



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.

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