

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

Kat Fowler



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

Love Heals Practice Guide Ilchi Lee, Ilchibuko Todd, 2024-07-16 Come home to your heart and discover the incredible power of self healing with this companion book to the award winning documentary film LOVE HEALS Ilchi Lee and Ilchibuko Todd true masters of ancient Korean energy principles want you to know there's a way out of the challenges you're facing Whether you're dealing with physical pain emotional struggles or simply seeking mental clarity the key lies in opening your heart and connecting to the love of your true self It starts with harnessing the power of energy and its healing potential This guide is inspired by the

retreat featured in the LOVE HEALS film where participants unlocked the transformative power of self love and energy practices They achieved significant breakthroughs in healing their deep pain intense traumas and heartbreaks Born from the overwhelming response of viewers who were deeply moved by the film this book aims to provide you with the same healing tools witnessed on screen Ilchi Lee the visionary behind the energy practices showcased in the film and Ilchibuko Todd the expert trainer who led the retreat have joined forces to bring you a 21 day roadmap to healing and self discovery With step by step guidance insightful principles and inspiring stories of people from all walks of life you will discover foundational practices such as How to master the art of being present by fully being in your body How to create energy balance for enhanced vitality an open heart and mental clarity How to transform your pain and emotions into a guide for healing How to release trapped emotions and overcome negative self talk How to connect yourself to unconditional love and light within yourself Discover the ancient energy principles that let you get to the root of an issue see it clearly and free yourself from it Take back control over your body and mind with simple movements and meditations designed for people in almost any physical or emotional condition Most importantly uncover your own worth your own love and be amazed by its power to help you feel healthy and whole The Love Heals Practice Guide offers not only practical techniques for healing but also a powerful philosophy and a way of living that you can embrace for life

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 **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 **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

Crystal Healing: A Comprehensive Guide to Transformative Energy Lyra B. Knox,2023-01-01 Embrace the harmony and balance that crystals can bring to your life Discover the transformative power of crystals and embark on a journey of self discovery healing and balance with Crystal A Comprehensive Guide to Transformative Energy This essential guide provides readers with the knowledge and tools to harness the incredible energy of crystals for improved well being and personal growth In this comprehensive guide you ll Whether you are a beginner looking to explore the world of crystal healing or a seasoned practitioner seeking to expand your knowledge and skills Crystal A Comprehensive Guide to Transformative Energy is the perfect companion on your journey towards a more balanced empowered and harmonious life Embrace the wisdom and energy of crystals and unlock your full potential today Table of Contents Additional Resources and Further Learning Advanced Crystal Healing Techniques Building Your Crystal Healing Practice Chakras and Crystal Healing Choosing Your Crystals Crystal Healing and Aromatherapy Crystal Healing and Astrology Crystal Healing for Abundance and Prosperity Crystal Healing for Addiction and Recovery Crystal Healing for Children Crystal Healing for Personal Growth and Transformation Crystal Healing for Pets and Animals Crystal Healing for Relationships Crystal Healing for Travel and Protection Crystal Healing Techniques Crystal Shapes and Forms Crystals and the Power of Intention Crystals for Creativity and Inspiration Crystals for Dream Work and Lucid Dreaming Crystals for Emotional Healing Crystals for Grief and Loss Crystals for Home and Environment Crystals for Meditation and Yoga Crystals for Physical Healing Crystals for Spiritual Healing Ethical Considerations in Crystal Healing Frequently Asked Questions and Troubleshooting Introduction to Crystal Healing Sacred Geometry and Crystal Healing Types of Crystals MORE **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

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

A Practical Manual of Arcturian Healing Luan Ferr, 2025-02-01 A Practical Manual of Arcturian Healing Energetic Alignment Multidimensional Healing and the Sacred Science of Arcturus Discover the transformative power of Arcturian energy one of the most advanced forces in the cosmos with this essential guide to multidimensional healing Combining stellar wisdom and practical techniques this manual reveals How to activate Arcturian light codes to regenerate body and mind Meditations and rituals to balance chakras and connect with your star guides Tools to dissolve energetic blockages and access higher realities Steps to integrate quantum healing into your daily life Ideal for energy therapists spiritual seekers and those who wish to transcend physical and emotional limitations this book is a bridge between the sacred science of Arcturus and earthly practice It includes illustrations step by step exercises and access to activation audios Prepare to ascend to a new level of consciousness and transform your healing journey into a cosmic

adventure **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

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

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 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

The Ultimate Guide to Channeling Amy Sikarskie,2022-01-11 Take your intuitive abilities to new heights with The Ultimate Guide to Channeling Channeling is the ability to communicate with angels spirit guides ascended masters and beings in spiritual realms the apex of intuitive development The Ultimate Guide to Channeling provides a safe structured step by step approach for awakening your abilities Learn how to develop this advanced intuitive skill with precision and safety Accompanied by stunningly ethereal illustrations expert author and Spirit School founder Amy Sikarskie will guide you through The different styles of channeling How to connect with your personal group of guardian angels and spirit guides The different chakras and clair senses How to use your natural intuitive abilities to perceive spiritual messages with accuracy How to integrate other divinatory tools such as oracle cards and sound into your channeling practice You will also find valuable tools and techniques for energetic hygiene so that channeling can be done safely and accurately Learn how to discern rogue and imposter spirits and clear energy after a channeling session As your gifts strengthen with The Ultimate Guide to Channeling at your side have fun dancing with the magic of love light and angelic communication The Ultimate Guide to series offers comprehensive beginner s guides to discovering a range of mind body spirit topics including tarot divination numerology witchcraft chakras aromatherapy and

more Filled with beautiful illustrations and designed to give easy access to the information you re looking for each of these references provides simple to follow expert guidance as you learn and master your practice Also available from the series find Ultimate Guides to Psychic Abilities Crystals Energy Healing Astrology Shamanism Chakras Divination Crystal Grids Tarot Spreads Tarot Witch s Wheel of the Year Aromatherapy CBD Witchcraft and Numerology [Alternative Medicine Resource Guide](#) Francine Feuerman,Marsha J. Handel,1997 Contains information on resources and publications in the general field of alternative medicine and thirty two specific modalities **The Ultimate Guide to Psychic Abilities** Karen Frazier,2021-11-09 Learn how to develop your intuition safely and effectively for joy and personal empowerment with best selling author and psychic Karen Frazier as your guide Psychic ability is the capacity to know the unknowable We are all born with this gift but we need to know how to access it The Ultimate Guide to Psychic Abilities teaches you how to awaken your different psychic abilities Mediumship the ability to talk to Spirits Telepathy the ability to read what s in someone else s mind Precognition the ability to know events before they occur Precognitive dreaming the ability to use dreams to predict the future or know events Remote viewing the ability to see events at a distance Channeling the ability to glean information from other people or Spirits Astral travel the ability for your spirit to leave your body and explore other places Psychokinesis the ability to affect and move objects with your mind You ll also learn how to use your psychic abilities in conjunction with other divinatory tools such as tarot and astrology Setting energetic boundaries and protection is discussed as are strategies for managing psychic information if you are empathic or highly sensitive Exercises and games allow you to explore and learn at your own pace as you strengthen and refine your abilities The practice includes meditations asking for and recording psychic dreams charging crystals and card play among others Written in an accessible style and featuring luminously beautiful illustrations The Ultimate Guide to Psychic Abilities is the essential guide for developing your most important ability The Ultimate Guide to series offers comprehensive beginner s guides to discovering a range of mind body spirit topics including divination crystal grids numerology witchcraft chakras aromatherapy and more Filled with beautiful illustrations and designed to give easy access to the information you re looking for each of these references provides simple to follow expert guidance as you learn and master your practice Also available from the series find Ultimate Guides to Channeling Crystals Energy Healing Astrology Shamanism Chakras Divination Crystal Grids Tarot Spreads Tarot Witch s Wheel of the Year Aromatherapy CBD Witchcraft and Numerology **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

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