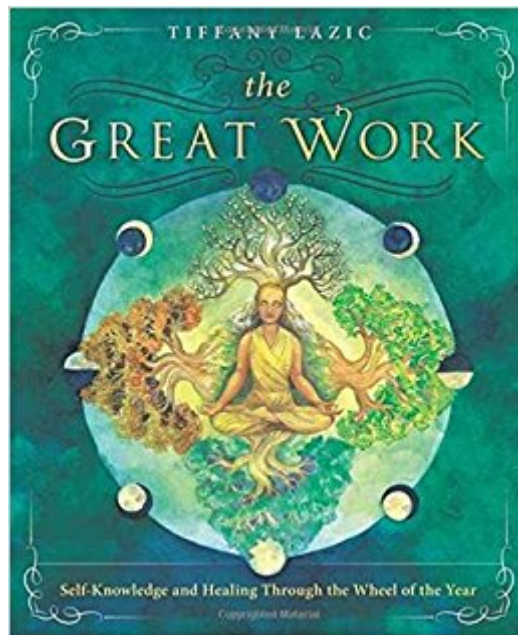




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The Great Work: Self-Knowledge And Healing Through The Wheel Of The Year



Synopsis

Fusing ancient Western spirituality, energy work, and psychology, *The Great Work* is a practical guide to personal transformation season by season. Learn to be truly holistic by incorporating key physical, emotional, and energetic practices into your life at times when the natural tides are in harmony with your process. The Great Work captures the core essence of each festival with eight key themes that span the annual cycle—a cycle that reflects human development and experience. Discover how Yule can alleviate a painful childhood, how Beltane can facilitate conscious relationships, and how Mabon can assist with determining your life's purpose. Find guidance through daily journal questions, elemental meditations, and the author's unique energy-healing technique of Hynni. With this invaluable resource for your journey of inner alchemy, you'll develop an intimate connection with the earth's impulse to create balance and harmony.

Praise: "Tiffany Lazic weaves together psychology, myth, meditation and keen observation of the natural world, creating an invaluable and original resource for healing work of all kinds. Inviting and accessible to all readers." —Elizabeth Cunningham, author of *The Maeve Chronicles*

"The Great Work presents inspiring insights and practical exercises that help unlock the alchemical mysteries at the heart of the Eightfold Path, and which facilitate a deep connection with the cycles of nature as they reveal their transformational powers in all of us." —Jhenah Telyndru, author of *Avalon Within*

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Customer Reviews

Tiffany is a Spiritual Psychotherapist with over sixteen years experience in Transpersonal Psychology. She completed training in Spiritual Psychotherapy at the Transformational Arts College of Spiritual and Holistic Training in Toronto where she also taught in the College's Discovering the Total Self Program, Spiritual Psychotherapy Training Program, Spiritual Directorship Program and Esoteric Studies Program. She served as a staff psychotherapist and case supervisor. She continues to teach at the College as a guest facilitator both in their Spiritual Directorship Training Program and their Divine Connections Practitioner Training Program. An international presenter and keynote speaker, Tiffany has conducted workshops for many conferences and organizations, including the 2013 Energy Psychology Conference. She was one of the co-creators and co-organizers of Kitchener's SPARKS Symposium (2010 - 2012). Tiffany is the owner of The Hive and Grove Centre for Holistic Wellness, with a private therapy practice offering individual, couples and group therapy. She has developed two self-development programs, Patterns of Conscious Living Program and the Spiritual Language of the Divine Program, as well as a creative workshop, The Art of the Divine. As a 'satellite school' of the Transformational Arts College, she also teaches the College's ten course Discovering the Total Self Program.

Fabulous book. I'm only two weeks in but the journaling and the reading material is so therapeutic. I'm excited to work through the whole entire year. I would recommend this book to anyone. Especially anyone that has had hard issues to overcome. Even though I'm only journaling the questions really help me figure out my deeper self and why I think the way I do. It's amazing.

Well laid out, set by wheel, set by symptoms. Definitely something you do one part at a time. So far I am 1 chapter in. Thought provoking questions.

Really like how book organized for the year. Everyday there are questions to ponder. Good reference and guide for personal development.

Love this book and it came in wonderful condition, thank you!

Love this book! It is an outstanding workbook for introspection and reflection. I bought copies for my friends.

Wonderfully written!

Working through this book now. I love it!

This is a beautiful book. I bought it for a Christmas gift and I know The person I bought it for will love it. The illustrations are pretty and it is full of inspirational information and suggestions for balancing and positivity. This is the perfect gift for anyone who meditates and looks to find their center and live a positive life. I definitely recommend it.

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