

## The Anatomy Of Loneliness How To Find Your Way Back To Connection

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In The Anatomy of Loneliness, Teal identifies the three pillars or qualities of loneliness: Separation, Shame and Fear and goes on to share her revolutionary technique; The Connection Process, a form of intuitive journeying, usually involving two people a 'receiver' and a 'journeyer'. Through a series of exercises each person experiences 'walls' and 'blockages' as they move through the process both participants face their fears learning from these to reach a place of ...

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In The Anatomy of Loneliness, Teal identifies the three pillars or qualities of loneliness: separation, shame, and fear, and goes on to share her revolutionary technique, the Connection Process, a form of intuitive journeying, usually involving two people, a "receiver" and a "journeyer". Through a series of exercises, each person experiences "walls" and "blockages"; as they move through the process, both participants face their fears, learning from these to reach a place of unconditional ...

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Their aloneness is a deeply embedded pattern that is both negative and painful; it is often fuelled by trauma, loss, addiction, grief and a lack of self-esteem and insecurity.In The Anatomy of Loneliness, Teal identifies the three pillars of loneliness: Separation, Shame and Fear and goes on to share her revolutionary technique; The Connection ...

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