
Read Book The Healing Energy Of Shared Consciousness A Taoist Approach To Entering The Universal Mind By Chia Mantak 2011 Paperback

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GEOYDI - MONICA VILLEGAS

A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • 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 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 foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is 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 sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by 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 conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.

Creating awareness of a multifaceted approach for achieving wellness and healing on a deeper level, *The New World of Self-Healing* demystifies the subtleties and patterning of energy to explain how health and illness are created. This wellness guide prescribes a holistic approach that emphasizes health on four levels: physi-

cal, mental, emotional, and spiritual. Author Bente Hansen, drawing understanding gained from years of interest in the field and work undertaken from clients, explores many ways to promote wellness. She explains the function of the unique human energy field and tells how to support optimal health by maintaining its dynamic structure. She teaches how healing occurs on an energetic level, for it is at that level that both illness and wellness originate. Underlying the theme of energy is the fostering of individual empowerment. *The New World of Self-Healing* shares tools and techniques to help cultivate positive belief patterns, overcome fear, repair and heal your energy field, restore balance, and more. It offers a refreshing and informative perspective on self-help and is recommended for those starting out on the healing process.

Healing for Horses is the most comprehensive guide available on the subject of using healing energy with horses. In this book, the world's leading animal healer, explains what healing is, how it works and how it helps in the context of horses. Margrit Coates gives practical guidance on how you can learn the skill yourself, when and where to do it, together with 'dos and don'ts'. Margrit also describes the way energy runs through a living being, what and where the chakras are on horses, and how healing can benefit horses and improve the horse-human bond. Included are many fascinating case histories of horses who have been sick, depressed, injured, traumatised or terminally ill, with detailed descriptions of how healing has helped them all. Packed full of tips, photos, illustrations and guidelines, *Healing for Horses* is an essential book for every horse lover, as well as those of us who work with horses in any capacity way.

"It has helped change my life for the better! Highly recommended!"—John Perkins *Energy Healing for Everyone* offers an accessible healing technique for body, mind, and spirit that is easy to learn and master. Drawing from a series of personal mystical experiences, world-renowned energy healer Brett Bevell reveals an ancient technique of communing with the divine source of eternal light which underlies the web of all creation. In this light, we can release our wounds and fears, and embrace the knowledge that all things are aspects of this one divine presence. For the first time, Brett reveals the secret of how to share, teach, and extend this inspired healing technique to anyone for any condition needing healing.

Full of practical exercises and simple techniques, this book guides the reader on how they can use energy healing in their everyday life, to heal themselves and others! Learn how to - ground and centre yourself - release heavy energies you have taken on from other people - bring healing into your everyday activities to help you manage stress and feel calmer and more balanced - feel empowered, increase your self-esteem and respond to situations instead of reacting to them - send healing energy to loved ones . . . and much more! *Hay House Basics* is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life.

I have written *The Living Spirit* not just for healers, but for anyone who wants to awaken to their soul's mission and to the incredible plan God has for them. It is intended as a compassionate and supportive guide for others beginning their spiritual journey as mediums, psychics, and energy healers or simply for those with ques-

tions about who they are, what life is all about, and whether there is indeed life after death. In short, it is the book I wish I had on that night all those years ago. In gratitude for my spiritual gifts, I made a commitment to live according to the universal laws of energy and to share all I've learned with others. This includes helping others to conquer their childhood fears and limitations so their souls can mature. As our souls grow and expand, our physical lives expand and abound in abundance. It is my hope that by reading the personal stories shared by a host of people and those from my daily life, it will become apparent to you that each of us is more than we appear to be. We can transform our selves and our world into a place that reflects the best of our divine gifts. When one shifts to living in conjunction with spirit, and to moving through their emotional issues with new vision and expertise, anything is possible. Another major emphasis of this book is to share the miraculous happenings and coincidences that have proven to me, a former skeptic, that life is not random, and all our experiences are the way to a higher understanding of self. There are three main points that I hope readers take away from *The Living Spirit*: -We are divine soul beings interconnected to each other and to the universal energy that supports all of us. -Life is not random. Throughout our lives we will experience a series of coincidences that are not coincidental at all, but Spirit, whispering words of love and guidance in our ears. -Our loved ones in after-life guide us to expand our understanding of our soul nature and our physical lives. I invite readers to share this journey with me and learn to let go of any restriction preventing their full enjoyment of life. Once we become aware of how we can recognize and utilize coincidences, synchronicities, and higher guidance, we can begin our exploration of what these mean in our lives and in our role in the world. We all have the Divine-given abilities to repair our wounds and misguided thinking. Through meditation and energy work like Reiki, we can learn to quiet the mind of negative chatter and learn to find that place within where we are sure of God's love and guidance.

Golden Dreams: Companion to Hellfires of Grief: Love Poems is a collection of 111 poems describing the golden dreams shared by Carol Susan and Carlos Eldon after the disembodiment of Carol Susan. Carol Susan reaches from beyond to share her golden healing energy. Carlos Eldon travels to the spirit realm to visit with his beloved in shared golden dreams. *Golden Dreams* is the counter-

point to *Hellfires of Grief: Love Poems* providing Carlos Eldon with the wonderful golden love of his celestial soulmatespiritmate. The poems are condensed from dream journals starting with the first golden dream of January 5, 2012 and continuing until the 111th golden dream of October 9, 2013. Not all the dreams are golden as some do not include Carol Susan's beautiful radiant golden celestial aura. The overall energy of *Golden Dreams* is golden providing a healing counterpoint to the intense darkness of *Hellfires of Grief: Love Poems*. The poems in *Hellfires of Grief: Love Poems* are lit by the black fires of the hell of loss and grief while *Golden Dreams* is illuminated by the celestial golden light of love. Shared golden dreams start the process of healing and provide a glimpse into the realm of spirit. Shared golden dreams spill into the waking time slowly transforming the grief dragon described in *Hellfires of Grief: Love Poems* which covers the first eighteen months of loss and grief. *Hellfires of Grief II: More Love Poems* is currently underway and summarizes the second eighteen months of loss, grief, and healing. Having a golden rainbow dragon mother goddess and angel as coauthor and muse is a wonderful experience paradoxically the disembodiment of Carol Susan is the worst experience. We have been blessed with shared golden dreams. Carol Susan and Carlos Eldon are pleased to share our healing golden dreams. It is our hope, wish, and intent that sharing our golden dreams will bring a measure of comfort and healing energy to all who read them. May you be blessed with golden dreams.

Have you ever been aware of Spirit communication? Do you ever feel as if an inanimate object can communicate with you? Cheryl has, and here she shares personal experiences that have provided her with guidance throughout her life. Although unusual, she feels that many others have had similar experiences and do not share them because of their fear of being misunderstood. Although many of her experiences started when she was quite young, she was reluctant to share them until she was an adult. Her experiences show how she perceives the energy within aspects of the physical world and how one can open to the connection that is always there for us. Not only that, her experiences weave a thread of awareness that has proven useful in guiding her in many situations in her life, from marring her husband and choosing to have children to moving from Long Island, New York, to Sedona, Arizona. Cheryl welcomes you to join her as she shares how she navigates through her life with the awareness of

Spirit.

I wanted to share my journey through self-discovery. Everyone has their own story to tell and their own pace of growth. I just wanted to show that it's possible for people to transform their lives on all levels! One can do so much with a change of mindset and finding a way past their own blocks. Everything fell into place once I started to pay more attention to the signs and synchronicities. Lucky me, I found a way to open up to my intuition, which led me to unlock, heal and reconnect to my inner child. Then I learned Reiki and how to work with the energy. It's all about one thing that opens up another and another...like a catalyst. I ended up transforming my own life, finding my life purpose and my authentic self. Everyone has the chance to create the life that they want if they move out of their comfort zone and work through their ego and fears. Who doesn't want a balanced and harmonious life? Use the wisdom I have shared and the reflection pages to find out how!

In what many are already calling the most comprehensive book ever written on the topic of divine, spiritual healing, New Thought Leader Dr. Jeremy Lopez releases his highly-anticipated thirty-eighth book *HEALING: Energy, The Bible, Science, and You*. From the very beginning, even before the rise of human civilization, there has existed an interest in health, healing, and wholeness and the subject of healing has been shared within literally every world religion for centuries. In Dr. Lopez's most comprehensive book to date, learn to correctly discern the "gift" of healing as never before. Recognize the true cause of all sickness and infirmity and begin to see, once and for all, that a life plagued by constant pain, physical infirmity, and dis-ease is not only unnatural but also unnecessary. In *HEALING: Energy, The Bible, Science, and You*, Dr. Lopez draws heavily upon the prophetic gift as well as a lifetime spent studying the ancient texts of world religions and shares the secret behind what the ancient writers of old meant when they said, "Physician, heal thyself!" Learn to recognize the "gift" of healing already lying dormant within you and recognize how the gift is awakened.

Exercises to deactivate emotional triggers, transform negative emotions into positive ones, and heal from PTSD, depression, anxiety, and addiction • Provides illustrated step-by-step instructions on how to combine the eye movements of EMDR therapy with the energetic practices of the Universal Healing Tao • Reveals how

negative emotions are stored in the organs, where they also have effects on physical, mental, and spiritual health • Explains how to release stored negative emotions, transform them into positive energy, and harmonize the energies of your organs Through the energy psychology practices from the 5000-year-old Taoist Chi Kung system, you can recycle negative emotional states into positive energy for your spiritual, emotional, and physical benefit. By combining these ancient practices with the recently developed therapy of EMDR, or Eye Movement Desensitization and Reprocessing, you can produce fast, profound relief from emotional trauma, as well as address the emotional imbalances underlying depression, anxiety, PTSD, and even addiction. In this illustrated guide, Master Mantak Chia and Doug Hilton explain how to integrate the eye movements of EMDR with the energetic exercises of the Universal Healing Tao to rid yourself of the negative feelings associated with past trauma, build up positive feelings about handling similar events in the future, and remove any physical sensations connected to the issue. The authors explore how negative emotions are stored in the organs, the effects they have on physical, mental, and spiritual health, and the maladaptive emotional states people develop to deal with the pressures of modern life. Providing step-by-step instructions for each practice, the authors show how to deactivate your emotional triggers, trace energy disturbances back to the affected organ systems, transform negative emotions into positive ones, and harmonize the organs with EMDR and the Universal Healing Tao techniques of the Inner Smile, the Six Healing Sounds, and the Microcosmic Orbit. The result is a powerful self-healing practice that can be learned and applied quickly and easily.

This book offers simple meditation techniques to awaken healing energies in the body and mind. Using Buddhist principles as a basis, Tulku Thondup has created a universal guide that anyone can use. It will benefit those who want to preserve good health as well as those who need comfort and relief from illness or mental distress. Boundless Healing offers:

- Ways to employ the four healing powers: positive images, positive words, positive feelings, and positive belief
- Detailed healing exercises that can be done individually or as part of a twelve-stage program
- Exercises for dispelling anxiety
- Healing prayers for the dying and the deceased, plus advice for helpers and survivors

These meditations draw on our innate capacity for imagination and memory, our natural en-

joyment of beauty, and our deep-seated longing for a state of quiet calm. For all those who wish to become healthier, happier, and more peaceful in everyday life.

If you want to cure toxicity within you & realign yourself with your true energy then keep reading... Do you often find yourself in dark seasons of chaos or misfortune? As sinister as it may seem, your negative thoughts are rooted in beliefs or past experiences that you see as being the truth. Unfortunately, without healing your energy, you're all too likely to repeat the same nightmarish patterns over & over again. This guide seeks to challenge what you perceive as truth in order to realign your beliefs with your authentic life-empowering truth. The wisdom I will share with you inside has been gained through my connection with the infinite life energy that flows within you & I. Source energy is always flowing through us, but so few know how to actually use it. The Earth is full of Source energy & is always 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 source. The experiment compared two sunflowers. One would be grounded to the Earth & 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 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. Inside you'll discover: Why you're really suffering from migraines, anger issues, depression, & anxiety The little overlooked mistake that is FATAL to your energy healing sessions Why counseling sessions won't clear your trauma The biologically toxic charge you're unknowingly storing in your body that's causing neuro-glandular imbalances The foods that allow you to absorb vital energy & energetic properties and the foods you're eating that are placing you at risk! The simple Four Step Effective Visualization method to allow our desired reality to materialize Powerful guided grounding, energy tranquility, & Gratitude meditations to create power and love within The frequency you must align your vibration with to stop your body from becoming a breeding ground for disease *BONUS* Mp3 10 Min Guided Meditation Inside! & much more You can realign to your true energy regardless of your background. This is because the same energy that created the universe lives within you. This easy-to-follow & uplifting guide

is a must-read, even if you're an experienced energy healer, or even if you're completely new to energy work. When your aura is cleansed & you enter a room, people's eyes will gravitate toward you as they say "there's just something about them". It's time to enter a totally NEW level of wellbeing and find your true self. Your true self is who you are when you are laughing until tears roll down your cheeks or the love you feel when you hold a newborn baby in its first waking moments. So, if you want to find your true self, drink from the well of life, & be bursting with energy, then click "add to cart".

"The Road to Bliss" is the journey of my Soul. It is not finished by any means but I wanted to share with you in this book, the information given to me. I am an ordinary person who was given an extraordinary opportunity. It is as simple as that. I am very grateful and feel that this energy is to be shared not kept to myself. This book is about a unique energy healing system from India and its life changing effects on not only a Teacher and Channeller but also of People who have experienced its loving energy. The writer has dedicated herself to this energy after feeling its richness and the loving, necessary changes to her life. The velvety quality to this energy ensures the recipient feels loved and needed. At the very least, there is always a change in perception and an increase in self-esteem after receiving this energy. It promotes relaxation of the Mind, Body and Spirit, allowing a growing knowledge and awareness of the unfairness and inconsistencies of the challenges of daily life. It can return the self nurturing quality we often forget. It can be this forgetfulness or perhaps, ignorance of this aspect of ourselves which leads us to experience varied degrees of physical, emotional and mental challenges. It is also possible to learn how to use and channel this Omni energy for yourself, family, friends and/or wider members of the public. This book gives you answers. Omni Healing is for spiritual upliftment and healing on the seven levels of our physical existence: Physical, Mental, Emotional, Psychological, Auric, Karmic and Spiritual. So, what is Omni? 1. Omni Healing is very high and purified magnified energy of the Universe and of the Earth. 2. Omni is a complete system of natural healing, similar to Reiki, but more powerful, reaching into the depths and roots of problems and challenges. 3. It uses both Universal and Earth energies to balance and harmonise all levels of our being; Physical, Mental, Psychological, Emotional, Spiritual, Auric and Karmic. What are the benefits of Omni? 1. Perfect

health and fast recovery after trauma 2. Longevity and youth 3. Psychic ability and high stamina 4. Improved intuition and intellect 5. High resistivity to negative influences, pathogenic zones, psychic attacks, black magic, and more 6. The ability to help self and others for different problems, be it for health, emotional, psychological, psychic or other areas 7. Faster spiritual development and evolution 8. Omni also works on Auric and Karmic related problems How can I get Omni? By attunement (Initiation) from an Omni Master What do I Need? 1. A willingness to grow spiritually 2. A desire to, first and foremost, help self and then others 3. To be a minimum age of 9 years Previous knowledge of Yoga, Reiki, Meditation or other related disciplines are beneficial but not essential. This book is presented and written for everyone and anyone interested in energy healing during this new age of faster, more powerful energies.

We all have stories that we share. Whether we're describing joy or sorrow, loss or learning, our stories reflect the experiences that shape us and make us who we are. *Soul Stories of Healing* hopes to inspire you to embrace the power of the collective experience. Have you ever experienced an "aha" moment—one of those times in which everything you thought you knew changed for the better? These are stories that can stop you in your tracks and cause you to realize that a whole new life awaits ... all because someone shared a story with the power to shift your energy to a more positive, heartfelt way to move through life. In *Soul Stories of Healing*, a nurse and healer shares these experiences that bind us together, allows us to learn from each other, and frees up wonderful positive energy to flow to others. You may even be inspired to reexamine the stories of your past and share them with others. Don't like the ending of your stories? When you accept the challenge to reinterpret those endings, you can start to see even the darkness in a new light.

We all go through tests and initiations along our challenging life journeys. For gaining wisdom needed for balance in our emotional, mental, spiritual, and physical bodies, Janine Palmer (Silver Moon) shares tools and encouragement for letting go of what no longer serves and for healing and rising out of the ashes. Janine Palmer (Silver Moon) is a clinical hypnotherapist and shamanic practitioner. Her messages are presented and shared here in short poetic verses with deep compassion, love, and wisdom.

- Illustrates the role of transpersonal fields of consciousness in

healing a range of issues, from inherited family and ancestral problems, to past lives and womb trauma, to near-death experiences, merged identities, and spirit attachment • Shares remarkable cases of healing and personal transformation from the author's more than 20 years of energy healing work, as well as experiences from other gifted healers, psychics, and shamans • Provides diagrams of the human energy body, the spectrum of states of awareness, the multilayered fields of consciousness, and the psycho-energetic dynamics of the transformation process Sharing remarkable cases of healing and personal transformation from his and his wife's more than 20 years of intensive professional energy healing work as well as experiences from other gifted healers, psychics, and shamans, Peter Mark Adams illustrates the role of transpersonal fields of consciousness in healing a range of issues—from inherited family and ancestral problems to past lives and womb trauma to near-death experiences, merged identities, and spirit attachment. Drawing on esoteric tradition as well as scientific research, such as Rupert Sheldrake's morphic field studies, the author maps out the human energy field in all its subtleties, providing diagrams of the human energy body, the spectrum of states of awareness, the multilayered fields of consciousness, and the psychoenergetic dynamics of the transformation process. Through compelling testimonials of powerful healings, Adams demonstrates how the processes of healing and of peak spiritual experience are closely aligned with harmony within the larger energetic field of consciousness. Proposing a new model of consciousness, reality, and energy healing that incorporates the anomalous phenomena that occurs on the outermost edges of human experience, the author draws these many strands together to outline not only a multilayered approach for different kinds of energy healing modalities, such as Reiki, breathwork, EFT, and remote healing, but also a useful program of self-help that anyone can follow to make lasting improvements to their physical, emotional, and spiritual health.

Achieve genuine inner healing, let go of trauma and find clarity, resilience and freedom with #1 Sunday Times bestselling author Vex King. Vex developed powerful inner healing techniques to help him break free from his troubled past, heal his emotional pain and trauma, and create a new and empowering belief system. Since then, he's helped thousands of people worldwide unlock their own healing journey. And now he's here to help you be-

come your own healer too. Vex shares how to experience healing through the layers of the self, combining yogic principles and simple, accessible techniques for exceptional, long-lasting results. These transformative practices 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.

The painful search women experience as they try to reach the unrealistic levels of beauty and perfection promised in magic pills, wrinkle creams, digitally enhanced photos, media messages, and social learning, disappears the minute they learn the POWERFUL SECRETS shared in this revolutionary book. In her own attempt to feel "good enough" in a society that stole this away for her, Cindy is on a mission to expose some powerful secrets inside the body that the ancient elite tried to hide, and modern-day research is trying to expose! It will change the way women see themselves and live their lives, forever! Tap into the SECRET ENERGY and SACRED SCIENCE inside your body and in the highest power that surrounds you. Learn how to link these energy fields and create higher vibrations that possess the mystical power to heal, end depression, calm anxiety, release fear and addiction, balance the body, and recalibrate the energy inside you to create beauty, inspiration, infinite knowing, self-love, bliss, success, abundance, prosperity, and more—everyday miracles! EMBRACE... • Gifts, Beauty, Power, and Healing • Sacred Hidden Secrets • A Miracle Formula • Heaven on Earth • Magic, Miracles—and so much MORE!! This book combines enlightened knowledge from Dr. Wayne Dyer, Gregg Braden, Donna Eden, Dr. Ranjia Singh, Yogi Bhanjan, and other noted experts, along with the unique wisdom Cindy has gained from her work and study in the medical field. Cindy blends these insights with the connection she has made to those on the other side and her own near-death experience, to reveal a divinely lit path to a vibrational frequency that holds all the beauty and power many women seek, and rarely find. Connect to the secrets—and then, pass them on! Get your sparkling heart @ www.realbeautiful.ca

Discover energy healing--find more balance and peace. Energy healing is the practice of manipulating the subtle energy flow in your body to improve the way you think and feel. The Little Book of Energy Healing Techniques is your introduction to the basics of energy healing, featuring a series of simple exercises you can do anytime. Heal your mind, body, and spirit, with clear and balanced energy that empowers you to live with greater peace and comfort. The Little Book of Energy Healing Techniques allows you to: Start from scratch--Practice the exercises in this book right away--no prior knowledge required. Try it on for size--From sound healing to crystals, you can test out multiple types of energy healing and find what resonates with you. Learn active healing--Learn 5- to 15-minute daily routines for centering yourself to alleviate pain and inner turmoil. See for yourself what the power of energy healing can do for you.

My name is Cindy and I wrote 8 books about my life that are on Amazon.com. From all those experiences and working on getting healthy I learned to do energy healing. This book is a compilation of information and different alternative healing modalities. I added the spiritual energy healing techniques that I like doing that I call Holistic Heart Healing. My goal with this book is to share my passion in healing techniques in hopes you can find a technique that works for you. If you already have a healing technique that has worked for you please share it. I have my email in the book. If we all have the desire to raise ourselves up we can raise the vibration of the whole planet.

What if you were given the ability to change your life for the better, to create what you want for yourself? Most people are not aware that God has blessed us with the energy to design the lives we desire. All you need to do is pay attention to what the Universe is showing you. Wake Up! You can tap into the Universal Energy to enhance your love life, your career, anything that you wish. This energy was created for our use and it's free! I was in my early thirties when I recognized the Universal Energy and how to use it to my benefit. I explain in this book that there is an entire realm of energy here on earth for us to access. The Energy that God intended for us to use. I take you on my journey so that you may see firsthand how I acquired this knowledge. As a professional business woman and a single mother of two, I had no choice but to pay attention to what the Universe was revealing to me. Intuitively I understood and began absorbing these principles.

Now I share what I have been blessed to learn with you. My wish is that these Universal laws will change many lives for the better. The fact that you are holding this information in your hands means that you are meant to benefit from the Universal Energy. I am excited to share this information and wish you love and prosperity! And may God bless you with his energy.

A full-color, practical handbook on the bioenergetics of animal healing, with case studies to showcase the effects of vibrational medicine • 2020 Coalition of Visionary Resources Gold Award and Industry Choice and Peoples Choice Award • Reveals how to work with the energy fields, auras, and chakras of horses, cats, and dogs • Demonstrates how to use High Sense Perception (HSP) in relation to an animal, illustrating what happens in the energy fields of a human being and an animal when they connect telepathically • Details how zoopharmacognosy, or animal self-selection of remedies such as essential oils, can assist in promoting emotional release and physical healing Vibrational medicine offers a natural, effective, and hands-on response to animal ailments and disturbances. In the absence of a shared language of "words," energetic healing can connect a human more closely to an animal while at the same time working on the physical body, the chakras, and the different layers of the animal's aura or energy field. In this book, animal communicator and healer Diane Budd shares her intriguing journey, research, and experience of working with animals energetically. She explains how, together with a healer colleague, she set out to document the effects of animal communication and healing on the energy field of the animal and the communicator, which led to further in-depth research. Detailing her findings, she reveals how to work with the energy fields, auras, and chakras of horses, cats, and dogs as well as what benefits energetic healing work can offer to animals. Sharing many case studies from her healing practice, the author explores what High Sense Perception (HSP) reveals about the relationship between an animal and human and how to make sense of what you are receiving on an intuitive level. Full-color illustrations clearly show the energy field, the energy flow between animals' chakras, and what happens in the energy fields of a human being and an animal when they connect telepathically. The illustrations also help guide you, step-by-step, through the use of the healing tools and practices described. The author explains how zoopharmacognosy--animal self-selection of remedies such as essential

oils or herbs--can support emotional release and physical healing, not only for animals but for humans too. She details animal personality types and their soul evolvment levels and explores the influence of an animal's past life on present-day issues, whether it be a past-life connection with the current owner or an issue the animal needs to work with in this present lifetime. Full of animal communication stories and ground-breaking research on animal energy fields, this book shows how, just as we humans are all here on this earthly plane to learn and grow, so are our animals. THE HEALING ENERGY OF YOUR HANDS demystifies the art of healing. Beginning with a basic explanation of the nature of healing energy, illness, and the role of the mind in the healing process, Bradford offers techniques so simple that anyone, even a child, can work with healing energy. The author's intention is that anyone using his book can awaken his or her natural healing talents quickly and easily. Topics include sensing energy, clearing energy blockages, eliminating negative self-talk, using affirmations, balancing the chakras, cleansing the auric field, relieving pain, and creating forgiveness.

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • 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 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 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 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 absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual sci-

ence that not only emphasizes practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality.

How to connect with universal energy for inner peace, happiness, and individual and global healing • How to transform the energy around us into positive loving energy • How to perform the World Link meditation to unite with global consciousness • How to fuse the observing mind, the conscious mind, and the mind of awareness Western science now recognizes the three "minds" associated with the three tan tiens of Taoism: the observing mind centered in the brain, the conscious mind centered in the heart, and the mind of awareness centered in the lower abdomen. By unifying the three minds--what in Chinese is called Yi--we can transform the energy around us into positive loving energy and be empowered to manifest our goals and dreams. This can lead to a more balanced, less negative way of life and offers a way to gain inner peace, wholeness, and happiness as well as the ability to heal yourself and others. In *The Healing Energy of Shared Consciousness*, Master Mantak Chia shows how to fuse the three minds and form the Protective Sacred Circle of Fire, which creates a seal around us allowing in only good energy and intentions. He explains step-by-step how to perform the World Link meditation to connect with global and universal energy for inner peace, happiness, and healing. Accessible even for those who have never worked with the Universal Healing Tao, this practice offers a way to unite people all over the world in a form of shared consciousness that amplifies collective loving energy to benefit the world.

Do you want to be healthy now? You're in a right place, because *Heal Yourself* book gives you the instant access to 3 new easy steps to be free of pain & illnesses! Get a copy of the book filled with quantum energy healing secrets from Dr. Alexander Khomoutov, Ph.D. Do you have any pain? Alexander experienced a moving pain within his chest almost every night for 8 frightening months too. He could sense his body getting weaker and weaker and began feeling that he was going to die. The death of a family angel, budgie Gosha, was the turning point in his life, and showed him the way to heal himself. He had epiphany and found a very easy solution that miraculously healed him. Alexander is sharing his dramatic story and all of his healing secrets with you... In this revised and expanded Second Edition you will discover: 3 easy

steps to heal yourself or someone in need how to slow down your aging and rejuvenate your body how to optimize and stabilize your weight how to hear your body whisper using applied kinesiology and other methods how to find what foods help you to heal and what foods to avoid how to unlock the miraculous power within you and reprogram your Spiritual/Quantum DNA to live a healthy, happy, joyful life Among the new additions included in this edition are: a Questions and Answers chapter 3 new Quantum DNA communication methods revised food tables and an example of how to use them and more... Alexander is an inspiration, not just because he shares with you how to take healing into your own hands, but because he's living proof that it works. "Let Alexander's experience inspire you! Every human being has an amazing healing power - and so do You! The time is now upon us to learn to use it! Enjoy this story of love and healing..." - Dr. John G Ryan - Specialist Medical Doctor, University Professor and Author of *The Missing Pill Scroll* up and buy a copy now. Other books by Dr. Alexander Khomoutov Ph.D.: *Choose the Joy of Art for Your Baby's Room! Bring Positive Healing Energy and Good Luck to Your Baby through Unique Wall Art Magic* Canada: Famous Canadian Cities and Landscapes in Art Paintings, Prints and Photographs by Canadian Artists. (Artworks with the artist's intention of bringing Healing energy and good luck to people) Scroll up and buy a copy now.

A comprehensive reference guide to the foundational Taoist practices taught by Master Mantak Chia • Organized by level and chi kung system for quick reference during practice or teaching • Includes 220 exercises from more than 20 of Master Chia's practice systems, including the Inner Smile, the Six Healing Sounds, the Microcosmic Orbit, Chi Self-Massage, Cosmic Detox, and Iron Shirt Chi Kung • Covers all of the basic exercises in the Universal Tao's first 6 levels of instruction Organized progressively by level and system for quick reference during practice or teaching, this illustrated guide covers all of the foundational exercises in the Universal Healing Tao's first 6 levels of instruction. Keyed to the corresponding book for each complete practice, such as *Healing Light of the Tao* and *Chi Self-Massage*, this guide includes 220 exercises from more than 20 of Master Mantak Chia's practice systems, including the Inner Smile, the Six Healing Sounds, the Microcosmic Orbit, Iron Shirt Chi Kung, Wisdom Chi Kung, Tao Yin, Chi Nei Tsang, Cosmic Detox, Bone Marrow Nei Kung, Cosmic Healing,

Tendon Nei Kung, and *Karsai Nei Kung*. Offering a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao, this book allows you to build a regular Taoist practice combining internal and external chi and sexual energy exercises from the full range of Master Chia's teachings, enabling you to purify, transform, regenerate, and transcend not only your own energy but the energy around you as well.

The Ultimate Guide to Energy Healing demystifies energy healing styles and practices and offers accessible techniques that you can use immediately for healing and self-care. The popularity of energy healing is surging as people seek out alternative means of healing and wellness. While popular, energy healing can be intimidating to many, as it sits at the intersection of the scientific and the spiritual. *The Ultimate Guide to Energy Healing* offers an understandable and practical approach to energy healing. Learn how to: Develop energetic sensitivity Work with auras and energy fields and protect your space Clean and balance chakras Remove energy blocks and cords Do light body and DNA activation Techniques for the beginner, intermediate, and more advanced practitioners are included. Detailed information on chakras and energetic anatomy is covered as well as supplemental tools and techniques such as color healing and using crystals, pendulums, and sound. The techniques offered in this book are a fusion of many methods thus enabling practitioners to get the best from each method of energy healing and incorporate the practice into everyday life and adjunctive practices such as meditation or yoga. *The Ultimate Guide to...* series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, numerology, witchcraft, chakras, aromatherapy, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

Unlock the power of Reiki with this beautiful and informative guide, with step-by-step photographs

This book describes the current updated energy anatomy and Three NEW Systems; Earthing, Psychic and Signal Body's with each Chakra function translated into easy language, together with charts, and how to heal, repair, align, activate and maintain them. For Energy Workers, Evolved Souls and the Journeyer.

The 10th book in the Divine Heretic Series. *Anima Mundi* contains

messages from and for energy healing shared for and through the world soul. They come from experiences and the knowledge and wisdom gained from those experiences and they also come from higher source. Wisdom gained from many different energy healing and spiritual healing modalities is woven into the poetic messages in this book and the ones which preceded it. Words and wisdom gained through experience and woven through love and compassion which share powerful tools for removing energetic blocks, breaking through barriers, and healing through awakening and forgiveness. This book and the others are for the purpose of awakening, moving beyond illusion and unhealed wounds from many different sources. The messages within are for the purpose of guiding us within to do the healing work we might need to do for ourselves, as all living things are connected.

Following the success of 'Healing for Horses', in this book, Margrit Coates explains how readers can learn to interact with equines on a deep level. She gives practical advice on how to tune into your horse and understand what he or she is trying to communicate to you about wellbeing. You will discover how to sense what your horse is feeling and when it is healthy or suffering. You will also learn how to exchange healing messages, soul to soul, with your horse in order to improve their health and yours, and to strengthen the bond between you. Included are many fascinating case histories of horses and those who care for them, showing how they have mutually benefited by learning to open channels of communication. Intended for every horse owner, rider and handler - and the many thousands of people around the world who work with horses including vets, complementary therapists, grooms, stable hands, trainers, instructors and breeders. This book is for anyone who loves horses.

Embracing the End-of-Life Journey is a sensitive and inspiring personal account of learning how to be fully present and comfortable with the time we have left with our loved ones as they approach the end of their lives. Author and spiritual teacher Wendy Jordan shares how she learned Reiki energy healing techniques for her own personal healing and comfort after her father's death, then discovered ways to spiritually journey with her hospice patients, clients, friends and even her beloved dog ? creating lasting soul connections. A heart-opening ?must read? for family members, caregivers and Reiki practitioners dedicated to supporting the end-of-life journey ?This book shows us how to expand our hearts

and minds to the remarkable gift of intuitive connection, especially at the end of life. ?Denys Cope, RN, BSN, author of Dying: A Natural Passage ?Wendy is a very gifted and spiritual soul who profoundly helped my sister in her transition to the next world. She showed us how to spiritually journey... I now know I can visit with my sister at any time. ?Barbara Ann Savini, Hypnotherapist and Reiki Master

During years of research and practice, Krieger and her mentor--the late medical intuitive and clairvoyant, Kunz--found illness to be caused by energy imbalance. This guide teaches readers to rebalance the body's energy through touch, visualization, and a spiritual acceptance.

A 5-step energy detox program from renowned energy healing expert, Oliver Nino that removes the crippling blocks from your energetic field that stand between you and abundance, purpose, and happiness. Renowned energy healer and spiritual activation expert, Oliver Nino shares his 5-step energy reset that eliminates the toxins that hold you back from being in your healthiest state. In this book, Oliver explains how energetic blocks lodge themselves in your system as negative beliefs, emotions, and sometimes even physical conditions. Traumas, ancestral roots, or environmental factors create feelings of fear, guilt, anger, betrayal, uselessness, hurt, and inadequacy that can flow through you like dangerous, free radicals. These create walls in your energetic field, which can cause physical disease, relationship issues, feeling "stuck," a lack of abundance, a lack of purpose, a lack of confidence, anxiety, depression, or a general feeling of unhappiness. Writes Oliver, "I find that when you cleanse, or remove, the blocks that weigh people down using my healing techniques, it not only detoxes their energetic fields—thus, healing various aspects of wellness—but also allows them to tap into a higher power and activate their own gifts, so that they can pursue their purpose on earth. Every one of us is naturally wired to clear our energy fields. Our souls arrived here in a clear, energetic state, and so it's possible to return to our natural way of being."

Full of practical exercises and simple techniques, this book guides the reader on how they can use energy healing in their everyday life to heal themselves and others In this book, energy healer and psychotherapist Abby Wynne explains the basic concepts of energy healing and gives the reader exercises and techniques for getting started right away. This book teaches the reader how to: -

ground and centre themselves - bring healing into their everyday activities to feel calmer and more balanced - open to a healing light - send energy healing to loved ones Energy Healing Made Easy is aimed at readers who are completely new to, or only just getting to grips with, energy healing. With step-by-step instructions and uncomplicated exercises that can be performed at home, it will give the reader the confidence they need to find healing and balance in their life. This book was previously published within the Hay House Basics series.

Alexander experienced a moving pain within his chest almost every night for 8 frightening months. The pain was sometimes so intense that he couldn't sleep. He could sense his body getting weaker and weaker and began feeling that he was going to die. The death of a family angel, budgie Gosha, was the turning point in his life, and showed him the way to heal himself. He discovered a very easy solution that miraculously healed him. Alexander is sharing his experiences and all of his healing secrets with you in this book. You will discover 3 easy steps to heal yourself, how to set your Spiritual DNA for healing (some people call it Quantum DNA or Soul DNA). You will find out how to get from your sub-consciousness mind what food to avoid and what food will speed up your healing. You are unique - so food choices! You will discover how to set your spiritual DNA to optimize your weight (weight loss) and make the weight stable. So you will enjoy food you love... You will find out in the book how to set your Spiritual DNA for Good Luck, Love and unlocking the miraculous power within you to live a healthy, happy, and joyful life ever after. All of you have tremendous inner healing power - and so do You! Discover more at: <http://lightfromart.com>

Learn a natural technique to help promote healing by channeling Divine/Universal energy to revitalize your body, mind, and spirit. YOU WILL LEARN: How Does Gentle Energy Touch Work? Benefits of Gentle Energy Touch and Who Can Benefit from Energy Healing, What is an Aura and Kirlian photography? Exercises for Sensing Energy, The Body's Energy Centers (7 Major Chakras), The Twenty One Day Cleansing Process, Preparing for a Self-Healing Treatment, Intention with Treatment and Asking for Healing Energy, Self-healing positions, Final steps for Balancing, Grounding, Closing the Aura and How to Disconnect from the Energy plus much more! Once you begin your inner journey toward healing, spiritual growth, and understanding, your awareness will shift into

a new place and start to grow. You begin to understand your life's purpose in a deeper way, and the confidence you have in your inn-

er guidance becomes stronger and clearer. Your body, mind, and spirit open up, and you begin balancing these three parts of yourself in wholeness and harmony. Purpose becomes reality; you talk

the talk and walk the walk. What an incredible feeling . . . loving yourself and being free to be who you are!