

In Living the Wheel, Annabelle Nelson helps us move beyond psychological denial so we can begin to heal the emotions of the unconscious mind, thus opening it to merge with the spirit self hidden there. Spiritual development is not about being good. It is about suspending judgement of the inner and outer world. In the process, we often deny the very emotions that make us human. Nelson presents positive techniques for people who have gone beyond the first phases of spiritual work so they can deal constructively with the emotions that are often perceived as being wrong or bad for someone on this path. In this exciting book, Nelson enables us to find our way to emotional health, unite with our spirit, and chart the awakening of the inner self.

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Archetypal Imagery and the Spiritual Self: Techniques for Coaches and Therapists Living the Wheel: Working With Emotion, Terror, and Bliss Through Imagery. Annabelle Nelson is the author of Archetypal Imagery and the Spiritual Self ( Living the Wheel: Working with Emotion, Terror, and Bliss Through Imagery.

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