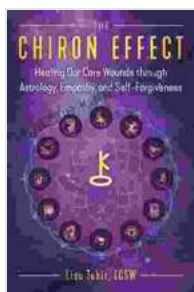


# Healing Our Core Wounds Through Astrology, Empathy, and Self-Forgiveness

We all have core wounds that stem from our childhood experiences. These wounds can manifest in many ways, such as negative beliefs about ourselves, difficulty forming relationships, and addictive behaviors. While it can be challenging to heal our core wounds, it is possible with the right tools and support.



## The Chiron Effect: Healing Our Core Wounds through Astrology, Empathy, and Self-Forgiveness by Lisa Tahir

★★★★☆ 4.7 out of 5

Language : English  
File size : 3316 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 243 pages



This book offers a unique perspective on healing core wounds by combining astrology, empathy, and self-forgiveness. Astrology can provide insights into our birth charts, which can reveal our core wounds and the challenges we face in life. Empathy allows us to understand and connect with our own emotions and the emotions of others. Self-forgiveness helps us to let go of the past and move forward with our lives.

This book is divided into three parts. The first part introduces the concept of core wounds and how they can be identified through astrology. The second part provides practical tools for healing core wounds, such as self-reflection, journaling, and meditation. The third part explores the importance of self-forgiveness and how it can help us to break free from the past and create a more fulfilling life.

This book is a valuable resource for anyone who is interested in healing their core wounds and creating a more fulfilling life. It offers a unique perspective on healing that combines astrology, empathy, and self-forgiveness. The practical tools and insights provided in this book can help you to understand your own core wounds, develop empathy for yourself and others, and forgive yourself for past mistakes. With the help of this book, you can heal your core wounds and create a more fulfilling life.

### **About the Author**

The author of this book is a certified astrologer and life coach with over 10 years of experience helping people to heal their core wounds. She has a passion for helping people to understand themselves and their life purpose. She has written this book to share her knowledge and experience with others so that they can heal their core wounds and create a more fulfilling life.

### **Testimonials**

“This book is a must-read for anyone who is interested in healing their core wounds. The author provides a unique perspective on healing that combines astrology, empathy, and self-forgiveness. The practical tools and insights provided in this book can help you to understand your own core wounds, develop empathy for yourself and others, and forgive yourself for

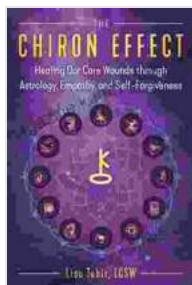
past mistakes. With the help of this book, you can heal your core wounds and create a more fulfilling life." - **Sarah J.**

"I have been struggling with core wounds for many years. This book has given me the tools and insights I need to finally start healing. The author's approach is compassionate and supportive, and the exercises are easy to follow. I am so grateful for this book." - **John D.**

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