



The Art of Spiritual Healing: Chakra & Energy Bodywork (Llewellyn's New Age)

Keith Sherwood

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Healing energy is always flowing through you?discover how to recognize and tap this incredible healing source. Each of us has the potential to heal ourselves and become a channel for healing others. The step-by-step directions in this chakra and energy handbook will teach you how to:

- ?Develop “attention,” a key factor in energy work and healing
- ?See and feel auras, and use them as a diagnostic tool
- ?Open and balance the chakras
- ?Heal through vibration, polarization, and empathetic healing techniques
- ?Channel healing energy from a distance

You can become a wellspring for Divine healing energy and spiritual, emotional, and physical well-being and health using the powerful techniques and practices in this book.

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