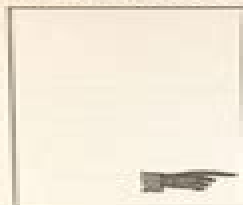


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The Hidden Wound

WENDELL BERRY



The Hidden Wound

HOUGHTON MIFFLIN COMPANY BOSTON
1970

The Hidden Wound

Huangqi Zhang



The Hidden Wound:

Healing Hidden Wounds Karen Ibarguen, 2017-10-11 The traumas that accumulate over a person's lifetime are varied and numerous: Sexual assault, Surgical trauma, Car accidents and near misses, Serious illness, War, Traumatic experiences, those remembered or forgotten, can manifest as pain, impaired mobility, addiction, illness, fear, depression, anxiety, lack of confidence, and other suboptimal conditions. Yet regardless of the traumatic events of our lives, human beings have a tremendous capacity to heal. In the tradition of classic spiritually based healing texts such as Louise Hay's *Heal Your Body* and White Eagles' *Heal Thyself*, Dr. Karen Ibarguen's *HEALING HIDDEN WOUNDS: A JOURNEY TO LIBERATION* offers readers a window into how the subtle energies of the mind and body work together to create physical and emotional harmony. As Dr. Karen walks readers through her own journey of self-discovery and healing from childhood sexual abuse, she connects readers to a rich legacy of meditation and mind-body consciousness that opens the heart, quiets the mind, and creates a foundation for healing. The traumas we experience need not keep us from our destiny. Indeed, they can lead to liberation. Part memoir, part self-help book, part traveler's guide to the mystical world of spiritual and energetic healing, *HEALING HIDDEN WOUNDS* is like nothing else out there. In addition to offering readers substantial food for thought, this book offers practical ways to bring the ideas to life. It all starts with taking two minutes out of your day to find a quiet spot, sit comfortably, relax, and breathe. Karen guides the reader as a process of self-inquiry naturally unfolds. I couldn't put this book down. *HEALING HIDDEN WOUNDS* is a must-read for anyone interested in the journey to personal liberation. Carine Feyten, Ph.D., Chancellor of Texas Woman's University. Dr. Karen Ibarguen, D.C., is certified in chiropractic, clinical neurology, applied kinesiology, naturopathic medicine, reiki, and homeopathy. Her interest in somatic responses to trauma stems from her personal experience and those of the many patients she has helped to achieve more optimal health and well-being during 17 years of private practice in North Texas. To explore holistic healing modalities and their legacies within ancient traditions, she has spent time with Kogi elders in South America, practiced Karma Yoga in Portugal, worked with a modern-day shaman, taken refuge with the venerable Lama Dorjee Rinpoche, and walked the sacred Tibetan ground of Mount Kailash. She has come to realize through self-inquiry how meditation and other energy practices unite in the pursuit of health and healing. Dr. Ibarguen shares these techniques with her patients and others in trainings and healing workshops. More information can be found on her website at www.KarenIbarguen.com. **HEALING THE HIDDEN WOUNDS OF WOMEN AND MOTHERS** Jummy Kirby, M.A., LPC, PMH-C, CMIP, 2025-04-02 *Healing the Hidden Wounds of Women and Mothers* is a heartfelt and empowering guide for women navigating the unseen scars of life, motherhood, and personal struggles. This book delves into the emotional, mental, and spiritual wounds often carried in silence, offering a compassionate space for healing, self-discovery, and renewal. Through powerful insights, real-life experiences, and practical strategies, it encourages women to reclaim their strength, embrace self-love, and find peace in their journey. Whether you are a mother, daughter, or sister, this book is a companion for healing.

reminding you that your pain does not define you your resilience does *The Hidden Injury* Ethel Dimont,2010-11-08 A bump on the head can change your life and may cause a serious invisible brain injury Brain injuries happen every day only we don't take them seriously enough Dizziness inability to sleep irritability mood swings all of these are signs of a possible brain injury Yet when we experience these we are often told to Shake it off it will go away What happens when it doesn't go away Where do we look for help Not all doctors know what a brain injury looks like or how one behaves In this book Ethel Dimont tells her compelling story of how she received a wrong diagnosis about a concussion she received in a car accident After many months of not getting better her doctor decided the injury was all in her head and she was labeled a malingerer slacker

The Hidden Wound ,2010 With the expected grace of Wendell Berry comes *The Hidden Wound* an essay about racism and the damage it has done to the identity of our country Through Berry's personal experience he explains how remaining passive in the face of the struggle of racism further corrodes America's potential In a quiet and observant manner Berry opens up about how his attempt to discuss racism is rooted in the hope that someday the historical wound will begin to heal

The Hidden Wound Wendell Berry,2010-04-28 An impassioned thoughtful and fearless essay on the effects of racism on the American identity by one of our country's most humane literary voices Acclaimed as one of the most humane honest liberating works of our time *The Village Voice* *The Hidden Wound* is a book length essay about racism and the damage it has done to the identity of our country Through Berry's personal experience he explains how remaining passive in the face of the struggle of racism further corrodes America's great potential In a quiet and observant manner Berry opens up about how his attempt to discuss racism is rooted in the hope that someday the historical wound will begin to heal Pulitzer prize winning author Larry McMurtry calls this a profound passionate crucial piece of writing Few readers and I think no writers will be able to read it without a small pulse of triumph at the temples the strange almost communal sense of triumph one feels when someone has written truly well The statement it makes is intricate and beautiful sad but strong Mr Berry is a sophisticated philosophical poet in the line descending from Emerson and Thoreau *The Baltimore Sun* Berry's poems shine with the gentle wisdom of a craftsman who has thought deeply about the paradoxical strangeness and wonder of life *The Christian Science Monitor* Wendell Berry is one of those rare individuals who speaks to us always of responsibility of the individual cultivation of an active and aware participation in the arts of life *The Bloomsbury Review* Berry's poems novels and essays are probably the most sustained contemporary articulation of America's agrarian Jeffersonian ideal *Publishers Weekly* *The House of Hidden Treasure* Mary G. Tuttiett,1898 **The Gates Ajar** Elizabeth Stuart Phelps,1870 *The New Jerusalem and the Saved Nations. An Exposition of Revelation, Chapters Xxi. Xxii. With Notes on Other Scriptures Relating to Kindred Subjects. By an Oxford Graduate [Samuel Minton]. [With the Text.]* ,1876 **The Novels of Balzac** Honoré de Balzac,1899 Song Ministry; and Song Sermons; with Familiar Hymns for Special Services. Prepared by P. Phillips, Etc Philip PHILLIPS (of New York.),1876 Franklin Square Song Collection ,1891 **Gabrielle, Or, Worth the Winning** Mrs. John Bradshaw,1887

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