

From Here...

... To Here

Aims of Practice

The Practice !

Difficult Emotions



To avoid being carried away by Fear, Anger, Non-Forgiveness, etc




-  1. The Welcome Method
-  2. The Tapping Method
-  3. Being Mindful



Stress






To enter into peace; To dissolve stress

-  4. Relaxation
-  5. Simple Meditation
-  6. Self-Compassion

Aljenat (maqtugh)



To let "Your Kingdom Come". To develop compassion

-  7. Centering Prayer
-  8. Chant the Psalms
-  9. Have Compassion



Spiritual Dryness, Turmoil



To be healed, and help another person heal, through God

-  10. Open to the Healing Presence
-  11. Drink Suffering,



Transmit Peace

 [WERREJ](#)

 = quick results

 = stronger results with practice

 = do not expect visible results

 = you can work on others