



## Meditative Therapy: Facilitating Inner-Directed Healing

By Michael L. Emmons & Janet Emmons

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2002. Softcover. Book Condition: New. Meditative Therapy (MT) is an inner-directed, therapeutic approach which facilitates a natural altered state of consciousness, allowing Inner Source to engage in a holistic self-unifying and self-healing process. It represents a synthesis of two powerful healing disciplines: meditation and psychotherapy. The book offers the professional therapist a full description of the procedures that facilitate inner-directed healing and thoroughly explains the therapist's role in guiding clients' growth psychologically, physiologically and spiritually.



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