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Energy Work The Secret Of Healing And Spiritual

For years people have been waiting for a book that merges the abstract Eastern philosophy of inner peace with the scientific applications of quantum

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physics. Well, that book has finally arrived! The Secret of Quantum Living is a straightforward guide that offers profound spiritual insights and a practical, easy-to-apply process for healing and harmonious living. Join Dr. Frank Kinslow on a journey to deep inner peace through what quantum

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physics calls the "implicate order." Within the pages of this powerful book, you will learn Dr. Kinslow's process of Quantum Entrainment® (QE) and discover how to enrich and enliven all areas of your life. You'll be able to resolve problems or challenges you face by applying QE to your finances,

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your relationships, your sex life . . . and even your eating, sleeping, and exercising habits. You will also uncover ways to dissolve anger issues, negative thinking, physical pain, and emotional discord. And the great news is that anyone can practice QE! It doesn't require previous

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training, and it's so simple that a child can do it. The Secret of Quantum Living is fun to read and exciting to apply. You'll begin seeing results from your very first session. Give it a try . . . you'll be surprised how quickly the process works for you!

The aura is a combination of the

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natural energy your mind, body, and soul emit. This electromagnetic field normally extends between three to six feet from your body. If your aura is very strong it can extend an even greater distance. On the other hand, if you've been through a lot of trauma and negativity in your life, your aura

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can become very weak, small, and filled with holes or rips. It can even develop a hard outer shell that prevents anything from entering or exiting your aura field. You Can Change Your Energy Field Many people believe that once you're born with a certain type of aura energy or

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color you're stuck with it for life. Or, that we have no control over the type of energy we give off. Nothing could be further from the truth! By learning to clear and heal your energy field then changing your aura color you can give off the type of vibrations you want others to feel from you while attracting

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positive people and opportunities. You'll be able to advance on both the material and spiritual planes much more quickly than you have been. In this book Dr Irina Webster reveals that energy is the root of body and mind. We all consist of and surround by an energy field. When energy flows

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through the body properly, you are in a state of health. When there is an energetic disturbance in the body, a disease state is created. Illnesses manifest in the body's energy field before they manifest in the physical body. And healing occurs in the energy field before it becomes

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apparent in the physical body. So, how can we heal ourselves and our life? You'll get the answers reading "The Secret Energy of Your Body. An Intuitive Guide to Healing, Health and Wellness." Dr Irina Webster is a medical doctor who is also an intuitive healer. She is the creator of Intuitive

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Healing Power – an educational program for health professionals and caregivers in regards to intuitive healing and medical intuition. Her on-line classes and seminars “How to Become an Intuitive Healer” are very popular amongst the health oriented community. Dr Irina’s teaching helps

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people to activate their own Intuitive Healing Power. Dr Irina dedicates herself to assisting others to heal and empower their body and soul.

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality •

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Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy • Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force • The sequel to the classic Awaken Healing Energy

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Through the Tao In 1983, Mantak Chia introduced the "Microcosmic Orbit" to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the

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spine. The Microcosmic Orbit showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. Healing Light of the Tao presents the

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more advanced methods of chi cultivation in the Microcosmic Orbit, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced meditation methods for

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absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the

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energy body can lead to physical
rejuvenation that the Taoists called
immortality.

Inner Bridges

Healing Love through the Tao

The Empath and Shamanic Energy
Work

The Dirty Secrets of Clean Energy and

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the Future of Environmentalism
The Secret Language of Your Body
Divine Feminine Energy
Achieve Inner and Outer Harmony
through Energy Work, Decluttering,
and Feng Shui
Energy runs through all of life

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and links us with other people, our homes and nature and with the universe and spirit. But we don't really use it to our benefit.

Understanding and directing your vital energy can give life

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more meaning and purpose and help with your health, your relationships and your mental wellbeing. Divided into four topics: Body energy (including breathing, exercise and the energy of food);

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Emotional energy (connecting to other people and their energy); Environmental energy (how to cultivate a great atmosphere at home and at work and how to connect with the natural

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world and the seasons); and
Spiritual Energy (using
prayer, visualisation and
ritual to connect to the
ultimate energy source,
looking at the dark energy of
judgement and depression

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and how to manage it, and finally, looking at death and where that energy goes.

Energy healing treatments include reiki, chakra healing, acupressure and acupuncture. But there's so much you can

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do yourself at home to clear your energy paths and find harmony and joy. Jane offers simple techniques and exercises to work with, from massage and breathing to tantra and Taoism, from Feng

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Shui to shamanism, this is an in-depth guide to energy and its secret power.

Reiki is an ancient and profoundly simple system of “laying on of hands” healing derived from Tibetan

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Buddhism. In the West, Reiki has been kept highly secret for many years. ESSENTIAL REIKI presents full information on all three degrees of this healing system, most of it in print for

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the first time. Teaching from the perspective that Reiki healing belongs to all people, Diane Stein breaks new ground in her classic guide to this ancient practice. While no book can replace the directly

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received Reiki “ attunements, ”
ESSENTIAL REIKI provides
everything else that the
healer, practitioner, and
teacher of this system needs.
Through Instant Energy
Method, Allan explains why

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your energy level is the lynch pin that will help you have more focus, productivity and influence at work. This book includes step-by- step guide and exercises on how to boost your own abundant

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energy naturally. Ready to learn the 3 simple and powerful strategies that if you do the exercises, you'll experience more energy and more joy in life?

Richard Gordon maps out new

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territory in the rarely explored intersection of science and spirituality in this fascinating investigation of the profound relationship between matter and consciousness. Building on

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the Quantum-Touch technique he developed in previous books, Gordon explains how the hands-on energy healing technique that he uses to help to alleviate nerve pain, headaches, back pain, hip

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pain, TMJ, and more provides a unique window onto the secret nature of matter. He explains how, by examining pelvic and occipital torsion, and then aligning people without the use of touch or

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suggestion, he is able to run a wide range of simple experiments that challenge many dogmas of science. This book teaches readers the technique along with 57 easy-to-reproduce experiments

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that allow them to test the results. These experiments clearly demonstrate that our consciousness can profoundly influence matter, and that an object charged with energy and intent can dramatically

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affect us physiologically in
seconds.

Energy Work

The Essential Guide to Health
and Wellness

The Secret of Quantum Living
A Guide to Energy Movement

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and Body Structure

Sexual Energy Transmutation

Dan-Tien

Energy Healing for Everyone.

a Practical Guide for Self-

healing.

"In Energy Work, Robert Bruce

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offers a simple, easy-to-learn approach to self-healing based on his breakthrough system of Body Awareness Tactile Imaging energy work. Bruce explains how to use tactile imaging based on one's sense of touch rather than

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visualization to stimulate the flow of vital energy throughout the body."--Page 4 of cover.

The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006,

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a groundbreaking feature-length film revealed the great mystery of the universe—The Secret—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller.

Fragments of a Great Secret

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have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be

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life-transforming for all who experience it. In this book, you'll learn how to use The Secret in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to

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understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life. The Secret contains wisdom from modern-day teachers—men and women who have used it to achieve

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health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would

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regard as impossible.

YangOnpa's Hidden Description of the Vajra Body presents the triad constituting the Vajra Body - the channels, energy-winds, and vital essences - as the basis for the application of experiential

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yogic techniques. Buddhism often relegates the body to a role subordinate to that of the mind; the focus of YangOnpa's Hidden Description is the body itself, with its manifold layers - coarse, subtle, and very subtle. In his

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presentation of the human body's energetic structure he contends that it is not simply the means to achieve enlightenment, but enlightenment itself, blending the Highest Tantra notion of the body as the method with the

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Total Perfection (rdzogs chen) principle of inherently present enlightenment as the fundamental nature of all phenomena. Gyalwa YangOnpa realized the nature of mind at the age of eight upon hearing

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instructions on the Dzogchen mind cycle of teachings. And at age nine he was installed as the abbot of Lhadong monastery, where he gave profound religious discourses, establishing his reputation as an enlightened

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emanation. During his lifetime, 1213-1258, he was devoted to four precious masters of different lineages. Under the guidance of the first two, he undertook solitary retreat and, following a clear vision of the energetic

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system of body and mind, came to master this inseparable matrix. An exceptional being gifted with powers, knowledge, and wisdom, YangOnpa led an exemplary life and his spiritual achievements won him a large number of

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followers. His literary output left a mark in the writings of later masters of all Tibetan schools, including Tsongkhapa, the Eighth Karmapa, JamgOn Kongtrul LodrO Thaye, Raga Asya, and Jigmed Lingpa.

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*We don't have an energy crisis.
We have a consumption crisis.
And this book, which takes aim
at cherished assumptions
regarding energy, offers
refreshingly straight talk about
what's wrong with the way we*

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think and talk about the problem. Though we generally believe we can solve environmental problems with more energy—more solar cells, wind turbines, and biofuels—alternative technologies come with their own

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side effects and limitations. How, for instance, do solar cells cause harm? Why can't engineers solve wind power's biggest obstacle? Why won't contraception solve the problem of overpopulation lying at the

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heart of our concerns about energy, and what will? This practical, environmentally informed, and lucid book persuasively argues for a change of perspective. If consumption is the problem, as Ozzie Zehner

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suggests, then we need to shift our focus from suspect alternative energies to improving social and political fundamentals: walkable communities, improved consumption, enlightened governance, and, most notably,

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women's rights. The dozens of first steps he offers are surprisingly straightforward. For instance, he introduces a simple sticker that promises a greater impact than all of the nation's solar cells. He uncovers why

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carbon taxes won't solve our energy challenges (and presents two taxes that could). Finally, he explores how future environmentalists will focus on similarly fresh alternatives that are affordable, clean, and can

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*actually improve our well-being.
Watch a book trailer.*

*The Instant Energy Method
A Practical Guide to Vibrational
Medicine*

Cultivating Male Sexual Energy
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*Your Secret Energy Center
Awaken Healing Energy Through
the Tao
The Secret*

The phenomenon of energy is largely studied in the areas of both science and spirituality. Scholars, scientists, and

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engineers alike have attempted to understand energy as it relates to frequency and its effect on the body, mind, and spirit as well as various systems including corporations, society, and even the earth and her function as a sentient organism. Yet the

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average individual has little understanding of energy as it applies to his or her reality on a daily basis. The majority of the population goes through life with the belief that everything we see exists solely on a physical and tangible level when, in fact, it is mostly

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a perception. The Secret of Energy aims to demystify the concept of energy so the average person might understand the literal power in tapping into the various energies of the body, the environment and the collective energy of all of mankind.

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Understanding concepts such as the subconscious mind and how it communicates with us through intuition can help us achieve great things if only we recognize its existence and pay attention to its messages, which not only present

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themselves as physical or emotional feeling but which we also have the ability to read using our own bodies as the messenger. Learn about energy as a scientific concept and how many of its functions in science can be viewed in the spiritual world and spiritual sense

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such that we are able to utilize it fully to help us through the maze of emotions, struggles, and joys we call life.

The Dan-Tien is a source of primal wisdom and vital energy that resides within each of us. For thousands of

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years people in the East have learned to gather life energy (ch'i) in this center to promote wellbeing and longevity.

Now, Christopher Markert reveals the secrets of the DanTien to Westerners in this friendly guide. When you think or act in a way that disagrees with who

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you really are, you may experience an unpleasant sensation in your Dan-Tien center. When your behavior is in tune with your emotions, you experience a sense of physical wellbeing. You have an "inner compass" that functions as a sensor (or an indicator); your compass

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communicates if you listen. Learning to use your Dan-Tien in everyday life is easy and the benefits are immediate. When you engage the energy of your Dan-Tien, your daily tasks become artful activities in which you joyfully engage yourself. Markert says that

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listening to your DanTien can bring you "millions of happy minutes" in all that you do and in all of your relationships. With the author's examples and visualizations, you can learn to let your DanTien bring you self confidence, love, and happiness.

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If you're tired of other people's energy throwing off your goals & dreams then keep reading... Have you ever wanted to express yourself the way you want without letting outside energy negatively affect you? All too often we let external energy invade our

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boundaries & lower our vibration. This tragically leads to us living nowhere near our best lives. There is simply no reason for you not to live an abundant, happy, & fulfilled life, free of harmful energetic influences surrounding & imposing your space. The Earth is full

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of Source energy. Its source is always receiving & sending energy to all creation. "Everything is energy. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics." - Albert

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Einstein Rub your hands together vigorously for a few seconds & then pull them slowly apart. Can you feel that tingling? That's energy! You're feeling your aura radiating around your hands. Connecting to the Earth is not a luxury but a deep need. "If you want to

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find the secrets of the universe, think in terms of energy, frequency, and vibration." - Nikola Tesla Recent research suggests that the earth's magnetic field is powered by quartz crystals deep within the core! Crystals form a bridge between us and what we

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used to know but have long since forgotten - how to reach deep inside to understand & heal. In Crystals Made Easy you'll discover: Why your crystals are not being properly cleansed & the FATAL mistake you need to stop doing! The 4 insider methods to protect

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your energy & become as unshakable as a mountain How you're unknowingly damaging your crystals below this hardness scale Why keeping this overlooked item in your home is essential for maximum impurity cleansing This easy secret to being able

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to physically see auras with YOUR OWN EYES How this simple item in your fridge can infuse your crystals with energy These 3 essential secrets to skyrocket your manifesting The crystals in your collection that may contribute to cancer & cause disease!

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Unparalleled guided daily meditations
to strengthen your aura *BONUS* 10
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MANIFESTING TOOLKIT
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few eccentric folk who spend hours a

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day meditating. This guide will empower you regardless of your background, past, or lifestyle, even if you've never touched a crystal before. This is because the same energy that created the universe lives within you. It's time to access it. This easy-to-

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follow guide is a must-read, even if you're an experienced crystal healer or completely new to crystal work. So if you're serious about changing your life, letting go of emotional baggage, & discovering how to heal yourself, then click "Buy Now".

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Learn mystical methods for clearing and uplifting the energy in your home, including feng shui, clearing clutter (physical, emotional, or spiritual), essential oils, and crystals. Space clearing is the art of cleansing and harmonizing the energy within an

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environment. This ancient practice has the power to not only make your home feel good but also help those within to feel more positive and energetic, to bring balance to relationships, and to remove blocks for increased abundance, creativity, and well-being.

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In this comprehensive guide to space clearing, internationally best-selling author Denise Linn distills more than 50 years of experience as a leading authority in energy healing to guide you through sacred ceremonies and modern techniques for regaining

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control of the energy in any environment, including your home and your body. You'll learn how to transform any space using feng shui, clutter clearing, prayer, crystals, essential oils, mystic mudras, holy water, pendulums, and more!

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A Spiritual and Scientific Tool for
Finding Ultimate Happiness

The Power of Vital Force

A 28-Day Jump-Start Program for
Radiant Health and Glorious Vitality

Green Illusions

Chakras: Unlocking the Secrets of

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Chakra Healing, Kundalini Meditation,
Third Eye Awakening, Astral
Projection, and Psychic Dev
Secrets of Space Clearing
Unraveling the Mystery of Hands-On
Healing

Within each of us lies a hidden

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energy system - tap into its power and you can keep yourself healthy, happy and in perfect harmony. We cannot see energy but it effects every moment of our being and connects us all. The Energy Secret shows how working with the vital

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energies in and around us can harmonize health and relationships to make our lives and our being in the world a positive experience. This is a guide to bringing joy, passion and spirit into everyday life. It includes: what is energy?;

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*discovering the energy within;
healing energies; the energy between
people; energy in the environment -
in the city and the natural world;
and spiritual energy.*

*Over the last few years, innovative
self-help methods have convinced*

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many people of a new worldview.

Quantum Entrainment® (QE) is the newest development in this area: QE works with gentle touch that quietly activates the autonomic nervous system to spontaneously and naturally create an atmosphere in

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which deep healing can take place. This amazing self-help method is easy to use and needs no previous knowledge—it can be applied by everyone! And what is most astonishing: not only does the treated individual receive deep,

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restful healing; but the person who is using QE will also experience an immediate, prolonged sense of well-being. Give it a try—you will be surprised by how powerful Quantum Entrainment is! It works in minutes, is easily taught, requires

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no special training, and even works on pets!

The first comprehensive look at the groundbreaking field of energy medicine and how it can be used to diagnose and treat illness, from one of the world's foremost

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practitioners of Traditional Chinese Medicine. Today, more of us than ever are discovering the curative powers of energy medicine. Scientific studies continue to confirm its validity, and medical doctors are regularly prescribing

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treatments such as acupuncture to their patients. But even for those of us who have benefitted from such treatments, the question remains: what exactly is energy medicine, and how does it work?

Acupuncturist and Traditional

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Chinese Medicine (TCM) scholar Jill Blakeway has been treating patients for more than twenty-five years. For Jill, the term “energy medicine” refers to the wide range of healing modalities used to diagnose and treat illness by

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manipulating the energy—the vital life force referred to as “qi” in TCM—that pulses through the cells of our bodies. But even this seasoned practitioner admits she doesn’t truly understand how some of her patients are healed under her

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care, and retains a healthy skepticism about her own abilities as well those of her peers. In Energy Medicine, Jill invites us on her global journey to better understand, apply, and explain this powerful healing force. Moving

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from her own clinic to the halls of academia, she talks to top healers, researchers, and practitioners—from the Stanford and Princeton professors researching the physics behind energy medicine and healing; to a

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Chinese Qi Gong master who manifests healing herbs directly from her palm; to a team of skeptical scientists who use “hands on” healing to repeatedly cure mammary cancer in mice. She also tells the story of how she discovered

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energy medicine and became one of the most sought-after healers in the world. Lively, entertaining, and informative, told in Jill's funny, relatable, and wholly grounded voice, Energy Medicine bridges the gap between science and spirituality

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and offers a persuasive, evidence-based case that advances this ancient healing practice.

Energy runs through all of life linking us with other people, our homes and nature and the universe, but we don't really use it to our

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benefit. Understanding and directing our vital energy can give life more meaning and purpose and help with our health, relationships and mental wellbeing. The book is divided into four sections: - Body (including breathing, exercise and

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the energy of food) - Emotional (connecting to other people) - Environmental (how to cultivate a positive atmosphere at home and work and how to connect with the natural world) - Spiritual (using visualisation and ritual to connect

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to the ultimate energy source, how to manage the dark energy of judgement and depression, and finally, looking at death and where that energy goes). Energy healing treatments include reiki, chakra healing, acupressure and

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acupuncture, but with Jane's simple techniques, there's so much you can do at home to clear your energy paths and find harmony and joy in daily life.

Unlock the Secret Messages of Your Body!

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Taoist Secrets of Love

The Secret Therapy of Trees

*The Secret Path to Health, Wealth
and Genius*

The Energy Cure

*Foundational Practices to Awaken
Chi Energy*

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*How To Manifest With Goddess
Energy & Feminine Energy
Awakening Secrets They Don't
Want You To Know About
(Manifesting For Women &
Feminine Energy Awakening 2 In 1
Collection)*

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Your body is a receiving station for secret messages from Spirit. Stop thinking about it, and start listening to it! All your history and negative programming is lodged in the cells of your body. Using this 28-day jump-start health program - based on

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Denise's original Soul Coaching Program - you'll unweave hidden blockages within your DNA to initiate your natural life-force energy and your body's spiritual radiance! This four-week program will help you: Activate powerful cellular rebalancing of your

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body Realize why you were born with your specific body Align your body with your life purpose Uncover the spiritual lessons you're receiving from your body in this lifetime Learn the mystical correlation between your body and your life Understand how clutter-

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clearing can heal health challenges. By utilizing the energy of nature - Air, Water, Fire, and Earth - this program allows you to clear away old limitations so that you can truly begin to claim your luminous, vital, glorious body.

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*At the dawn of the 21st century, the old paradigms of medicine have begun to fall apart. A growing number of pioneering researchers embrace a new view of healing—one expounded by Dr. Richard Gerber in his groundbreaking bestseller, *Vibrational Medicine*. Now*

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he shows how to put this new way of thinking into practical use, describing the role of consciousness and "thought forms," as well as the benefits of homeopathy, acupuncture, color and light healing, magneto biology, and other therapies. A traditionally trained

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physician, Dr. Gerber combines scientific evidence with traditional methods from the East and West to unlock our potential for healing ourselves.

***HAVE YOU EVER WONDERED
WHAT IT TAKES TO BE A***

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PROFESSIONAL HEALER? This book is a deep dive into the world of energy healing for those wishing to be healers and spiritual entrepreneurs. A decade of working at psychic expos as a tarot reader and energy healer, and later opening her own healing studio, have

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given Keryn insight into the inner workings of this industry and her fresh, unique perspective will inspire you to go beyond the old paradigms so that you can do the work you love and enjoy an abundant and fulfilling life.

Discover Keryn's Advanced Healer

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Secrets, how to develop your intuitive abilities and overcoming “healer poverty consciousness”. You’ll learn how to get clear about your vision, be congruent with your prices and build an authentic and prosperous healing business.

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If you're tired of other people's energy throwing off your goals & dreams then keep reading... Have you ever wanted to express yourself the way you want, without letting outside energy negatively affect you? All too often we let external energy invade our

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boundaries & lower our vibration. This tragically leads to us living nowhere near our best lives. But what if you could discover how to easily take ownership of your energy & become as unshakable as a mountain? What would your life be like if you could

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protect your own energy with healthy & firm boundaries? There is simply no reason for you not to live an abundant, happy, & fulfilled life, free of harmful energetic influences surrounding & imposing your space. The Earth is full of Source energy. Its source is always

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receiving and sending energy to all creation. Connecting to the Earth is not a luxury but a deep need. A study carried out by the University of Arizona researched the harmful effects of a living entity being separated from its direct source. The experiment

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compared two sunflowers. One of them would be grounded to the Earth and the other would not. The sunflower which was not grounded had a huge decline in health. Researchers noted that the ungrounded sunflower appeared "stressed" while the

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grounded sunflower appeared to be vibrant. Most of us are living with high stress or depression simply because we have lost touch with the Earth's energy. Inside you'll discover: What in your own home is creating openings for toxic energy to infiltrate your aura

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Why negative entities keep imposing on your auric space & how to fix it The chaotic energy that is badly affecting your mind, body, & spirit without you realizing The actual reason why energy vampires are bleeding you dry The visualization secret to avoid a FATAL

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opening that allows negative attachments to enter The covert signs to tell when you're in the presence of an energy vampire that no one told you about The unseen ways energy vampires are manipulating you The habit you're indulging in that's

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*allowing hazardous invaders to cause irreparable damage How to free yourself of these shackles the media is using to enslave your mind Unparalleled guided daily energy protection meditations to boost & strengthen your aura *BONUS* 10*

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lives within you. This easy to follow, uplifting, & vibration-boosting guide is a must-read, even if you're an experienced energy healer, or even if you're completely new to energy work. So if you want to repel toxic energy & stand your ground like an impenetrable

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An Intuitive Guide to Healing, Health and Wellness

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The Secrets of Healing and Spiritual

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Secret Map of the Body

The Taoist Secret of Circulating

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to find balance in your

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Travel, Chakra Energy,
and Psychic Visions
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Higher Consciousness,
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Projection, Psychic
Development, and
Observing Auras and
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Shifting into Higher
Consciousness Are you
sick and tired of not
being able to improve
your physical and
emotional wellbeing?
Have you tried endless

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other solutions, but nothing seems to work for more than a few weeks? Do you finally want to say goodbye to feeling lousy and discover something which

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works for you? If so, then you've come to the right place. You see, balancing your energy doesn't have to be difficult. Even if you've tried controlling

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your stress, exercising more, giving up caffeine, or any other myriad of solutions. In fact, it could be easier than you think. A report in the Journal of

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Consciousness

Exploration & Research
demonstrated that a
person's chakras affect
their emotional well
being. And another study
stated that the heart

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releases a magnetic field at room temperature. Which means you can get an emotional and physical balance without giving up everything you enjoy.

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Some of the topics covered in part 1 of this book include: The truth about chakras 7 warnings signs that your chakras are out of balance 10 benefits of

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healing your chakras 14
myths about chakras 50
powerful chakra healing
techniques 7 things that
can help your chakra
healing process And
much, much more Some of

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the topics covered in part 2 of this book include: What the kundalini is & where it comes from What kundalini & shakti energy can do How the

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chakras are related to
kundalini How to
troubleshoot your
awakening Common myths
about kundalini
dispelled And much, much
more! Some of the topics

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covered in part 3 of this book include: The concept of the third eye and the role it can play in your life The mystery of the pineal gland and the reasons for its

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techniques for awakening
your third eye Ways to
prepare yourself for
third eye activation and
ways to protect yourself
7 things holding you
back from awakening your

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third eye And much, much more! Some of the topics covered in part 4 of this book include:

Background information on astral projection, what is the attraction,

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and why do people want to have out-of-body experiences Best methods and techniques, how to perform them, how to jump-start your experience, real-world

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information that you can do in your daily life to enhance the experience, and what to expect during your preparation and journey And much, much more! And if you

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need never feel out of control, stressed or panicked again. Over time, by using these techniques, you will feel more emotionally balanced, more confident

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and happier with life. Abby uses a mixture of visualisations and meditations to help you connect to a source of healing energy. She explains grounding,

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shows you how to do it, and tells you why you need to! Abby also teaches how to send loving energy to your friends and family. And if that wasn't enough,

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there are twenty six additional exercises for morning, afternoon, evening and at night time to bring energy healing into every hour of your day.

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- Explains how a Vampyre is not a blood-sucking mythical figure but a shaman who is skilled in gathering, using, and storing energy for magical power and

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personal liberation •
Reveals how to gather
and store energy from
the world around you and
shares magical
techniques,
manifestation methods,

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and practices to utilize the energy you have collected • Looks at servitors and familiars, vampyric runes, dream architecture, money magick practices, and

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sex magick techniques as well as advanced practices such as healing with vampyric magick In this initiatory guide, Don Webb explains how to

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learn from the myth of the vampire to gather, use, and store energy for magical power, manifestation, and personal liberation. A Master of the Order of

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the Vampyre within the
Temple of Set, the
author shares a 9-month
process to awaken and
initiate you as a
Vampyre and allow you to
actualize your hidden

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potential. Webb begins by explaining how to gather energy from the world around you and store it in the body, in artifacts and talismans, and in groups of people,

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such as a coven. Through the 9 stages of initiation, the author offers guided magical techniques, manifestation methods, and experiments to

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utilize the energy you have learned to gather and store. He also examines familiars, Vampyric runes, money magick practices, and sex magic techniques.

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Sharing more advanced practices, Webb looks at the creation and destruction of egregores and how to fight off psychic vampires--those who steal your power and

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energies. Achieve greater self-knowledge, a deeper connection with the energies that surround you, and the power to manifest your deepest desires by

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walking the path of the Vampyre.

In *The Secret Therapy of Trees*, Marco Mencagli and Marco Nieri explore the relationship between plants and organisms,

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and illustrate how to benefit from nature's positive impact on our psychological and physical well-being. Our connection to nature is deeply rooted in the

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history of our
evolution. And yet, we
have less contact with
green space now than
ever, and our stress and
anxiety levels are at an
all-time high. The

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Secret Therapy of Trees
helps us rediscover the
restorative value of our
natural environment and
presents the science
behind green therapies
like forest bathing and

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bioenergetic landscapes, explaining which are the most effective and how to put them into practice to achieve the best possible results. Studies have shown that

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increased exposure to green space can result in a regulated heartbeat, lowered blood pressure, reduced aggressiveness, improved memory skills and

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cognitive function, and a healthier immune system. Just one visit to a forest can bring positive effects (hint: monoterpenes, the natural essential oils

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in plants, have numerous positive effects on health), and even a mindful walk through a semi natural park can alleviate physical and psychological stress.

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With multiple studies backing its findings and thorough explanations for each technique, The Secret Therapy of Trees is a treasure trove of tips on how to harness

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the regenerative power of plants and reconnect with our planet's natural spaces, bringing us health and happiness. You'll also discover: *

Which plants purify the

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environment at home and in the office * The benefits of negative ions and where to find them * How to recharge through contact with trees

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Fuel Your Energy,
Purpose, and Performance
with Ancient Secrets of
Breath and Meditation
Heal Yourself and the
Others, Increase Your
Energy, Improve Your

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Health, Reduce Stress
and Unlock the Secret
about Physical, Mental,
Emotional and Spiritual
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Energy Magick of the
Vampyre

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Crystals Made Easy
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The Book Of Positive
Vibrations & Toxic
Energy Protection
Secrets
Heal in Depth with Your

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Psychic Surgeons with
the ChakraAura (R)
Technique

If you long for your dream
life but feel trapped in
mediocrity &
disappointment then keep

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reading... Are you sick and tired of missing out in life & seeing everyone around you succeed, while you're left behind: broke in a job you hate, in a toxic relationship, or

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trapped in a body you're unhappy with? Perhaps you often close off parts of yourself you wish you could express, judge yourself, & feel ashamed? Society has conditioned

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you to suppress & shame the divine sensual part of yourself. Do you finally want to say goodbye to all of your wasted time & see what ACTUALLY works for you? You see, Manifesting

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all of your wants & desires doesn't have to be difficult, even if you feel like you've tried every other manifesting book & YouTube video already. Here's just a

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effortlessly manifest your dreams into reality.

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bottom, or haven't been able to manifest in the past, you can mold your dream life starting today with the amazing secrets inside. You're holding the key to unlock literally

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Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to

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a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The

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foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is

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vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the

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sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by

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Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits

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conferred by these
practices are a reduction
in the discomfort caused
by menstruation and the
ability to attain full-
body orgasm.
ented here make the

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process of linking sexual energy and transcendent states of consciousness accessible to the reader. The Empath, or highly sensitive, artistic, intuitive person, wants

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bonded, happy relationships and a career involving her creativity. Yet many times the Empath has suffered from trauma in her past which prevents her from having the energy

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to reach for her dreams.
This book describes
Shamanic Energy Work and
the Mythic Perspective,
which can be highly and
quickly effective in
helping Empaths heal their

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wounds, discharge old emotional pain, and overcome unhappy patterns. Soul Retrieval, Extraction Work, Underworld Work, and other Shamanic tools and interventions are

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described along with examples of Empaths returning to health from Elaine's practice. The author, Elaine La Joie, has spent ten years as a shaman and certified life

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coach specifically working with Empaths to help them create happier, more fulfilled lives and relationships. The Empath and Shamanic Energy Work is the second in the

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series, Empath as Archetype, in which Elaine shows her clients how overarching patterns common to Empaths can change using shamanic perspectives and healing

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techniques. Other volumes in this series: The Empath and the Drama Triangle, Motivations of the Empath, and The Empath and Shadow Work. Each volume builds on the previous volumes.

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the messages of your body, revealing the underlying causes of symptoms and medical conditions, and offers processes for healing. Foreword by Bernie Siegel, M.D. This

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inspiring handbook delves deeply into the possible reasons for health issues in all areas of your body. Author Inna Segal offers a unique, step-by-step method to assist your body

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in returning to its natural state of health, including a free thirty-five minute audio download where Inna helps you tune into your body for a powerful healing

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a journey of life-changing transformation and empowerment where you will:

- heal the mental, emotional, and energetic causes of physical ailments
- use easy,

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quick, practical exercises
to heal your organs •
learn the secret language
of disease and powerful
processes for healing •
understand and release
limiting thoughts and

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emotions • discover how to
use color to heal your
life • uncover and apply
the messages your body has
to teach you

Taoist Esoteric Yoga is an
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of physical, psychological and spiritual development encompassing meditative and internal energy practices. This unique and comprehensive book reveals the Taoist secret of

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circulating Chi, the generative life force, through the acupuncture meridians of the body. This comprehensive list includes: Opening the Energy Channels; Proper

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in clear, easy-to-understand language and illustrated with many detailed diagrams that aid the development of a powerful energetic flow, for psychological and

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spiritual health and balance.

An intense desire for physical sexual contact, just like any other intense and passionate desire, is potent creative

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energy seeking expression or outlet. That self-same creative potency projecting as tumultuous sex drive or sexual energy can become Intellectual energy, Money energy,

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Political energy,
Professional energy,
Sports energy, Spiritual
energy, or whatever type
of energy you need at any
point in time. Indeed, the
creative powers of sex

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transcend procreation. Unfortunately, many men being unaware unknowingly dissipate, and thus fail to avail themselves of the innate superlative powers of their abundant sex

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drive; and this is one primary cause of mediocrity. Sex, the carnal root of Man's generation, can be the source of his degeneration, yet holds the key to his

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regeneration. When properly harnessed, the primordial powers of sex and its creative essences that initiate all earthly existence can be used to achieve anything you want.

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This book tells you how.
Reiki Healing For
Beginners
Energy Healing and
Spiritual Transformation
The Secret Nature of
Matter

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The Secret Energy of Your
Body
Heal, Cleanse, and
Strengthen Your Aura
Harness the Healing Energy
of Forest Bathing and
Natural Landscapes

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How to Develop Your Skills, Work with Clients, and Build a Successful Healing Business

After having been attuned and received the Elemental Light Beings (Healing Masters/Guides) in Level 1,

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now in Level 2 you will deepen your experience and your abilities using the Psychic Surgeons Light Beings to whom you will be attuned. The Psychic Surgeons are used when you want to work in more specific areas, as doing energetic operations. You will then work and combine the

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Elemental Healing Masters you received in Level 1 and the Psychic Surgeons Light Beings. The Energy Healing session is working more in depth focusing in the major and minor chakras as well as in specific areas. Carmel Sastre Puigcerver is a Psychic Chakra and Aura Energy

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Healer and Teacher & Reiki Master Practitioner in Notting Hill, London. He is also available online and in Denia, Valencia, Spain. With more than 25 year's experience he stopped teaching Reiki as he wanted to focus, develop and enhance an Energy Healing technique that works with

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the Earth and Cosmic Energies. He also uses the power of Spiritual Healing Beings who don't have a body or shape, but who were healers in another life. Once you are initiated to them you can call them and they will assist you during a Healing session or when you need to cleanse

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a place such as a room, a house or a business. He named this advanced method "ChakraAura(R) Technique". Carmel also provides face to face and Distant (Remote) Energy Healing sessions, as well as guiding you through a technique of Healing Meditations through visualisation. If

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you want to become a ChakraAura(R) Energy Healer, Carmel coaches and teaches you how to do a healing session and initiates you to the Elemental Healing Masters, Psychic Surgeons, Universal Healing Masters and the Elements of Nature. He speaks English, Spanish, French,

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Italian, Catalan, Valencian, German
and Portuguese.

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Bengston presents astonishing
evidence that challenges us to totally

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rethink what we believe about our ability to heal. Drawing on his scientific research, incredible results, and mind-bending questions, Bengston invites us to follow him along his 35-year investigation into the mystery of hands-on healing, and to discover a technique that may

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activate your healing abilities. Part memoir and part instruction, this provocative book explores: Bengston ' s paradigm-shifting experimental results and why they seem so difficult for some medical practitioners to accept Image cycling, a unique preparation method for a

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hands-on-healing treatment Why traditional Western medicine isn't always best, the value of skepticism, the strengths of energy medicine, and more William Bengston, PhD, is a professor of sociology at St. Joseph's College in New York. In his early twenties, he received hands-on

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healing that ended his chronic back pain. A self-proclaimed rationalist, he began a 35-year investigation that has made him one of today ' s leading researchers into the mystery and power of energy medicine.

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you will learn to make everything in your life easier . . . Relationships. Jobs. Family. Creativity. Happiness. And maybe even doing something more game-changing than you've ever thought possible." - Dave Asprey Why do some people thrive while others just get by? What's their secret to

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peak performance and maximum happiness? Some call it the zest, the gusto, or the extra edge in life. The ancient Indian spiritual tradition Vedanta calls it prana, or life force. We can call it vital force. By any name, it's the fundamental fuel that activates and optimizes all physical, emotional,

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and cognitive functions, including consciousness, perception, thinking, judgment, and memory. In modern life, we have forgotten the golden key—the higher our energy, the better our performance in everything we do. Energy naturally impacts mind-set and moves us toward greater

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happiness, success, and self-awareness. This book gives you back your power with simple tools to take hold of the limitless energy of life itself-more swiftly and easily than you ever thought possible. Rajshree Patel is a former federal prosecutor who discovered Vedanta by accident and

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went on to become an internationally renowned teacher of its deep wisdom and dynamic practice. In these pages, she reveals:

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- Tools to dial down the

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the healing powers inside of you, both for your own benefit and that of others around you? Then keep reading because this is the book that you have been waiting for. Despite the existence circumstance you end up in, it is feasible for you to mend or to improve yourself and your life in

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the clearest manner. Reiki is an integral asset for recuperating and self-improvement. Its vitality originates from the most noteworthy otherworldly source and along these lines, it will consistently make the best outcomes for all concerned. It very well may be utilized to mend the

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body, the psyche or the soul, and can likewise manage us through life. It can enable us to create idle abilities and improve the nature of all that we do. In this way, if recuperating and self-awareness is the thing that you need to achieve, on the off chance that you have not effectively done as

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such, take a Reiki class. Moreover, why not learn more about the basic teachings of Reiki through this book. Inside this book you will find: What is Reiki? Reiki energy as a healing treatment The practice of Reiki The two Reiki systems All about the three degrees of Reiki What is a Reiki

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