by-stroke guide to massage routines, special routines to alleviate colic and congestion, modified techniques for older babies, tips on how to teach youngsters about "good touch." Original.

Baby Massage Alan Heath 2004-02-05 Set aside the daily chores and use this easy-to-follow guide to spend special time with your child. To a baby touch is talk, and through these soothing and relaxing techniques you and your child can share some of the most fulfilling and communicative moments. Four chapters covering key techniques, everyday care, massage for different age groups and easing common problems. Massage will afford you a more intimate way to comfort, nurture and relax your baby.

Chi Nei Tsang Mantak Chia 2006-12-26 An ancient Taoist system for detoxifying and rejuvenating the internal organs • Presents techniques to clear blockages in the body's energy flow • Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being • Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

Pleasure Alexander Lowen 2004 One of the world's leading innovators in the field of psychology shows you how to expand and realize your capacity to feel your body's aliveness, natural freedom, and spontaneity. A more creative life through pleasure is the promise of this revolutionary book. Defining pleasure as a bodily experience, Dr. Alexander Lowen states that there is no such thing as pure mental pleasure and points out that the capacity for pleasure is also the capacity for creative self-expression. In most adults, however, the struggle for power competes with the striving for pleasure, undermines creativity, and causes muscular tensions. Pleasure offers a way out of this dilemma through a series of bioenergetic exercises. These exercises are described in easy-to-follow detail. Their aim is to help the body regain its natural freedom and spontaneity and to release not only pleasure but also joyous creativity.

Narcissism Alexander Lowen 2012-08-21 NARCISSISM Are you a narcissist? Do you interact with someone who is? Contrary to popular belief, narcissists do not love themselves or anyone else. They cannot accept their true selves, constructing instead fixed masks that hide emotional numbness. Influenced by forces in culture and predisposed by factors in the human personality, narcissists tend to be • More concerned with how they appear than what they feel • Seductive and manipulative, striving for power and control • Egotists, focused on their own interests but lacking the true values of the self -- self-expression, self-possession, dignity, and integrity • Without a solid sense of self, which leads them to experience life as empty and meaningless In this groundbreaking study, Dr. Alexander Lowen uses his extensive clinical experience to demonstrate how narcissists can recover their suppressed feelings and regain their lost humanity. By the use of Bioenergetic Analysis, the psychotherapy created by Dr. Lowen, a new possibility of a fulfilling and authentic life is presented for people with narcissistic characteristics and for those who interact with them.

The Handbook of Body Psychotherapy and Somatic Psychology Gustl Marlock 2015-12-08 The Handbook of Body Psychotherapy and Somatic Psychology provides a comprehensive overview of body-centered psychotherapies, which stress the centrality of the body to overcoming psychological distress, trauma, and mental illness. Psychologists and therapists are increasingly incorporating these somatic or body-oriented therapies into their practices, making mind-body connections that enable them to provide better care for their clients. Designed as a standard text for somatic psychology courses, The Handbook of Body Psychotherapy and Somatic Psychology contains 100 cutting-edge essays and studies by respected

professionals from around the world on such topics as the historical roots of Body Psychotherapy; the role of the body in developmental psychology; the therapeutic relationship in Body Psychotherapy; and much more, as well as helpful case studies and essays on the use of Body Psychotherapy for specific disorders. This anthology will be indispensable for students of clinical and counseling psychology, somatic psychology, and various forms of body-based therapy (including dance and movement therapies), and is also an essential reference work for most practicing psychotherapists, regardless of their therapeutic orientation. Contributors: Gustl Marlock, Halko Weiss, Courtenay Young, Michael Soth, Ulfried Geuter, Judyth O. Weaver, Wolf E. Büntig, Nicholas Bassal, Michael Coster Heller, Heike Langfeld, Dagmar Rellensmann, Don Hanlon Johnson, Christian Gottwald, Andreas Wehowsky, Gregory J. Johanson, David Boadella, Alexander Lowen, Ian J. Grand, Marilyn Morgan, Stanley Keleman, Eugene T. Gendlin, Marion N. Hendricks-Gendlin, Michael Harrer, Ian J. Grand, Marianne Bentzen, Andreas Sartory, George Downing, Andreas Wehowsky, Marti Glenn, Ed Tronick, Bruce Perry, Susan Aposhyan, Mark Ludwig, Ute-Christiane Bräuer, Ron Kurtz, Christine Caldwell, Albert Pesse, Michael Randolph, William F. Cornell, Richard A. Heckler, Gill Westland, Lisbeth Marcher, Erik Jarlnaes, Kirstine Münster, Tilmann Moser, Frank Röhrich, Ulfried Geuter, Norbert Schrauth, Ilse Schmidt-Zimmermann, Peter Geissler, Ebba Boyesen, Peter Freudl, James Kepner, Dawn Bhat, Jacqueline Carleton, Ian Macnaughton, Peter A. Levine, Stanley Keleman, Narelle McKenzie, Jack Lee Rosenberg, Beverly Kitaen Morse, Angela Belz-Knöferl, Lily Anagnostopoulou, William F. Cornell, Guy Tonella, Sasha Dmochowski, Asaf Rolef Ben-Shahar, Jacqueline A. Carleton, Manfred Thielen, Xavier Serrano Hortelano, Pat Ogden, Kekuni Minton, Thomas Harms, Nicole Gäbler, John May, Rob Fisher, Eva R. Reich, Judyth O. Weaver, Barnaby B. Barratt, Sabine Trautmann-Voigt, Wiltrud Krauss-Kogan, Ilana Rubinfeld, Camilla Griggers, Serge K. D. Sulz, Nossrat Peseschkian, Linda H. Krier, Jessica Moore Britt, and Daniel P. Brown.

L'allattamento del tuo bambino

Wilhelm Reich William Edward Mann 1990

Sticking to the Point: A rational methodology for the step by step formulation & administration of an acupuncture treatment Bob Flaws 1989 A new, revised edition of the first book for students and practitioners which explains how to do TCM style acupuncture. This book explains in depth how to do a complex, individualized TCM pattern discrimination, how to arrange and make sense of a welter of confusing signs and symptoms, and how to think using TCM terms and statement of fact. Western students and beginning practitioners will find this book an invaluable aid in honing their ability to understand and use TCM. Although specifically about acupuncture, the method presented in this book can be used to erect a TCM treatment plan using any Chinese modality Chinese herbs, Chinese dietary therapy, tui na or Chinese massage, or qi gong, Chinese energy exercises. Included in this book are the functions of the main points of acupuncture and the functions of the main two and three point combinations.

The Alps in Nature and History William Augustus Brevoort Coolidge 1908

Sono qui con te - 2a edizione Elena Balsamo 2016-05-04 Sono qui con te, un classico della collana del Bambino Naturale, amato da tante mamme e papà, si ripresenta in una veste completamente rinnovata. Elena Balsamo, con questa rivisitazione della sua opera prima, ha voluto offrirci uno sguardo nuovo sulla vita prenatale e sulla nascita, una prospettiva rivoluzionaria riguardo al periodo perinatale. Se la prima parte del libro mira a esplorare nello specifico le pratiche di maternage - con riferimento alle diverse culture e ai saperi innati sulle cure materne che si rivelano simili in ogni parte del mondo -, la seconda, invece, è un vero e proprio excursus che fa rivivere al lettore la propria esperienza intrauterina e di parto,

unica e diversa per ognuno di noi. È quindi uno strumento terapeutico, dedicato alle mamme e ai papà, ma anche agli operatori della nascita, per rivedere la propria vita sin dagli inizi, così da modificarne gli schemi ripetitivi che la limitano. Il messaggio di Sono qui con te diventa quindi ancora più potente e ci apre alla speranza nella certezza che la Vita ci offre sempre un'altra possibilità... Basato su un'accurata e ampia documentazione scientifica ma scritto con un linguaggio semplice e poetico, questo libro sa toccare il cuore di chi lo legge.

Acupuncture Jean-Marc Kespi 2013-02-01 Through his decades-long experience as a practitioner, Dr. Jean-Marc Kespi has returned to the ancient roots of acupuncture and developed an approach to choosing the best points for a given situation. Traditional symbolism, as reflected in the names of points and descriptions of physiological processes, can offer clues to correlating the rules of medicine and the manifestations of health or illness in the human body. Dr. Kespi's approach utilizes this theoretical base, and proceeds from symbol to a specific diagnosis and therapeutic action, and onto the insertion of a needle in a precise point on the body. In this manner he shows the practitioner how to see beyond the symptoms and address the whole person, thereby providing more effective treatments. With keen insight into the meanings of individual points, Dr. Kespi typically uses only one to three needles to treat the disequilibrium found at the root level. In addition to laying out his ideas on the foundations of acupuncture, Dr. Kespi shares his wide experience in this book through over 100 case studies, which give the reader the opportunity to see the clinical efficacy of this method.

Emotional Balance Roy Martina 2010-10-04 Dr Roy Martina has developed a powerful comprehensive healing system called 'Omega healing'. This preventative system has been acknowledged as one of the most powerful healing techniques currently available. It tackles the root cause of problems - not just the symptoms. Balancing the emotional body and returning to our core essence restores us to greater health, ease and happiness. This fantastic CD package collects together some of Roy's most powerful teachings on this subject, along with meditations that will allow you to implement its incredible effects in your life. The first section provides an excellent introduction to Roy's background and how he came to heal himself using his Omega Healing technique. The second section features four incredible meditations that will allow you to heal every aspect of your life. The first provides energy and vitality. The second is a relaxing visualisation for the end of the day. The third helps with releasing feelings. The fourth helps heal traumas in our past lives. These meditations, recorded live in London and exclusively for Hay House showcase one of the brightest new voices in healing.

The Betrayal of the Body Alexander Lowen 2012-07-01 The Betrayal of the Body is Alexander Lowen's pioneering study of the mind-body split. Lowen describes the way people deny the reality, needs, and feelings of their bodies. This denial leads to the development of the division between mind and body, creating an over-charged ego obsessed with thinking at the expense of feeling and being. This book illustrates the energetic factors behind the split, the factors that produce it, and the proven therapeutic techniques that are available to treat it. Lowen further explores the mind-body duality in the individual and its parallel duality and dysfunction in society between culture and nature, and between thinking and feeling.

Molecules of Emotion Candace B. Pert 1997 Explains the science behind the brain's opiate receptors and other evidence of the intimate connections between mind and body, and their meaning for the future of Western medicine

Hurry Up and Meditate David Michie 2014-06-17 For anyone who wants to start meditating but has been struggling to get to the cushion, here are all the motivation and tools you need to achieve greater

balance, better health and a more panoramic perspective of life.

Bioenergetica dolce Eva Reich 2006

The Spirituality of the Body Alexander Lowen 2013-01-03 In *The Spirituality of the Body*, Alexander Lowen provides a unique perspective about the nature of spirituality. Lowen views the body as the outer manifestation of the spirit and defines grace as the divine spirit acting within the body. For the healthy individual the divine spirit is experienced as the natural gracefulness of the body and is reflected in the person's behavior. In a healthy body, movement, feeling, and thinking are integrated in grace and harmony. This book includes body-psychotherapy techniques and exercises aimed at alleviating muscular tension and restoring the body's natural grace. This spiritual grace involves a sense of connectedness to a higher order. In this state of grace we feel a kinship with all living creatures, and recognize our connection to our environment and to the world.

Energy & Character - Volume 8 N. 3 Eva Reich 2019-12-28 *Energy & Character* is a journal above all a means of communication among colleagues and professionals in the body psychotherapy community at large all over the world. The title *Energy & Character* suggests on the one hand physics and biology, the energetic roots of existence, and on the other hand character, in the psychic and social meanings. Character has roots in ancient Greek which on the one hand refer to the formation of the personality in the culture, and on the other hand relate to the core, or essence of the person, his or her unique individuality. Millicent Linden - *Orgasm Posture and Breathing, Part I* Eva Reich - *Emotional First Aid* John C. Pierrakos - *Core Energetics, Part I* Robyn Lee - *The Scope of Energy Distribution* Ian J. Grand - *Process and Revelation, Part I* Robert Olin - *Olfactory Character and Intellectual Resistance, Part II* Process and Revelation, Part II Andre Leites - *The Modifiers* David Boadella - *Unison and Separation* Malcolm Brown - *The Primordial and the Creative Unconscious* Mona-Lisa Boyesen - *Bio-Release* Ma Yoga Maya - *If You Are Not Part of the Solution* David Boadella - *Gravity Muscles and Heart Feelings* Mary E. Dexter, Larry J. Desmond, Karen S. Coen - *Orgone Energy and Plant Growth* Ruth Mechanicus - *Experiences as a Diabetic* Eva Reich - *The Battle for the Human Race* John M. Beilis - *Swallowing and Jaw Tension* p.p1 {margin: 0.0px 0.0px 5.7px 17.0px; line-height: 15.0px; font: 11.0px "Cooper Hewitt Light"; color: #ffffff}

The Greentail Mouse Leo Lionni 2013-01-08 Originally published in 1973, this is the offbeat fable of a city mouse who visits his peaceful country cousins and tells them about Mardi Gras in the city. The country mice are inspired to have their own Mardi Gras. And at first, it is fun wearing their masks with sharp teeth and tusks and scaring each other, but after a while, they begin believing that they really are ferocious animals. Leo Lionni's winsome mice cavort across big double-page spreads of oil paintings and tell a story about what is real and what is not that is just right for preschoolers. Reissued in hardcover in 2003, it now makes its debut in Dragonfly paperback.

Amore a fior di pelle Barbara Bonci 2019-09-24 Il massaggio infantile è un'arte antica praticata in tantissime parti del mondo. Negli ultimi 40 anni, grazie a pionieri come Frédérick Leboyer ed Eva Reich, questa pratica è arrivata anche a noi e ha potuto svilupparsi entrando nelle case e nelle abitudini quotidiane di mamme e bambini. L'obiettivo principale del massaggio del bebè è quello di rafforzare il legame e la sintonia già esistenti tra genitori e bimbi e contribuire alla creazione di un legame soprattutto in quei casi in cui bambini e genitori siano stati separati fisicamente subito dopo la nascita.

Children of the Future Wilhelm Reich 2013-07-02 Translated by Derek and Inge Jordan In *Children of the Future*, Wilhelm Reich shows how disastrous the exclusion of genitality is to the young and its important influence on their development. In his 1932 work *The Sexual Rights of Youth*, published here in

its revised form, Reich speaks in terms of what he sees as the real meaning of the sexual enlightenment of youth: it is not the mystery and dangers of procreation, but the essential nature of sexuality and the right of youth to genital gratification. Reich presents a new way of seeing the parental compulsion to teach. In other chapters, Reich examines attitudes toward infantile masturbation, the source of the human no, and special disturbances of the young. Reich's work is substantiated by his concrete observations and experiences with children, including case studies from the Orgonomic Infant Research Center.

Physical Dynamics of Character Structure Alexander Lowen 1958

Baby Massage Amelia Auckett 2001-04-04 Holding, kissing, and cuddling babies are loving ways to nurture their growth and to create a vital bond between parent and child. With massage, the positive effects of touch are intensified, directly influencing the physical growth of infants. The latest research on infant development shows even preterm infants' weight gain can be facilitated by massage therapy. Fully illustrated, this classic handbook presents a time-tested approach to the techniques and benefits of parent-child touch, including: The process of bonding and body contact Baby massage as an expression of love Healing the effects of birth trauma Baby massage as a healing alternative to drugs Benefits to the parents

The Doula Guide to Birth Ananda Lowe 2009-05-19 Here is your guide to the fastest-growing trend in childbirth—a tradition as old as motherhood itself. Doulas, or professional labor assistants, have led thousands of expectant women through the birthing process in a way that's safe and meaningful, and that creates the birth and postbirth experience all mothers long for. What exactly do doulas do? How to find one that suits you. What are the "trade secrets" only doulas know but every woman should be aware of (even if you don't have a doula)? In *The Doula Guide to Birth*, senior-level doula Ananda Lowe and award-winning health reporter Rachel Zimmerman have written a most comprehensive book that draws on the wisdom of these skilled experts, whose experience with doctors, midwives, nurses, and hospitals makes them invaluable advocates before, during, and after birth. * Labor techniques anyone can use * Pain medication: do you, don't you—and when? * What dads and loved ones need and can do best * When should you really go to the hospital in labor? * How to prepare for unexpected medical procedures, including cesareans and epidural * Postpartum—what it's really like * A clip-out chart of labor techniques, birth plan worksheets, and much more Combining science, wit, warmth, and support, as well as the inspirational stories of dozens of mothers and their partners, you'll find the "doula viewpoint" on every major pregnancy and delivery issue, making this one of the most important childbirth books you'll ever read and recommend.

A Triune Concept of the Brain and Behaviour Paul D. MacLean 1973

Christ and the Spiritual World and the Search for the Holy Grail Rudolf Steiner 2016-03-21 'There is no way of approach to the Grail through words of any kind, or through philosophical speculations. The only way is by changing all these words into feeling, by becoming able to feel in the Grail the sum of all that is holy...' - Rudolf Steiner (from lecture 6) Reviewing human history in relation to the cosmic-earthly events of Christ's incarnation, Rudolf Steiner explains the significance of both the Gnostic religion and the legend of the Holy Grail. He indicates how the Grail emerges in human history, and how the 'stellar script' relates to the secret of Parsifal. Steiner examines humanity's existential quest in the historical patterns of human thought and spiritual development. We are shown the widespread influence of the sibyls, who with their astrological and clairvoyant prophecies were a backdrop to one of the richest cultural epochs, the Greco-Roman world. Steiner contrasts the revelations of the sibyls to those of the

Hebrew prophets. This course of lectures, a complete edition from Steiner's Collected Works, offers an illuminating insight into the development of the soul through succeeding ages.

The Cosmic Hologram Jude Currivan 2017-02-16 How holographic patterns of information underlie our physical reality • 2017 Nautilus Silver Award • Includes myriad evidence from a wide range of cutting-edge scientific discoveries showing our Universe is an interconnected hologram of information • Explains how consciousness is a major component of the cosmic hologram of information, making us both manifestations and co-creators of our reality • Reconciles Quantum Mechanics and Einstein's Theory of Relativity by showing that energy-matter and space-time are complementary expressions of information Our understanding of the Universe is about to transform at all levels, from the tiniest Planck scale to the vast reaches of space. Recent scientific discoveries show that the information that upholds all of our modern technologies is exactly the same as the universal in-formation that underpins, pervades, and is all we call physical reality. Exploring how information is more fundamental than energy, matter, space, or time, Jude Currivan, Ph.D., examines the latest research across many fields of study and many scales of existence to show how our Universe is in-formed and holographically manifested. She explains how the fractal in-formational patterns that guide behavior at the atomic level also guide the structure of galactic clusters in space. She demonstrates how the in-formational relationships that underlie earthquakes are the same as those that play out during human conflicts. She shows how cities grow in the same in-formational ways that galaxies evolve and how the dynamic in-formational forms that pervade ecosystems are identical to the informational structures of the Internet and our social behaviors. Demonstrating how information is physically real, the author explores how consciousness connects us to the many interconnected layers of universal in-formation, making us both manifestations and co-creators of the cosmic hologram of reality. She explains how Quantum Mechanics and Einstein's Theory of Relativity can at last be reconciled if we consider energy-matter and space-time as complementary expressions of information, and she explores how the cosmic hologram underlies the true origin of species and our own evolution. Concurring too with ancient spiritual wisdom, the author offers solid evidence that consciousness is not something we "have" but the fundamental nature of what we and the entire Universe are. With this understanding, we can each transform our own lives and help co-create and in-form the world around us.

Sono qui con te Elena Balsamo 2010-01-01 È un libro dedicato a più personaggi: ai genitori, alle mamme in particolare, di ogni nazionalità e cultura, per aiutarle a riscoprire quei saperi ancestrali che giacciono -anche se sommersi e sepolti - nel profondo del loro animo, in quanto patrimonio comune di tutte le femmine di mammifero; agli "operatori" - medici o educatori che siano - per offrire loro un contributo alla comprensione dell'universo delle donne e dei bambini venuti d'altrove; e in particolare ai bambini, i veri protagonisti di questo volume. È soprattutto attraverso i loro occhi e il loro sguardo infatti che l'autrice ha voluto esplorare il mondo variegato e complesso del maternage. Elena Balsamo, Scrittrice, insegnante, pediatra, mamma... Una vita dedicata a farsi interprete dei bambini, a dare parola a chi è troppo piccolo per farlo da solo... Specialista in puericultura, si occupa da anni di pratiche di maternage nelle diverse culture e lavora in particolare a sostegno della coppia madre-bambino nei momenti critici della gravidanza, del parto e dell'allattamento, attraverso strumenti quali l'omeopatia e la floriterapia. Dopo esperienze di viaggi in diversi paesi africani e di lavoro sul campo in Guinea-Bissau, ha dedicato un decennio della sua vita ad attività di formazione all'interno dell'Associazione Interculturale Bambaràn, da lei fondata a Bologna, città in cui vive. Attualmente, oltre a continuare l'attività di medico libero-professionista e l'impegno in ambito formativo sui temi dell'etnopediatria e del maternage consapevole, in un'ottica prettamente montessoriana, svolgendo corsi e interventi in tutta Italia, si dedica alla grande passione della sua vita: la scrittura. Ha curato il volume Lui,lei,noi (EMI,1994), è coautrice di Mille modi di crescere (Franco Angeli, 2002) e Etnopediatria (Fimp, 2003). Con il Leone Verde ha pubblicato Sono qui

con te (2007) e Libertà e Amore (2010); e per i bambini nel 2010 Il latte di mamma sa di fragola, Girotondo intorno al mondo e Il Quaderno del Neonato. Nel 2012 è apparso sempre per i bambini Storia di un piccolo seme.