

JACK ANGELO

AWAKEN AND DEVELOP YOUR POWER OF TOUCH

HANDS-ON HEALING

A Practical Guide to
Channeling Your Healing Energies

WITH STEP-BY-STEP INSTRUCTIONS AND ILLUSTRATIONS

Hands On Healing A Practical Guide To Channeling Your Healing Energies

Maya Cointreau



Hands On Healing A Practical Guide To Channeling Your Healing Energies:

Hands-on Healing Jack Angelo, 1997-03 An illustrated step by step guide that makes it easy for anyone to awaken and develop their own healing gift Hands on Healing allows the reader to both understand the body's energies and to practice healing exercises Chapters focus on such topics as healing touch chakras the wisdom of the body visualization and meditation

New Spiritual Answers to Life's Big Questions Marianne Figge Stein, 2006-06-01 Do you want meaningful inspirational answers to important questions about God the universe and the meaning of life Are you an open minded spiritual seeker who is willing to look outside the boundaries of traditional religions Then you'll want to know about new spirituality It's not a new religion or organization it's a new worldview based on love tolerance compassion and freedom It's based on the writings of people such as Neale Donald Walsch author of the Conversations with God books but it also draws on sources ranging from ancient mysticism to contemporary science This book serves as an introduction to new spirituality for people who are ready to embark on a spiritual journey In a question and answer format it discusses important issues in a clear inspirational and practical way that will help you cultivate inner peace and happier relationships in your daily life You'll find out what new spirituality has to say about topics such as love karma suffering and the future of humanity You'll also learn about reincarnation co creation intuition and healing And above all you'll acquire a compassionate and empowering basis for finding your own way to enlightenment

New Spiritual Answers to Life's Big Questions Ph. D. Marianne Figge Stein, 2006-06 Do you want meaningful inspirational answers to important questions about God the universe and the meaning of life Are you an open minded spiritual seeker who is willing to look outside the boundaries of traditional religions Then you'll want to know about new spirituality It's not a new religion or organization it's a new worldview based on love tolerance compassion and freedom It's based on the writings of people such as Neale Donald Walsch author of the Conversations with God books but it also draws on sources ranging from ancient mysticism to contemporary science This book serves as an introduction to new spirituality for people who are ready to embark on a spiritual journey In a question and answer format it discusses important issues in a clear inspirational and practical way that will help you cultivate inner peace and happier relationships in your daily life You'll find out what new spirituality has to say about topics such as love karma suffering and the future of humanity You'll also learn about reincarnation co creation intuition and healing And above all you'll acquire a compassionate and empowering basis for finding your own way to enlightenment

The Healing Wisdom of Mary Magdalene Jack Angelo, 2015-02-22 An in depth study of the heart centered teachings of Mary Magdalene Explains how the Fourth Gospel of the New Testament specifically the Gospel of Signs is actually a direct transcription of Mary Magdalene's oral teachings Reveals Mary Magdalene as a gifted visionary teacher and the best qualified disciple to lead the Jesus movement after his death Details how the Gospel of Signs outlines 7 key steps for personal transformation and healing The discovery and translation of the Gnostic Gospels have revealed Mary Magdalene to be a gifted visionary teacher and the best

qualified disciple to lead the Jesus movement following his death Yet according to most scholars only a few fragments of her actual teachings have survived Sharing more than 20 years of research inspired by a profound experience at the cave in southern France where Mary Magdalene is reputed to have spent her final years Jack Angelo reveals that the Fourth Gospel of the New Testament traditionally attributed to John is actually a direct transcription of Mary Magdalene's oral teachings He explains how the Fourth Gospel was recast by more conservative members of the Jesus movement such as Peter and Andrew to hide Mary's authorship and suppress her role as head disciple Delving deeply into the many layers of meaning within the Gospel of Signs the first 11 chapters of the Fourth Gospel which describe seven of Jesus' miracles he shows how Mary's teachings outline seven key steps for personal transformation and profound healing For example the sixth sign describes the shamanic healing of a blind man when Jesus spits on clay and smears the paste over the man's eyes Angelo explains how the deeper meaning of this sign is about perceiving with the eyes of the heart Beyond the beauty and simplicity of Mary's wisdom for personal transformation and healing Angelo also shows how Mary's heart-centered teachings embody the resurgence of feminine energy that is vitally needed to restore balance to the psyche and health of humanity as well as to Earth

Simple Meditation Curt Remington, 2011-05 The exercises and information in Simple Meditation can help people improve their relationships tap into psychic abilities and use quantum energy to release blocks to health and happiness

Buddhist Healing Touch Ming-Sun Yen, Joseph Chiang, Myrna Louison Chen, 2001-05-01 An introduction to the unique healing practices of the Buddhist monks Examines a wide range of specific conditions and includes detailed illustrated instructions First English translation of the most widely used book on self-massage in China and Taiwan When Dr Ming Sun Yen was sentenced to hard manual labor during China's Cultural Revolution he served his sentence in the shadow of the Lin Yang Shih an ancient Buddhist temple in the mountains near Fuchow There he witnessed the impressive healing work performed by a Buddhist monk on the Red Guard's prisoners many of whom had sustained beatings and physical injuries For the next three years he worked as the monk's assistant learning techniques that had been handed down in Buddhist tradition for centuries In Buddhist Healing Touch Dr Yen teaches us how to care for ourselves naturally by using acupressure self-massage breathing techniques exercises and herbal remedies He looks at a wide range of conditions from abdominal cramps to sinusitis A brief diagnostic description is provided for each condition followed by a step-by-step guide to the most effective acupressure and massage techniques for treating it Illustrations of the acupressure points accompany each treatment as well as tips regarding diet and relevant folk cures Possible complications are also indicated with clear instructions for when to seek the care and advice of a qualified physician

Yoga Journal, 1997-12 For more than 30 years Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in-depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

The Alexander Technique Wilfred Barlow, 1990 The Alexander Technique a revolutionary method of bodywork pioneered by the late F M Alexander provides the key to successful body dynamics Now in this updated and revised edition Wilfred Barlow s classic guide to Alexander s work explores every phase of the technique Today the Alexander Technique has a world wide following and is respected as a major contribution to the fields of medicine education and psychiatry Barlow the foremost exponent and teacher of Alexander s work explains how your mental physical and sexual well being are affected by the way you use or misuse your body He shows you how to reduce mental stress and muscular tension by becoming more aware of balance posture and movement in everyday activities

Tarot Shadow Work Christine Jette, 2000 In *Tarot Shadow Work* Christine Jette bravely takes the practice of tarot readings to new depths and places many people fear to go She shows us how we can use the cards to trigger awareness in ourselves of troubling aspects of our lives and histories and then go beyond discovery to use the cards as tools for healing This is part of the work that needs to be done with tarot in this new century Rachel Pollack author of *78 Degrees of Wisdom* and the forthcoming *Shining Tribe Tarot* Deep within our psyches the unconscious holds our forbidden feelings secret wishes and creative urges Over time these dark forces take on a life of their own and form the shadow a powerful force of unresolved inner conflicts and unexpressed emotions that defies our efforts to control it The shadow takes its shape from a menagerie of archetypes each recognizable throughout time and around the world troubling characters who thrive within our persona The shadow is saboteur martyr victim addict sadist masochist or tyrant all the dark figures that prey on the lighter qualities of the human personality The shadow also represents those latent talents and positive traits that were banished from us at some time along our life path artistic musical athletic or creative talents An undeveloped ability a dream that has gone unexpressed a fantasy of what might have been these too make up the personal shadow the lost parts of ourselves *Tarot Shadow Work* shows you how to free yourself from the shackles of the shadow s power Through tarot work journaling meditation creative visualization and dream work you will bring the shadow into the light This book is ideal for those who are in recovery from a serious addiction or illness as well as any person seeking a deeper understanding of his or her true self By exploring the dark and uncharted territory of the unconscious mind you will work towards understanding and integrating the shadow No prior knowledge of the tarot is required You will learn to use the cards as a tool to help you break free from negative patterns and self destructive behavior Once we realize that we are made of both light and darkness life will start to make sense When we accept our dual natures we stop sabotaging our own efforts and learn to be compassionate with others and with ourselves

Vibrational Medicine Richard Gerber, 2001-03-01 The original comprehensive guide to energetic healing with a new preface by the author and updated resources More than 125 000 copies sold Explores the actual science of etheric energies replacing the Newtonian worldview with a new model based on Einstein s physics of energy Summarizes key points at the end of each chapter to help the serious student absorb and retain the wealth of information presented *Vibrational Medicine* has gained widespread

acceptance by individuals schools and health care institutions nationwide as the textbook of choice for the study of alternative medicine Trained in a variety of alternative therapies as well as conventional Western medicine Dr Gerber provides an encyclopedic treatment of energetic healing covering subtle energy fields acupuncture Bach flower remedies homeopathy radionics crystal healing electrotherapy radiology chakras meditation and psychic healing He explains current theories about how various energy therapies work and offers readers new insights into the physical and spiritual perspectives of health and disease

Safe Sexual Healing Sunyata Satchitananda,2019-09-06 Sexual healing has been a clandestine alternative healing modality in the shadows of public awareness This guidebook seeks to bring sexual healing out of the shadows and inform both healers and those seeking healing about how to conduct sexual healing sessions safely Safe Sexual Healing goes behind the scenes and reveals how sexual healing works and shares key principles and essential practices needed to provide safety for both clients and healers It provides essential information to sexual trauma survivors on how to pick a sexual healer and what to expect in sexual healing sessions Healers gain important insight into the healer client relationship and learn what to watch out for during sessions to prevent harming their clients

The Ultimate Guide to Channeling Amy Sikarskie,2022-02-08 Channeling is considered the apex of intuitive development The Ultimate Guide to Channeling provides a safe structured step by step approach for awakening one s abilities written by mega influencer and creator of Spirit School Online Amy Sikarskie

The Spirit World: A Guide to Communicating Beyond the Veil Vikki Strack, In the tapestry of human experience the threads of life and death intertwine creating a fascinating and often perplexing landscape For centuries humanity has grappled with the mysteries of the afterlife seeking answers and solace in the face of mortality The spirit world a realm beyond our physical senses has captivated imaginations and inspired countless stories rituals and beliefs This book serves as a guide to navigating the enigmatic world of spirits offering a respectful and informed approach to communication with the other side It is not a definitive answer to the complexities of the afterlife but rather an invitation to explore the fascinating world of mediumship Ouija boards and other spiritual practices Through a blend of historical insights practical techniques and personal anecdotes this book aims to shed light on the nuances of the spirit realm and equip readers with the tools and knowledge to embark on their own journey of exploration This is not just a book about communicating with spirits it is a journey of self discovery spiritual growth and a deeper understanding of the interconnectedness of all beings Whether you are a seasoned seeker or a curious beginner The Spirit World A Guide to Communicating Beyond the Veil provides a valuable resource for those seeking to bridge the gap between the physical and spiritual realms

The Comprehensive Vibrational Healing Guide - Life Energy Healing Modalities, Flower Essences, Crystal Elixirs, Homeopathy and the Human Biofield Maya Cointreau,2013-05-13 An Amazon 1 Bestseller in Mental Spiritual Healing The Comprehensive Vibrational Healing Guide covers hundreds of holistic remedies that work with the body s natural energetic rhythm to foster better emotional spiritual and physical health Maya Cointreau walks you

through the layers of the body biofield explaining vital concepts such as chakras meridians and elemental theory so that you can choose the remedies that will work best for you and your family Quantum physics and rigorous scientific studies are explored shedding light on how and why vibrational healing works so well in conjunction with modern allopathic medicine Vibrational remedies are energy medicine Everything in this book is designed to balance or enhance the energy patterns in the body so that it can heal itself All vibrational remedies shift our energy so that we can feel better So that we can be better Learn how to effectively use mind body techniques such as EFT meditation and affirmations Create and use your own flower essences and homeopathic remedies or choose from hundreds of remedies that are on the market today including essential oils and crystal elixirs Understand the power of UV light and how to harness its healing potential through the use of LED lights or colors Hands on healing therapies such as Reiki Polarity Therapeutic Touch and Qigong Healing are all explained as well the basic tenets of Ayurveda Won Ki and Traditional Chinese Medicine Harness modern technological breakthroughs from NASA and other respected scientists and take charge of your healing process Powerful Holistic Healing Modalities from the Comprehensive Vibrational Healing Guide The Human Biofield Chakras Meridians Reiki Polarity Therapy Therapeutic Touch Ayurveda Traditional Chinese Medicine EFT Meditation and Affirmations Aromatherapy Homeopathy Brain Waves Learning and Sound Healing UV Light Color Therapy Learn to Create and Use Your Own Remedies Electro Magnetic Quantum Healing Technologies Biofeedback BioResonance and Rife Machines Maya Cointreau will take you on a journey towards a new way of living life She makes it easy to relate to the material and her words will leave you feeling confident and self empowered Kathy Lalonde RPP *The Ultimate Guide to Energy Healing* Kat Fowler,2022-02 The Ultimate Guide to Energy Healing is a beginner s guide to energy healing styles practices and techniques that readers can use immediately for healing and self care *Energy Healing for Beginners* Ruth White,2003-05-26 Do you feel you have a gift for healing but don t know where to start Are you a new healer who needs some basic guidelines Do you need a healing reference book that answers your questions simply and clearly In her new book world renowned healer Ruth White tells you everything you need to know about energy healing With clear instructions and simple exercises her down to earth guide explains for mainstream readers the exciting method of this spiritual healing and precisely what it involves Here is a book that is ideal for both novice and more seasoned healers **The Everything Guide to Reiki** Phylameana Lila Desy,2011-12-15 The Everything Guide to Reiki is a comprehensive resource for readers interested in this ancient Japanese hands on therapy which has been proven to reduce stress promote healing and enhance quality of life Beyond learning the basics of Reiki s history readers learn about the placing of hands how to harness negative energy promote a healthy immune system and alleviate specific ailments such as chronic pain digestive issues infertility and depression Featuring a section on how to get certified and open up your own Reiki practice The Everything Guide to Reiki is the ideal guide for readers interested in this ancient therapy **Reiki for Life (Updated Edition)** Penelope Quest,2016-05-31 The classic text suitable for Reiki beginners and masters alike now

revised and updated with the latest findings and techniques into this arcane energy healing practice An exciting and comprehensive handbook Reiki for Life contains everything readers need to know about the healing art of Reiki including basic routines details about the power and potential of each level special techniques for enhancing Reiki practice and helpful direction on the use of Reiki toward spiritual growth Comparing the origins and development of Reiki in the West and the East revealing methods specific to the original Japanese Reiki tradition and suitable for beginners experienced practitioners and teachers alike this book Explains what Reiki is and how it works Gives detailed instruction in First and Second Degree techniques Illustrates how to perform Reiki on yourself as well as on others Advises on how to become a Reiki master teacher Includes special advanced methods for working with Reiki Complete with illustrations and a useful section of resources Reiki for Life is a must have for seekers anxious to learn about this fast growing healing practice The Healer's Manual Ted Andrews,2025-08-05 You Are a Healer Your body has tremendous potential for restoring itself to health Using simple and effective vibrational healing techniques from bestselling author Ted Andrews you can restore your body s natural flow of energy Did you know that a certain Mozart symphony can ease digestion problems Or that swelling often indicates being stuck in outworn patterns Most diseases have a metaphysical origin When your emotions and thoughts are unbalanced your physical energy is depleted and you become more susceptible to illness or injury Now you can get to the core of a problem and heal it Ted Andrews shows you how to work with etheric touch color sound herbs fragrance and your chakras to achieve a state of vibrant well being This beginner friendly guide will help you bring more light energy and health into your life and the lives of all you touch Becoming a Channel of Creativity and Inspiration Henry Reed,2014-09-03 Whether you call it channeling spiritual intelligence inspiration creativity or intuition we humans have available to us a level of awareness and intelligence that exists prior to any external education yet benefits from all your learning This unique book describes many grounded and practical ways consistent with research in scientific psychology of developing a relationship with this human potential all within a spiritual or transpersonal philosophy that assumes that the purpose in life is for us to learn how to share our gifts and thereby come into an awareness of our essence as Creator

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