



Systemische Augentherapie: Über die Augen die Seele erreichen (German Edition)

Marianne Wiendl, Uschi Ostermeier-Sitkowski

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Bücher über Sehtraining bieten meist Anleitungen zu besserem Sehen auf der körperlichen Ebene. Eine Verschlechterung der Sehfähigkeit hängt jedoch stark mit emotionalen Ursachen zusammen.

Die Systemische Augentherapie ist eine neue Methode, Gefühle die mit dem Symptom "schlechteres Sehen" in Verbindung stehen, zu erkennen. Wie in der Familienaufstellung werden hier die Augen aufgestellt und zur eigenen Person und zu Familienmitgliedern in Verbindung gestellt. So können Gefühle, die sich in Familienkonstellationen und sogar über mehrere Generationen manifestiert haben, erkannt und neu besetzt werden. Oft wird dann der Schutz des "Nicht-Sehen-Könnens" nicht mehr benötigt und das Symptom kann sich auflösen.

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