

Kristina Marita Rumpel



FLOWBIRTHING

Wecke deine Urkraft für das Wunder der Geburt!

Meditationen, Affirmationen,
Mantras und Lebensmusik



Flowbirthing Audio Cd Meditationen Affirmationen Lebensmusik

Kristina Marita Rumpel



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Die Kraft des Weiblichen Kristina Marita Rumpel, 2016-11-21 Angesichts der weltweiten Krisen kommen wir nicht umhin die Frage nach männlich und weiblich neu zu stellen. Jenseits aller Klischees was den typischen Mann bzw die typische Frau ausmacht geht es darum weibliche und männliche Qualitäten die in jedem Menschen wirken in ihrer ursprünglichen lebensformenden Kraft zu ergreifen. Zeigte die aus dem Gleichgewicht geratene Polarität des Lebens bislang vor allem ihr zerstörerisches Potenzial eröffnet die Wiederentdeckung der weiblichen Urkraft ein unendliches Kraftreservoir an Freude Schönheit und Lebendigkeit aus dem alle Menschen Mann wie Frau schöpfen können. Der Weg wird frei für Selbsterkenntnis persönliche und spirituelle Entwicklung und den Aufbruch in eine Welt in der Mann und Frau wieder in der Natur verwurzelte Entscheidungen treffen können. Die weibliche Urkraft in Frau und Mann wirkt revolutionär integrierend und befreiend indem sie ein Leben im Einklang mit dem eigenen Wesen und den universellen Energien ermöglicht. Lassen Sie sich von diesem Buch inspirieren und trainieren Sie Ihr Bewusstsein um sich selbst als Frau und als Mann neu zu entdecken für ein Leben voller Liebe in Frieden und Freiheit. Das vorliegende Buch zeigt Ihnen was die weibliche Urkraft ist und warum wir diese vergessen konnten welche lebensbejahenden Prinzipien sich in der weiblichen Urkraft wiederfinden lassen wie wir männlich und weiblich als ursprüngliche Energien selbst erfahren können welche Chance darin für eine Welt der Verbundenheit und Aussöhnung liegt.

FlowBirthing - Geboren aus einer Welle der Freude Kristina Marita Rumpel, 2015-06-08 Werde bereit für das Wunder der Geburt. Die Geburt eines Kindes ist das Freudvollste das wir Menschen erfahren können ein Erlebnis von elementarer Bedeutung das uns dankbar und demütig macht vor dem Wunder des Lebens. Doch viele Frauen haben heute Angst vor der Geburt vor den Schmerzen den Umständen den Folgen anstatt auf ihre natürlichen Stärke und Gabe zu vertrauen. Wie konnte es dazu kommen dass Frauen sich gerade im Augenblick der größten Nähe zu sich selbst von ihrer weiblichen Urkraft entbunden fühlen. FlowBirthing ist mehr als ein Geburtsratgeber es ist der Aufbruch in eine neue Geburtskultur. FlowBirthing schafft ein Bewusstsein das Weiblichkeit und die Fähigkeit zu gebären wieder als Geschenk begreift. Im Einklang mit sich selbst erleben Frauen den Geburtsprozess als Quelle ungeahnter innerer Kraft und Inspiration. FlowBirthing vereint dabei uraltes Frauenwissen mit neuesten wissenschaftlichen Erkenntnissen und stellt das Wohl der werdenden Mütter in den Mittelpunkt. Alle Frauen die den Weg zu einer selbstbestimmten und natürlichen Geburt suchen und alle die sie dabei unterstützen und den Eintritt ins Leben in einem neuen Licht betrachten wollen finden in diesem Buch wertvolle Anregungen.

Richtig ernähren in Schwangerschaft und Stillzeit Prof. Dr. Ingrid Gerhard, Dr. Barbara Rias-Bucher, 2016-10-17 Die richtige Ernährung spielt eine wesentliche Rolle im Leben der Schwangeren der stillenden Mutter und des Babys. Ein vielseitiger und ausgewogener Speiseplan verbessert nicht nur Ihr eigenes Wohlbefinden sondern schafft die Grundlagen bester Gesundheit auch für Ihr Baby. Alles was Sie dazu wissen müssen verraten Ihnen Ingrid Gerhard Fachärztin für Frauenheilkunde und Geburtshilfe und Barbara Rias-Bucher Gesundheits- und Ernährungsexpertin wie Sie im Einklang mit

Ihrem Biorhythmus essen die t gliche Zufuhr von Bioaktivstoffen aus heimischen leicht erh ltlichen Zutaten sichern und f r Harmonie im S ure Basen Haushalt sorgen k nnen Gesunde Ern hrung in Schwangerschaft und Stillzeit Abwechslungsreiche Rezepte mit ausgewogenen und gut vertr glichen Zutaten gew hrleisten die optimale Versorgung mit Vitaminen und Mineralstoffen Und bei belkeit Verstopfung und anderen Beschwerden geben die beiden Autorinnen hilfreiche Tipps Gesunde Babynahrung nach dem Abstillen Hier finden Sie viele unkomplizierte Rezepte f r Babys t glichen Brei Oft k nnen Mutter und Kind sogar gemeinsam genie en Gem sebrei pur f rs Baby und als feine Zutat in Mamas Hauptgericht Ihnen bietet sich eine ganze Reihe von einfachen und schmackhaften M glichkeiten Rund 100 unkomplizierte Rezepte mit farbigen Abbildungen Praktische Tipps f r eine vielseitige und vollwertige Ern hrung Gesunde Zwischen und Hauptspeisen und altersgerechte Babykost **FlowBirthing (Audio-CD)** Kristina Marita Rumpel, 2015 *FlowBirthing - Wecke deine Urkraft f r das Wunder der Geburt!* Kristina Marita Rumpel, 2015 Die Zeit ist reif f r eine Geburt in Freude und Liebe im Zentrum der weiblichen Kraft Das FlowBirthing H rbuch begleitet dich mit Mantras Affirmationen Meditationen Visualisierungen und der Wiederentdeckung alter weiblicher G ttinnen auf deinem Weg zu einer selbst bewussten Geburt Als Vertiefung zum Buch hilft sie dir ein stimmiges Bewusstsein von Schwangerschaft und Geburt im Vertrauen auf die weibliche Urkraft zu entwickeln Denn du bist die Sch pferin deines Lebens und als werdende Mutter mit der universellen Sch pfungskraft in deinem ureigenen Seelengrund verbunden Die bungen auf dem FlowBirthing H rbuch sind auch f r deinen Partner hilfreich So findet auch er zum Bewusstsein einer neuen Geburtskultur f r die eine Zentrierung und berwindung seiner ngste sowie alter Vorstellungen wesentlich sind Wenn er nicht mehr mitleidet sondern mitf hlen kann wird er f r dich zum wertvollen Begleiter durch Schwangerschaft und Geburt Die Kraft der FlowBirthing Lebensmusik f hrt euch beide zu neuen Erfahrungshorizonten

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