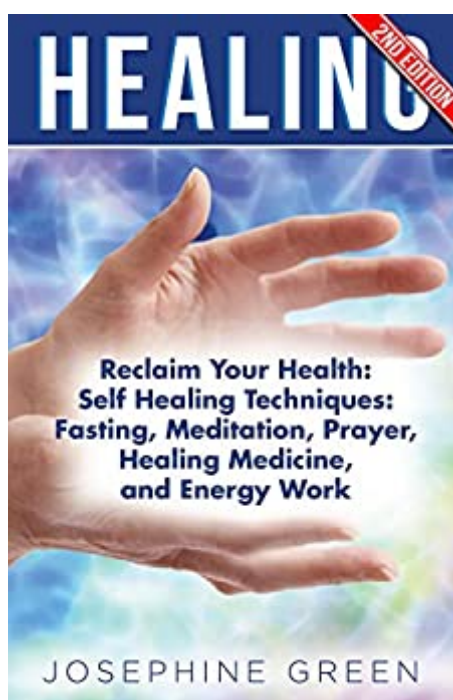


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# Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, And Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)



## Synopsis

2nd Edition – Published November 2016 Including more and expanded material! Can your spirit heal your body? Does positive energy have the power to treat sickness? Can fasting reset your body and mind? Self-healing maximizes your chances for complete recovery, and modern science underestimates the power of the human spirit. Whether you prefer a more natural approach to your health or are want to compliment your doctor's treatment, *Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work*, 2nd Edition, is an excellent place to start. This alternative health guide picks up where Western medicine falls short by putting you on a path to greater health and wellness without using pills or herbal remedies. Along the way, you'll learn about how your spirit and mind can rejuvenate your body; how cleansing the body and mind promotes healing; the power of positive energy and positive thinking; how to harness your energy and restore your body. This helpful guide goes beyond the how and why and teaches when, where, and how with:

- Practical exercises to help you rejuvenate your spirit through prayer and meditation
- Fasting methods designed to cleanse your body and break bad habits
- Meditation and breathing techniques that will reconnect you with your higher self
- Energy healing practices that harness your body's natural energy
- Exercises designed to clear your aura and heal you
- A variety of lesser-known alternative techniques to compliment healing
- A list of helpful do's and don'ts to keep you on the right path

Good health is the key to living a happy and full life. Don't rely on Western medicine alone to treat sickness or wait for someone else to perform a miracle. Learn how to harness your energy and heal your body, mind, and spirit with *Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work*, 2nd Edition. Buy Your Copy Right Now

## Book Information

File Size: 1482 KB

Print Length: 53 pages

Page Numbers Source ISBN: 1541076397

Simultaneous Device Usage: Unlimited

Publisher: Josephine Green; 2 edition (June 18, 2016)

Publication Date: June 18, 2016

Sold by: A Digital Services LLC

Language: English

ASIN: B01H9WCMYI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #210,785 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #136

in [Kindle Store > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong](#) #143

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## Customer Reviews

This is really great book about meditation and prayer. It very informative for everyone. Before read this book I don't have proper information or ideas about this but now I know healing is very important for our mind and soul also health we need to increase our Healing powers. I like this book very much Healing define us about God power and the power of nature. We all need to know about healing properly.

Great little book here. My favorite chapter from the book was Chapter 4: Practicing self-healing through healing medicine. The energy medicines and the placebos gave me a new way to interpret how channeling my energy will help my overall healing. When you combine the 6 practices of healing into a complete process that are tailored to your needs, you can begin to fix issues that may have affected your well being in the past. Well written, concise and to the point.

The body can heal themselves. Nature can also help the body heal itself. This book says so. This is an interesting topic for me since I rely on modern science to cure any ailments. A positive outlook on our situation, making our misfortune into an opportunity and having a positive mindset will do miracle to heal yourself. That's why understanding and total comprehension of these things plus how our works and what factors influence it is essential in order for us to live a better and a happy life. I think this is more than enough.

Great read to learn how to live a more balanced life. I absolutely think this is great book. All opinions are my own and they are not influenced by anyone but myself. If this review helped you at all please

vote yes below.

This book is a must have for any person interested in the chakra system. I learned a lot of things like the seven chakra centers, unhealthy chakras, meditation, therapies and many more. This book is indeed very helpful. I felt good and comfortable. Looking forward to reading more books from the author.

Healing naturally through prayer, fasting, meditation, through energy work or through healing medicines one of the oldest way of healing which our ancients were practicing with the time pass on people more depend on medicines. If you are looking for a Healing guide for heal your prolonged disease Healing reclaim your health definitely going to help you .Disclaimer - Got this free book to give my honest opinion about the book

Okay. the information is skimpy but does provide some directions to pursue.

Still using it and love it so far

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