



The Encyclopedia Of Energy Healing: A Complete Guide to Using the Major Forms of Healing for Body, Mind and Spirit

Jan De Vries

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Total well-being comes from a life in balance and harmony--not just the mere absence of illness. Take a fresh approach to eliminating disease and achieving emotional fulfillment through the Eastern concept of chi, or the flow of good energy. With this far-ranging and comprehensive encyclopedia, you get advice on what form of healing energy to apply, how to select a complementary therapist, and what to expect from the process. Understand exactly how this therapeutic procedure works--both "body energetics" and "precious energy." Eat and drink to boost chi--and your health. Practical exercises show how and when to try energy healing in the home. Tap into one or more forms of holistic medicine: the healing touch; traditional Chinese practices; mind energy; esoteric energy; crystals; flowers and plants; or color, light, and sound. Find out which conditions benefit from this type of healing. It's the key to recovery and transformation! 192 pages (all in color), 8 1/4 x 10 1/4. NEW IN PAPERBACK.



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