

Inlighten the Body – The Hladina Method

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Written in an engaging and creative style, this book gives a comprehensive view of what is happening now, in the new millennium, as bodies are actually experiencing the beginning of a new phase of evolution. Soleil Lithman provides many missing links between current world paradigms through her synthesis of quantum physics, biology, Somatic and Transpersonal Psychology, Integral Yoga, discernment with New Age material, her creative analogies, and the direct experience of many clients, and herself.

The true stories of clients' journeys through Soleil's processes, called 'Layers of the Heart' and 'Clearing Cellular Residue' are profound. They demonstrate a way for any seeker to open through one's own body's consciousness to direct experiences of the Psychic Being (embodied soul) and Transpersonal Divine (the Vast "isness"). Soleil maps out how this full heart opening activates 'liquid light' experiences and how relevant this is in our metamorphosis. This information can be used to greatly reduce the unpleasant aspects of Ascension Symptoms or "transformational illnesses" as bodies learn to positively adapt to higher frequencies of energy.

The book gives step-by-step processes for working with oneself and provides an encouraging vision for the world to embody its destined New Creation.

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Deutsche Ausgabe: Die Hladina Methode

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Soleil Lithman ist Psychotherapeutin und Praktizierende des Integralen Yoga von Sri Aurobindo und der Mutter. Sie eröffnet dem Leser einen Heilungsweg, der psychologische und spirituelle Entwicklungen mit körperlicher Transmutation vereint. Deren Ziel ist die Geburt einer Spezies, die den heutigen Menschen ablöst. Soleil Lithman nennt sie "Sapiens Divinus", also eine Spezies, die sich der allem innewohnenden Göttlichkeit bewusst ist. Zu den Teilnehmern ihrer Seminare und Workshops, die sie in vielen Ländern anbietet, gehören Ärzte, Heilpraktiker und spirituell interessierte Wissenschaftler.

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