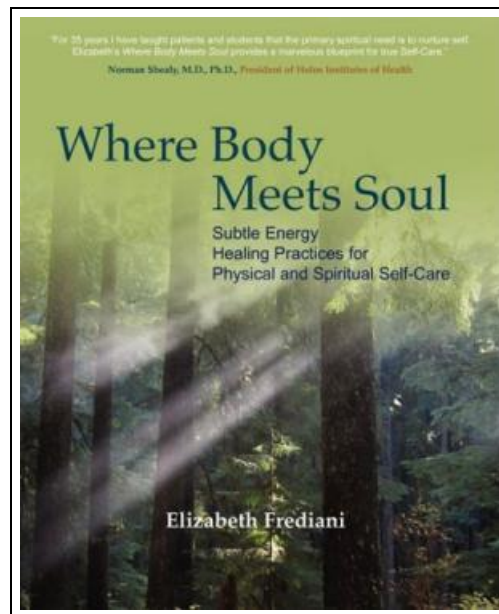


Where Body Meets Soul: Subtle Energy Healing Practices for Physical and Spiritual Self-Care (Paperback)



Filesize: 8.22 MB



Reviews

This is basically the greatest pdf i have got go through right up until now. It normally fails to cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Genoveva Langworth)

WHERE BODY MEETS SOUL: SUBTLE ENERGY HEALING PRACTICES FOR PHYSICAL AND SPIRITUAL SELF-CARE (PAPERBACK)



Singing Mountain Publishing Alliance, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Elizabeth Frediani draws upon her 35-years of experience working with subtle energy practices to present this articulate, accessible manual on energy-based healing. Her well-crafted exercises address your ongoing need for physical, emotional, and spiritual self-care, yet lead you beyond simply problem solving symptoms. Using the energy system as the map of health and consciousness, she guides you to connect with your bodys energy to clear the underlying factors and the self-limiting attitudes and habits that compromise your well-being. Fredianis understanding of the natural relationship between the subtle energy system and transcendent states of awareness is unparalleled. In a balanced and insightful way, she also teaches you how to awaken your consciousness and utilize your inner source of peace, compassion, and spiritual revitalization. From comprehensive theory to step-by-step instruction, this book advances our education in the true meaning of body-mind-soul medicine. The material and practices in Where Body Meets Soul reflect the authors background teaching beginning and advanced students, training practitioners, and working with private clients. Her emphasis on practical life applications is refreshing and grounding. Through use of the practices you will transform how you see yourself and how you commit to yourself. Endorsers of Fredianis book include Norman Shealy, M.D., Ph.D, President of Holos Institutes of Health, and Sandra Ingerman, author of Soul Retrieval and How to Heal Toxic Thoughts. Lucia Thornton, President of the American Holistic Nurses Association, June 2007 June 2009, writes: Where Body Meets Soul is an exquisite work! Elizabeth Frediani reflects an extraordinary understanding of subtle energy].This book goes beyond self-care and helps the reader understand and experience the infinite nature of their Being. I would recommend this book to both advanced and beginning practitioners...

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