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Emotional Wellness: Transforming Fear,... book by Osho

- The impact that fear, anger, and jealousy have on our lives
- How emotions like guilt, insecurity, and fear are used to manipulate us
- How to break out of unhealthy responses to strong emotions
- How to transform destructive emotions into creative energy
- The role of society and culture on our individual emotional styles

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Jealousy itself is not the root. You love a woman, you love a man, and you want to possess the person just out of fear that perhaps tomorrow they may move with somebody else. The fear of tomorrow destroys your today, and it is a vicious circle. If every day is destroyed because of the fear of tomorrow,...

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Emotions and the Body by Osho | The Emotions

Using the traditional metaphor of the poison tree, Judy Lief teaches us four Buddhist techniques to work with our anger. According to Buddhist psychology, anger is one of the six root kleshas, the conflicting emotions that cause our suffering. Its companions are greed, ignorance, passion, envy, and pride.

Emotional Wellness | Understanding the roots of Jealousy ...

Emotional Wellness Breaking Free From The Old Story Retreats With Jon Terrell M.A. "My experience was amazing. I was surrounded by a loving, supportive community with total acceptance and authenticity. I came away with a ton of healing and a sense of freedom and wholeness that I still carry with me today out in the 'real world'."

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