



## Energy Healing: Using the Powers of Nature: Therapies for Mind, Body and Spirit, with 120 Photographs

By Raje Airey

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Energy Healing: Using the Powers of Nature: Therapies for Mind, Body and Spirit, with 120 Photographs, Raje Airey, This book shows you how to improve energy levels and achieve optimum health and vitality by harnessing the healing powers of nature. You can choose the most suitable therapies using simple diagnostic techniques, such as dowsing, Kirlian photography, Vega testing and applied kinesiology. You can explore energy-based therapies, including acupuncture, light therapy, chakra balancing and water therapy, as well as magnetotherapy, sound therapy and radionics. It provides helpful guidelines on preventing and relieving minor illnesses, as well as reducing stress and anxiety. Healing with energy is as old as humankind. The techniques that tap into invisible energy forces include working with light and sound, harnessing the energies of plants and minerals, and understanding the cosmic energies of the sun and moon. This book explains how to diagnose and treat energy imbalances using both ancient and modern methods, from acupuncture and feng shui to Vega testing and radionics. It also describes how energy therapies can help with common health problems, including chronic fatigue syndrome, stress, headaches and migraines, arthritis, allergies, skin problems and emotional stress,...



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