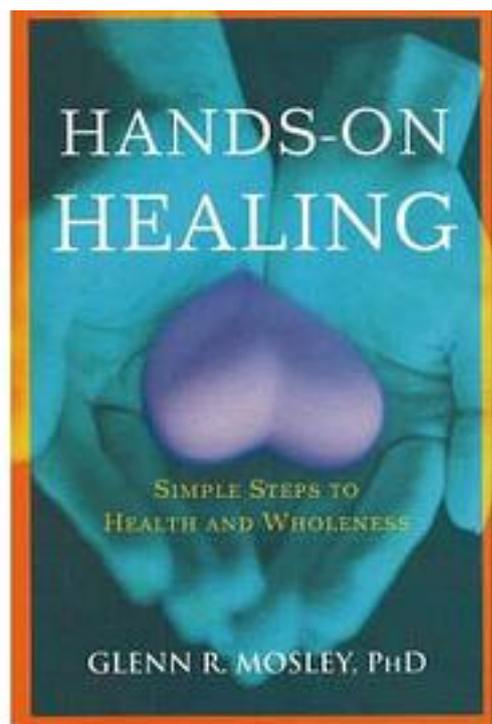


# Hands-on Healing



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著者:Angelo, Jack

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An illustrated, step-by-step guide that makes it easy for anyone to awaken and develop one's own healing gift. The moment we injure ourselves, we instinctively reach out to touch the area in pain. When someone's hurt is internal rather than external, we still use touch, caressing a brow or stroking a back to offer comfort. This form of hands-on healing has existed as long as mankind. In "Hands-on Healing," Jack Angelo helps us to utilize this power of touch which we all possess. "Hands-on Healing" allows the reader to both understand the body's energies and to practice healing exercises. It explains

the nature of disease and discusses the role of the mind and emotions in healing. Chapters focus on such topics as healing touch, chakras, the wisdom of the body, visualization, and meditation. Illustrations and step-by-step instructions make it simple for anyone to awaken and develop their own healing gift - for self-healing or for healing others. This comprehensive book also includes information on how to set up a healing practice, making it an essential reference text for healers.

作者介绍:

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