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Heal - the Book EPK

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Healing Is A Gift Available To All Put The Power Of Healing To Work In Your Life And Change The Way You Feel And Live. In This Book You Will: ? Learn about the mind of disease ? Discover how healing can be broken down into simple laws of application ? Learn to apply healing for physical and emotional well being of yourself and others.

A potpourri of revelations and insights, touching the heart, gently nudging us to remember who we are and why we are here. Reminding us of the divine nature of our being, it encourages us to express our creative love and desires buried deep within. Told in a simple manner, profound truths take on new life, new meaning. As a universal storyteller, Rich Work takes us on a gentle journey of understanding our selves and our relationship to the world and those around us. A book that touches the heart and gently allows us to remember!

Our health as a nation is declining. In addition, it is becoming increasingly clear that allopathic medicine has come to a plateau in its efforts to stem the tide of degenerative disease. As a result, mind-body medicine is a very big topic for the new millennium. You the Healer offers a guide that can help you and your loved ones to live a healthy, disease-free life. Based on the most successful mind development program in the world today, You the Healer offers a complete course in Silva Method healing techniques in a do-it-yourself, forty-day format. By reading one chapter a day and doing the indicated exercises, you can be firmly on the path to wellness in just six weeks.

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Finding the Healer Within is a contemporary guide for women to take control of their health. "Listen to your body and seek out the information you need," says Beth Moran, to help in finding your healer within. Women will find the intelligence, honesty, and humor that Beth Moran brings to her practice a very welcome discovery. These are firsthand experiences and insights of a successful women's health nurse practitioner, with a holistic emphasis. Includes extensive bibliography.

Release your natural powers for healing, endurance, and longevity With this revolutionary guide, you will learn four simple and remarkably effective techniques to release your natural powers for healing. The methods—gentle movement, self-applied massage, breathing exercises, and meditation—are drawn from the ancient Chinese healing system of Qigong (Chi Kung) and are easily adaptable to every lifestyle. You can practice them almost anywhere—in the car, in line at the bank, at your desk, while walking, even in bed. Using these methods for as little as ten minutes a day can dramatically increase your endurance, vitality, and longevity. Self-care has never been so easy!

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls "This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one."—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent

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woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

This is a collection of essays written for the medical profession. It is about healing, about healing yourself and finding the healer within you. It is for the doctor and the patient within you because you must heal yourself before you can heal others. It is the story of one physician's journey from a life in medicine experienced on the edge of a cliff through her journey of self-awareness and self-love to a place where healing energy overflows easily to others. Dr Jemiolo explores teachings and meditative techniques which have helped her to accept negative emotions, to learn from them and let them go. These practices allow one to redirect energy inward to loving and caring for self. The author describes a spiritual journey connecting to the spirit within ourselves, where one can access his or her own infinite wisdom and compassion. This book could benefit physicians who are unhappy in their profession. It is a must-read book for all medical students. Each chapter is a discussion topic for a resident or practicing physician support group. The message of *Healing the Healer* speaks to a new way of healing. Here the patient is no longer a problem to be fixed. The physician is no longer driven by fear trying to control the enemy in illness. The healer understands resistance to healing and allows death. When physicians learn to accept and love themselves, it will overflow to their patients honestly and openly, with respect and compassion. Patients will be heard and understood and healed.

Achieve genuine inner healing, let go of past trauma and find clarity, resilience and freedom with #1 Sunday Times bestselling author Vex King. Vex King developed inner healing techniques to help him

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find freedom from his troubled past and heal his emotional pain and trauma. Since then he's helped hundreds of thousands of people to move forward on their own healing journey. In this book, Vex provides an experience of healing through the layers of the self using yogic principles and unique practices. These techniques are simple, accessible and have the power to produce exceptional results. They include: · Working with your body's energy · Exploring and raising your inner vibration · Creating positive relationships · Exploring your personal history and rewriting limiting beliefs · Uncovering your true self and reigniting your fire Taking charge of your inner healing is one of the greatest acts of self-love. By committing to this process and raising your vibration – the energy that courses through you and you radiate out into the world – you'll create space to welcome more joyful experiences into your life.

Part autobiography and journey to embracing her spiritual soul, join Ellen as she shares her life with us and how, over time she learnt to release the past to move into her shiny red shoes. By being there and helping heal others of their grief it opened her soul to be able to heal her own deeply personal childhood experiences by creating her own internal world where she was safe from harm when no one was there to listen.

Heal your body, mind and spirit with these quick and easy yoga and meditation practices. Do you have a pain in your neck that won't go away? Are you feeling impatient and overwhelmed too often? Would you like greater love, balance or appreciation in your life? In *The Yoga Healer*, Christine Burke, owner of Liberation Yoga and teacher of 16 years, will put the power to heal and revitalize yourself into your own hands – mind, body and spirit! Practitioners of all levels from beginner to advanced, occasional to frequent, will love this accessible handbook of remedies based on the art and science of yoga. The first

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three chapters – Remedies for the Body, Remedies for the Mind and Remedies for the Spirit – cover a number of physical, mental, and emotional concerns and provide three simple, concise practices for each one to address the condition. The final chapter includes longer combined sequences for morning, noon and night to wake up, recharge and relax. All poses and sequences are illustrated with stylish, clear photography. Each yoga remedy is designed to last 15 minutes or less and targets a specific condition. From alleviating daily aches and pains to improving your state of mind and tapping into your creative spirit, here you will find succinct, powerful tools that can be practised anywhere, any time.

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