



Eight Pathways of Healing Love: Your Journey of Transformation

Philip R. Belzunce, Lalei E. Gutierrez

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This book is a culmination of our more than 50 years of combined experience and insights in working with individuals, couples, and families. We found that there are "Pathways" most relationships take in their life journey which carries within it unaware repetitive patterns and opportunities for growth, healing and transformation. We have identified several relational Pathways that we take in our life journey of relationships, individually and as couples. Each of the Pathway chapters presents the reader with reflective questions to engage them experientially to take the journey, albeit by reflection and exercises through the Pathways. Hopefully...in enhancing one's awareness. We approach the journey through the pathways in a Body-Energy-Emotion-Heart-Mind-Soul-System-Spirit (BEEHMSSS) process that includes tools, supports, and resources for navigating your journey in a holistic or integral way. Through our personal experiences with our own relationship and in our work with other individuals, couples, and families, *Eight Pathways of Healing Love: Your Journey of Transformation*, illustrates what we have discovered and offers ways on how to work through the dilemmas, challenges and struggles you may encounter in your life's relational journey. Many times relationship struggles, as portrayed in the Pathways, involves one's perceptions and interpretations of themselves, the other, and subsequently their relationship. Our research and experience has clearly showed us that unexplored expectations, assumptions, and yearnings eventually lead to breakdowns and disappointments. During your explorations of the Pathways, we invite you to reflect on which Pathway you may be currently travelling in your relationship(s). It is both wonderful and comforting to know that we can start our healing partnership right here and NOW with ourselves and with our significant relationship(s), our partner or with our spouse. We believe that NOW, is the opportunity for our relational evolution personally, relationally and exponentially, as the greatest force and tool we have to heal our world is...LOVE. Start your transformational journey and discover how, NOW, to begin your healing love process! We hope this BEEHMSSS approach assists your understanding and deepens your appreciation of your own relational journey of Healing Love.

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