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Hands of Light offers: * a new paradigm
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Hands of Light: A Guide to Healing
Through the Human ...

This energy healing technique uses your hands like magnets to pull unwanted energy like that of another person, a drug, illness, a traumatic experience, or other negative energies. With your hands in the field above the area that is giving off these negative energies, set your intention to pull the unwanted
energy out of the body and the field.

5 Basic Energy Healing Techniques Using Your Hands ...
Keeping your eyes closed, visualize healing white light being sent out of your hands into your body. See the nourishing light flowing into your body and healing, restoring and recharging all of your
energy centers. Visualize the light going down to the tips of your toes and up to the very top of your head.

**How to Recharge Your Spiritual Energy Using Your Hands ...**
The results showed that energy healing played a significant and positive role in the healing process. Specifically, the
study reports, "they acquired significantly fewer new AIDS-defining illnesses; they had noted decrease and/or elimination of various secondary diseases; they had lower illness severity and required significantly fewer doctor visits, fewer hospitalizations and fewer days in the hospital."
Spiritual Healing Practice of Laying on Hands

Reiki is the Japanese tradition of energy healing, and it dates back to the early 20th century. The seven chakras, the energy transmission centers of the body, were first described in ancient Hindu texts. Meridians, the energy superhighways of the body, helped lead
traditional Chinese medicine practitioners to develop acupuncture.

5 Surprising Facts About Energy Healing
Hands of Light: A Guide to Healing Through the Human Energy Field, by Barbara Ann Brennan, is a scientist's look at the field of bioenergetic
healing--offering specific techniques towards expanding perceptual tools of healing, seeing auras, understanding psychodynamics and the human energy field, and spiritual healing. Trained as a physicist and psychotherapist, Brennan has spent the last 15 ...
Healing Hands of Light provides massage and energy work.
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Description. By Barbara Brennan Trade paperback book ISBN 9780553345391 294 pages. Written primarily for those interested in acquiring information and
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technique for the healing art of laying-on of hands, the work presents an in-depth study of the human aura and its relationship to the healing process both psychological and physical.

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On a metaphysical level, healing with light is considered a form of vibrational energy healing because light and color
frequencies are used to balance a person's energy. Your body's chakra energy centers are each associated with a specific color. Colored lights, stones, or cloth are often used to balance these centers.

Healing with Light and Color Therapy
Hands of Light offers: * a new paradigm for the human in health, relationships and disease * an understanding of how the human energy field looks and functions * training in the ability to see and interpret auras * medically verified case studies of healing people from all walks of life with a variety of illnesses * guidelines for healing the self and others