



The Completion Process: The Practice of Putting Yourself Back Together Again

Teal Swan

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Few of us have lived through the kind of suffering Teal Swan endured: 13 years of ritual abuse at the hands of a cult. But all of us have been fractured by trauma in one way or another. Your wounds may be visible as bodily scars; or they may show up in the form of anxiety, depression, or PTSD; or you may simply be struggling in your life for reasons you don't simply understand.

The good news is that you can heal your wounds. *The Completion Process* invites you on a profound journey of self-exploration and self-restoration to reclaim the lost parts of you and return to a joyous life, no longer inhibited by the past or terrified of the future.

Drawing on her wide range of extrasensory abilities, including clairvoyance, clairsentience, and clairaudience, Teal offers a revolutionary 18-step process for healing any past hurt or present problem. Learn how to:

Create a haven in your mind where it's safe to re-enter a difficult memory
Validate painful emotions
Let your feelings shift naturally toward relief
Close the memory of trauma and begin a "new life"

This is not only healing work; it's also the work of enlightenment. It will leave you with a stronger sense of value and hope in the world, and the assurance that life can be good again.

The Completion Process: The Practice of Putting Yourself Back Together Again Details

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From Reader Review The Completion Process: The Practice of Putting Yourself Back Together Again for online ebook

Meghan Jennings says

Teal Swan is great. I love her YouTube videos and have been watching them for over a year. Decided to buy the book recently and am glad that I did, because there is new content still. One of the greatest methods of overcoming childhood issues & feelings that I've found.

Jana says

This is a book that you need to read cover to cover before starting to apply it. It sounds interesting and easy, now I only need someone to read step 1 to me.

Ashera Gunatilake says

This was my first introduction to Teal Swan's work and I would definitely recommend this experience! Teal Swan spends the first few chapters on making the book a comfortable and safe platform for us to familiarize ourselves with the Completion Process and for us to understand the power it can have on our physical and mental well being. She initiates each of the steps in the process with ease and integrates analogies and metaphors throughout the book which helped me understand some of the more complex concepts to their full extent.

At times, certain steps seemed a bit difficult to follow but then at the completion of the book, I got a good general understanding on her main messages which were the importance of self acceptance, self love and the importance of getting in touch and connecting with our emotions rather than resisting them. She has written the process in a very clear, formal and effective manner that although , you might lose yourself in some parts of the journey, you can always find your way back in to the process and resume from where you had gotten lost.

Favourite Quotes ♥

"If you are unhappy, look at the things you do every day. You can't do the same things every day and get different results in terms of how you feel. So do different things. If you do different things every day, you will start to see different results."

"In order to integrate something, heal it, or move beyond it, we must first own or claim it. Whatever we cannot own or claim within us, we will project onto others."

"The dream that will not die in me is the dream of creating a world that people do not have to cope with."

Clara says

To rate a Teal Swan book with less than five stars? Never gonna happen!

I was never attracted to the concept of an inner child and haven't been much of an advocate of shadow work, but Teal has convinced me otherwise. I'll give it try and hopefully benefit from it. I feel this book is a great gift to humanity.

Rami says

I would live to give this book 10 stars !

this is the best book for 2017 and I'm changing my life by working on this technique! to know more about it watch this https://youtu.be/9jty-QG_N8c

Jodhan Basanta says

I just watched a YouTube video in which she claims to have been an Shirdi Sai Baba, a great Hindu saint, incarnation of pure consciousness, a divine Avatar, a Paramahansa from India in her past life. She is completely off her rocker! Just watch her videos, you will clearly see she is not enlightened and not anywhere at the level she claims to be. She also stole the "Completion Process" from The Avatar of our time, Paramahansa Nithyananda. He is the most watched guru on YouTube and followed by millions. She has the audacity to claim this technique as her's and not site the source. The way she presents it is dangerous, some of her followers I have heard have committed suicide! What kind of spiritual guide leads people to commit suicide? Please save yourself the harm and suffering that this book can cause you and let's ban this book

Diana Peça says

A step-by-step guide to go through traumatic memories as a child that made the emotional wounds in the adult. Very easy to read and with many examples and options in each step. I see the book not only as a self-help one but also as a very detailed tool to understand behaviors.

Dylan Hobrecht says

Mostly good for the golden nugget at the end. And more of a doing book

Dean Winstanley says

This is a deep process for working with the inner child. It's maybe a little complex for some but perhaps not if you suffer from a lot of deep trauma. Similar to other spiritual techniques, but very important if it offers

people who may not be able to afford therapy a chance to work through it themselves. Teal is a great writer and there's some beautiful spiritual wisdom in this book.

Rose Boyer says

This was a difficult book for me to read. I actually stopped in the middle because I was so mad, then came back to it later and finished it up. On one hand Teal Swan has good ideas and the ideas within her process are feasible. On the other hand she is not a licensed therapist and I feel scared for some of the people she treats. It is not apparent that she has mal-practice insurance as she is not licensed. The techniques she uses are advanced therapeutic methods, some of which she likely gleaned from the therapists that she claims did not help her during her own personal therapy. It is notable that Ms. Swan has been through some grave mental trials and her voice clearly demonstrates her time as a victim and her anger at receiving therapy she believes did not work. Therefore, it appears that she developed her own Completion Process, developed some form of certification for this process and has trained many individuals how to use this process and train others to use it. Likely without mal-practice insurance. It is not apparent anyone could sue her if they ensued harm from using this process. The process itself has good components. My hackles only rise because integration is a critical mental health process that could cause more harm than good if administered by untrained individuals. Working with fractured parts of the human mind is better left to trained psychiatrists, psychologists and therapists. I'm not sure why Ms. Swan has not engaged in higher education herself, it is obvious she could manage it. Never the less, as one trained in mental health, I would advise for individuals to err on the side of caution when attempting these methods.

Christina says

This whole process is a copying of Swami Nithyananda teachings. Look it up on Youtube. Hay house needs to have a better judgement before letting something like this be published.

Nuria says

finally someone tells you what to do step by step.

Mika Hel says

Great insights

I have been using similar methods intuitively in the past. Unfortunately visualization is not something that is accessible to me. My brain has refused to work with that in the past but if it works for you I am sure you would have great benefits from following this practice.

I guess I'll have to pick what i can and create something that works for me. Great read though. Teal has a lot of invaluable insight on emotions, trauma and consciousness. It was worth the read just for that.

Gina Francesca says

Aimed at healing those with buried emotional trauma and post-traumatic stress disorder (PTSD), Teal Swan has compiled her Inner Child healing techniques and teachings into 18 steps called the Completion Process.

The mechanics of trauma and emotional fractures are well explained as Teal leads the reader on a journey self-discovery and restoration of wellbeing. The information in this book is helpful and clear. I intend to make use of it myself as well as recommend it to others.

The Completion Process may be done on your own or you may choose to have a trusted friend guide you through. In some cases, Teal recommends that this process be led by a Completion Process Certified Practitioner (CPCP). Information on finding a practitioner in your area or becoming a practitioner yourself can be found at www.thecompletionprocess.com

About the Author:

Teal Swan is an internationally recognized spiritual leader and an influential new voice in the field of metaphysics. Born with a range of extrasensory abilities, Teal survived years of ritual abuse before escaping her abuser at age 19 and beginning her own process of recovery and transformation. Today, she shares what she has learned with millions of people, teaching them how to find forgiveness, happiness, freedom, and self-love. She reaches a wide audience through many powerful and accessible online resources and through various publications, media interviews, frequency artwork, and Synchronization workshops that she presents around the world. Website: www.TealSwan.com

Sasha Rocío says

Great book for inner child healing
