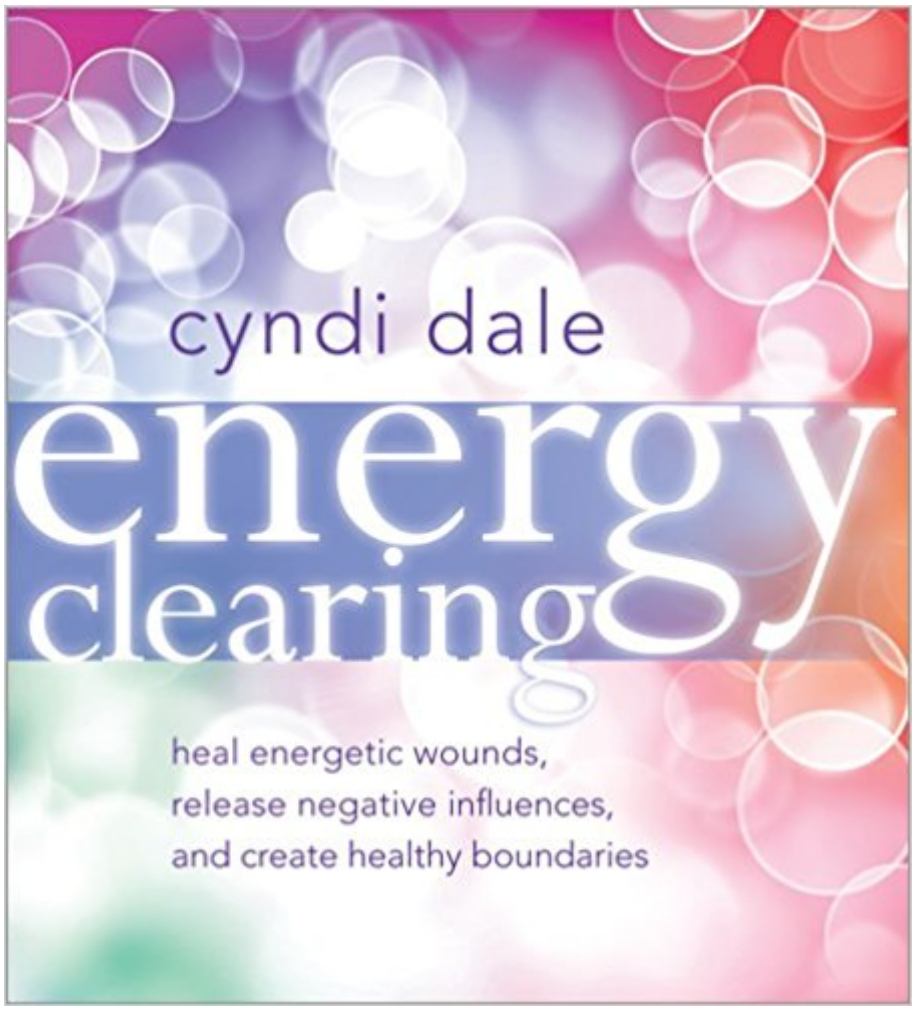
Ebook Directory
the best source of ebook

The book was found

Energy Clearing



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

You take vitamins, work out, and watch your diet, but at the energetic level, what are you doing to maintain your well-being? Your energetic body needs to be kept in shape too, and with Energy Clearing, acclaimed author and chakra expert Cyndi Dale brings you the key practices and techniques for maintaining and enhancing the health of your subtle anatomy. "Our energy fields affect more than our health," Dale explains. "They control our happiness, our prosperity, our decision makingÃ Â¿every facet of life." On her new audio program, this world-renowned teacher presents a complete regimen of energy practices, including: How to scan your subtle body and diagnose specific problems and imbalances. Techniques for creating energetic boundaries to protect yourself from harmful influences. Guided meditations for clearing your internal blockages and increasing your natural strengths. Daily practices to invigorate yourself in the morning, deal with real-life situations during your day, and cleanse your energy field at night. Even though the subtle body is invisible, it has as much impact on your overall well-being as any aspect of your physical self. With Energy Clearing, Cyndi Dale provides all the tools you need to develop a vital energetic lifestyle best suited to your own needs--for a lifetime of improved health,happiness, and mental clarity.

Book Information

Audio CD: 2 pages

Publisher: Sounds True, Incorporated; Abridged edition edition (August 1, 2009)

Language: English

ISBN-10: 1591796970

ISBN-13: 978-1591796978

Product Dimensions: 5 x 0.5 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 12 customer reviews

Best Sellers Rank: #989,634 in Books (See Top 100 in Books) #85 inÃ Â Books > Books on CD > Health, Mind & Body > Fitness #457 inÃ Â Books > Books on CD > Health, Mind & Body > General #497 inÃ Â Books > Religion & Spirituality > Hinduism > Chakras

Customer Reviews

I found this audio CD to be very informative and interesting on the subject of energy fields, chakras etc.As I am new to this study this CD answered many questions. However, I think a seasoned student of this field will find the author, Cyndi Dale, to be expert on the subject and just as

interesting, as I. Her voice is very easy to listen to and the information in the CD is fascinating. She seems to have no trace of arrogance-Just a very down-to-earth way of describing what others may perceicve as a less than down-to-earth subject.I just did one of the meditations once and found it useful; I plan to do again.I think that as these beliefs become better accepted that our whole medical system and methods of healing people will radically change.I also like the authors Dr. Judith Orloff and Sonia Choquette.

Some interesting things are being said here the problem is the pronunciation of certain words becomes very distracting. The work "especially" does not begin with ACK therefore it does not sound like "ACKSPECIALLY". Like fingernails on a chalkboard this word alone is repeated at least three times, making a meditative state all but impossible.

I love to listen to this! Over and Over.

Informative, good introduction to the topic.

Loved all the info given in high energy positivity!!!

Concise, easy to understand, helpful to hear a voice walking you through the steps.

Excellent

I love energy work. Love to learn about it. I've only listened to this cd once and I found it hard to understand. My daughter on the other hand thinks it's great. I have to listen to it a second time and maybe I'll think different.

Download to continue reading...

Reiki: The Healing Energy of Reiki - BeginnerÃ¢â ¬â„¢s Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Energy Clearing Sacred Space: Clearing and Enhancing the Energy of Your Home Renewable Energy Made Easy: Free Energy from Solar, Wind, Hydropower, and Other Alternative Energy Sources Energy Harvesting: Solar, Wind, and Ocean Energy Conversion Systems (Energy, Power Electronics, and Machines) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal

Healing, Energy Fields, Emotional Healing, Gemstone) Clearing the Air: The Rise and Fall of Smoking in the Workplace Clearing the Air: Asthma and Indoor Air Exposures Clearing the Way to Health and Wellness: Reversing Chronic Conditions by Freeing the Body of Food, Environmental, and Other Sensitivities Chakra Clearing The Baseball Codes: Beanballs, Sign Stealing, and Bench-Clearing Brawls: The Unwritten Rules of America's Pastime It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! Clearing Spaces: Inspirational Techniques to Heal Your Home TB 9-1310-251-10, OPERATOR'S MANUAL RANGE CLEARING PROCEDURES FOR CARTRIDGE 40MM: TP, M918, 1995 Clearing the Last Hurdle: Mapping Success on the Bar Exam Clearing the Last Hurdle: Mapping Success on the Bar Exam (Academic Success) Clearing the Way: Deconcentrating the Poor in Urban America (Urban Institute Press) Chakra Clearing: A Morning and Evening Meditation to Awaken Your Spiritual Power Crystal Prescriptions: Space Clearing, Feng Shui and Psychic Protection. An A-Z guide. In the Clearing (The Tracy Crosswhite Series Book 3)

Contact Us

DMCA

Privacy

FAQ & Help