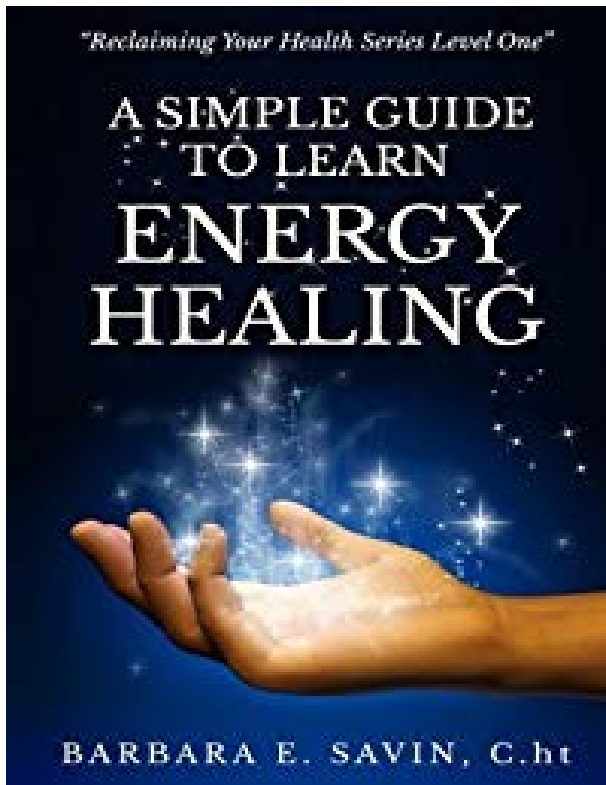


A Simple Guide to Learn Energy Healing (Level One Book 1)



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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 inner 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!