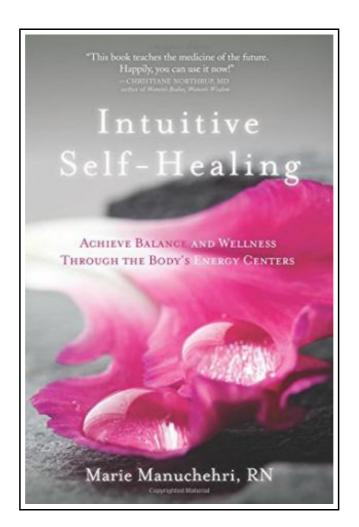
## Intuitive Self-Healing: Achieve Balance and Wellness Through the Body s Energy Centers



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### Reviews

*This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me).* (Jamar Stracke)

#### INTUITIVE SELF-HEALING: ACHIEVE BALANCE AND WELLNESS THROUGH THE BODY S ENERGY CENTERS



SOUNDS TRUE INC, United States, 2012. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. Even the doctors and the most sophisticated tests can t always find the source of a health issue, but there is one authority that always knows-your own body. We intuitively perceive what we need for physical, emotional, and spiritual healing, teaches Marie Manuchehri. The biggest challenge for most of us is learning to trust our inner guidance. With Intuitive Self-Healing, this registered nurse and renowned energy healer provides accessible instruction for helping you tune into your health at a deeper level. Offering a compendium of illuminating case studies and practical self-care techniques, Marie invites you to learn more about: ? The chakra system-how to access and activate seven energy centers that hold the key to our wholeness and intuitive gifts ? A chakra-by-chakra examination of specific health and emotional issues, with easy selfassessment quizzes ? Energetic preventative care-detecting and addressing potential health problems before they physically manifest ? Hands-on tools for accessing intuition, including one-minute exercises to ground and balance your energy-anywhere ? Your intuitive style-how to discover your unique strengths for reading and working with subtle energy Through her popular radio show and workshops, Marie Manuchehri has provided invaluable guidance for those seeking to take a more active role in their own well-being. Everyone has the power to create a vital, fulfilling, and healthy life, teaches Manuchehri-and with Intuitive Self-Healing, she offers key insights for awakening your own life-changing gifts. This engaging book is the result of one person s dedication to trusting her intuition and learning from careful observation of people in need. Each case example gives an inside scoop about the ways an energy healer s perceptions can guide whole-person healing. Each personal exercise given is a ...

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