



discovering your ability to heal yourself

Jan Phillip Holland, Ph.D., M.Ht.

# The Healing Spot Discovering Your Ability To Heal Yourself

**B Lingard**



## **The Healing Spot Discovering Your Ability To Heal Yourself:**

*The Healing Spot* Jan Phillip Holland, 2002-02-01      *Discover The Ancient Healing Power of Reiki, Awaken Your Mind, Body, Spirit and Heal Your Life* Madison Fuller, How The Healing Power Of Reiki Can Change Your Life Do you want to live a happier healthier and better life How about healing your body and increasing your energy We all have been victims of physical and emotional problems like back pain fatigue trust issues sexual inadequacy etc And often times it s not clear what the root cause of these issues is We make the mistake of thinking that there is something inherently wrong with us Learn Heal and Transform Reiki has the power to heal our minds bodies and spirits in ways few of us can imagine This is applicable to individuals of any age with physical mental emotional or even spiritual problems For many years Reiki has been a highly guarded secret but it is intelligent energy which automatically goes to where it is needed Find out more in this complete guide to an ancient healing art to living a happier healthier and better life In this book you will discover Meditations to strengthen your mind and expand your consciousness Free yourself from negative energies Gain wisdom and clarity from your divine self Help yourself others with Reiki How to open your Third Eye Best foods to eat and teas to drink accordingly for your chakras Learn how to use Reiki as a healing and personal growth system Reiki healing to clear financial blocks Reiki to attract true love Manifesting positive outcomes Heal your body and increase energy Manifest a strong sense of peace and love And much much more This book will change your life and free you from negative energies Now is the time to make a change and live a happier life      **Discover Your Psychic Abilities** Alma Caldwell, Your intuition is more powerful than you think it s a hidden superpower waiting to be unlocked Do you ever feel torn between doubt and instinct wishing you could trust your inner voice with confidence With *Discover Your Psychic Abilities* you ll learn how to break through confusion and self doubt to awaken the intuitive gifts you already possess This book gives you a clear structured and practical path to sharpen your intuition expand your awareness and connect with higher guidance in your daily life Inside you ll discover how to Understand the science and spirit of intuition so you can trust your inner compass without second guessing Awaken clairvoyance telepathy and energy perception through step by step exercises Apply intuition in real life for decision making relationships health and career clarity Protect your energy and stay grounded while developing your psychic senses Refine accuracy and overcome doubt with continuous learning strategies Unlike vague or mystical guides this book gives you a practical easy to follow roadmap for intuitive development no prior experience required and no fear of getting it wrong If you re ready to stop questioning yourself and start living with clarity confidence and higher awareness the journey begins here Get your copy of *Discover Your Psychic Abilities* today and unlock the intuitive wisdom within you      *Surviving Narcissists: Amarah Carly*, 2025-02-04 *Surviving Narcissists A Beginner s Guide to Recovery Healing and Overcoming Pain* is a powerful and insightful guide designed to help survivors break free from the grip of narcissistic abuse This book provides practical steps to recognize manipulation rebuild self esteem and reclaim personal freedom With expert advice on healing emotional

wounds setting boundaries and rediscovering inner strength it empowers readers to move forward with confidence and clarity Whether you ve experienced toxic relationships with a partner family member or colleague this guide offers the tools needed to heal and thrive beyond the pain      **Intuitive Wellness** Laura Alden Kamm,2011-08-02 Twenty years ago Laura Alden Kamm recovered from a near death experience with the amazing new ability to telepathically scan the structure of a person s body and see inner disturbances in intricate detail Kamm also had the ability to see Kirlian fields the electromagnetic energies that pulse around all organic matter She has since created educational programs to train others in the intuitive way to prevent or reverse disease Kamm shows us how to become our own healers by both preventing disease before it manifests physically and treating existing conditions Clearly explaining both ancient and newly developing philosophies that guide her work she offers quick simple and practical exercises that help readers learn about their unique energy systems develop confidence in their intuition and resolve emotional and physical pain      **Awakening Power** Sat Dharma,2019-10-24 Drawing inspiration and knowledge from a range of cultures and religions Awakening Power synthesizes ancient and modern knowledge in a format that is easy to read and understand Offering clear explanations and simple steps for daily life this book will guide you towards a liberating transformation of the self      *Brain Change* Annemarie Schratter-Sehn,2023-08-04 As chief physician of a renowned Viennese hospital radiation oncologist and trained behavioral therapist Annemarie Schratter Sehn worked with seriously ill patients In doing so she discovered a thousand year old method of activating self healing energies It turned out to be surprisingly effective Almost everyone can use it on themselves and on others for the complementary treatment of all kinds of physical and mental illnesses and to recharge their energy levels

**Healing Magic** Levanah Shell Bdolak,2010-06-30 **BACK COVER OF BOOK** Learn to heal yourself and others Are You a Healer Everyone has the ability to heal but most people do not pay attention to this wondrous skill To heal with energy is to believe the spiritual truism that energy comes first and all else stems from it Most people believe in the world that they see with their eyes but not the internal world that they feel with their hearts and spirit It is your energy that creates who you are and what happens to you Who can be a healer Everyone is a healer All of us are Light Beings Each one of us holds the magical key of reaching the healer within the part of you that is whole and always in touch with the oneness of the universe which is what we call your Higher Self Healing is the art of bringing a person s energy back to a true balance We all have the ability to heal ourselves and others Energetic Healing introduces you to the skills of being able to diagnose to heal to understand the nature of Karma and Free Will to heal without taking on the other person s pain energy or problem and to heal from a place of neutral cosmic love Healing is a very powerful skill It is the type of skill you will get to practice more than any other skill since people seem always to be encountering one healing problem or another in life You do not have to become a professional Healer or a full time healer to practice the art of healing There is always some type of healing to be done Sometimes it is a healing of a physical problem but it can also be a healing of an emotional mental or spiritual nature

too What the Healer learns from Healing Healing is the ability to change or shift energy If you can shift your own energy or someone else s to heal yourself of a physical problem you can also shift your energy to heal yourself of an emotional mental financial or spiritual problem too Many people study Energetic Medicine and go on in life to use these skills to improve their financial situation to create better relationships with spouses and family members to change outmoded rigid or stuck ways of thinking to clear old emotional patterns and feelings and to release physical pain and trauma in their bodies Energetic Medicine is the art of moving energy Once you understand that energy comes first and is the cause of all of your experiences you can use your skills to move the energy and learn to create your own reality The author Levanah Shell Bdolak has taught this form of energy healing for thirty years In this book she gives you step by step instructions to practice energetic healing as if you are attending a class in person **Mayan Messages: The Mayan Tzolkin Calendar, Daily Guide to**

**Self-Empowerment** Theresa Crabtree,2013-01-01 The Mayan Messages are a collection of 260 channeled messages one for each day of the sacred Tzolkin Mayan calendar In today s world there is much debate over what may or may not happen in the year 2012 The Day Keepers of the Mayan calendar speak from the Other Side encouraging the reader to look within on a daily basis for ways to create the reality one chooses to experience No matter when the world comes to an end these pearls of wisdom will allow you to create a life filled with peace joy and abundance NOW and in every moment no matter what chaos is spinning around you Consider purchasing a copy for your local church school jail or public library Contact the author for possible discounts on multiple book orders A portion of the sale of this book is used to supply the Mayan Messages to jails and public libraries throughout the United States For more information visit our website at [www.tadacom](http://www.tadacom) *How We*

*Heal* Alexandra Elle,2022-11-08 Beloved wellness author and teacher Alexandra Elle shares this practical and empowering guide to self healing In *How We Heal* bestselling author Alexandra Elle offers a life changing invitation to heal yourself and reclaim your peace In these pages readers will discover essential techniques for self healing including journaling rituals to cultivate innate strength accessible tools for processing difficult emotions and restorative meditations to ease the mind Alex Elle elegantly weaves together themes like self healing mindfulness inner child work and boundary setting and presents the reader with easy to follow practices that have changed her life and the lives of the thousands of people she has taught Her 4 part framework for healing will appeal to anyone who wants a clear process while the compelling personal stories leave the reader feeling connected and ready to begin again Complementing the practices are powerful insights from Alex Elle s own journey of self discovery using writing to heal plus remarkable stories of healing from a range of luminary voices including Nedra Tawwab Morgan Harper Nichols Dr Thema Bryant Barb Schmidt and many more Brimming with encouragement and delivered with Alex Elle s signature warmth and candor *How We Heal* is a must have companion for anyone that wants to unlock their inner wisdom and confidence to heal on their own *The Root of All Healing* Misa Hopkins,2009-05-29 Within

each of us there is a core discovery that needs to be made if we are going to become well In a direct yet compassionate style

Misa Hopkins reveals the reason so many of us don't get well even though we have tried a variety of treatments and solutions. There is a growing acknowledgement in contemporary spiritual thought that we are the creators of our own reality including our health. Hopkins shares real life stories demonstrating that healing is not just the result of finding the right cure but rather a personal opportunity to create wellness by engaging the sacred flow of Divine consciousness. Without promoting any particular healing methodology or spiritual practice she provides us with simple steps a guidebook for accessing the healing power and wisdom that already lives inside. Hopkins candidly takes us into the successes of her own healing as she uncovered and transformed secret needs being met through her life challenging illnesses. She shows us how illness can actually meet profound subconscious emotional needs causing us to remain sick and then she teaches us how to invite our subconscious worlds into alignment with our conscious desires. The result of this alignment is the ultimate root of all healing a new level of our own Divine awareness and power awakened. If everyone seeking medical and holistic help read this and addressed the hidden barriers to healing they would get healthier faster and with less struggle. I want all my patients to have this book.

Valerie Olmsted NMD Host of The Enlightened Medicine Show Misa after witnessing the results of your healing steps several times in my life and in the lives of clients you've helped I know miracles can be created.

Kevin Hooey Transformational Coach This book is absolutely brilliant. Misa puts important concepts together in a way that makes you go "Oh I get it." It's a first aid handbook for the new 21st century consciousness.

Cheryl McDaniel LPN The 7 steps provide practical ways any of us can develop grass roots self mastery in our journey of Divine awareness and healing.

John Brown Minister I have fewer migraines less back pain and sleep better. I am so much more upbeat and happy trusting myself and my process and enjoying ordinary life now.

Arleahna Spiritual Healer *Issue 1 - Premiere Issue of Atlantis Rising Magazine download pdf at atlantisrising.com*, In this 88 page Premiere Issue 1 Top 10 Ancient Civilizations with Advanced Technology BY David Hatcher Childress John Anthony West An candid conversation Tropical Disease Threat Electro Magnetic Pollution James Redfield The Atlantis Dimension Graphic Novel part One ANCIENT MYSTERIES *Forthcoming Books* Rose Army, 2002-04 [Define Yourself and Discover Your Destiny!](#) JoAnn Janson, 2008-10-28 Define Yourself And Discover Your Destiny Do you define your life or does your life define you? This book is about how to know yourself. It is about how to define who and what you are in your own terms from the inside out and thereby discover your true destiny. If your life's not working and you're not happy or if you have found a comfort zone but you know there has to be more then it is time to consider Defining. In fact if your life is less than ideal on all levels you can't afford not to Define. It is never too late to Define and anyone can do it. Most of us are sleep walking stuck in the nightmare of a Victim mentality. The life most of us live is not True Reality. Oneness it is the dream of separation and thus of suffering. Our one job in this lifetime is to wake up. In this book as JoAnn Janson shares the Life Cycles Purification System and Daily Action Plan that constitute her Defining Process she shows you how to do just that. This is the most important work you will ever do. Only you know if you are ready to meet the ultimate challenge [How to Heal](#)

Yourself When No One Else Can Amy B. Scher, 2016-01-08 Be You Be Happy Be Free Using energy therapy and emotional healing techniques How to Heal Yourself When No One Else Can shows you how to achieve complete and permanent healing by loving accepting and being yourself no matter what Energy therapist Amy Scher presents an easy to understand three part approach to removing blockages changing your relationship with stress and coming into alignment with who you truly are After overcoming a life threatening illness Amy had an epiphany that healing is more than just physical Her dramatic story serves as a powerful example of how beneficial it is to address our emotional energies particularly when nothing else works Discover areas of imbalance and easy ways to address them on your healing journey Whether you are experiencing physical symptoms or are just feeling lost sad anxious or emotionally unbalanced this book can change your life Praise Amy has seen the truth and can be a coach to all those who seek healing and authenticity Bernie Siegel MD bestselling author of Love Medicine Miracles and The Art of Healing Amy Scher is an inspiration not just because she teaches us how to take healing into our own hands but because she s living proof that it works Pam Grout 1 New York Times bestselling author of E Squared and E Cubed Amy Scher has penned a remarkable book about the pivotal role of the body mind and spirit in attaining true and complete healing There is much wisdom in this book written with exceptional clarity love and wisdom Sanjiv Chopra MD MACP Professor of Medicine at Harvard Medical School motivational speaker and bestselling author of Brotherhood with Deepak Chopra Amy Scher takes you on a guided journey to resolve emotional physical and energetic blockages that get in the way of true healing You will feel like you have a loving expert coach by your side along the way Heather Dane co author with Louise Hay of Loving Yourself to Great Health See Me Jan Cohen-Cruz, 2024-09-10 Encounters transformations and reflections from in prison and post release theater workshops See Me is a collection of intimate dialogues about collective experiences in the context of prison theater workshops Each essay is a collaboration between two or three people who connected profoundly in the temporary community that a workshop can create Part I is an exchange grounded in the prison theater workshop between the author and one of the incarcerated participants They alternately tell the story of what they found in the workshop each other the future they imagined together and the social turmoil and utopian aspirations of the times Part II consists of essays jointly written by eight other people impacted by close relationships spawned in diverse in prison and re entry theater workshops The G Spot Sumner M. Davenport, 2008 Not your typical book about gratitude This book is for the cynic the hopeless the happy and the already grateful Do you have an opinion a belief in gratitude or a passionate knowing Is it how you were taught or was it a lesson you learned through experience People fake many things in life and I found that some even fake gratitude The message in this book invites you on a self discovery journey sometimes through other perspectives and opinions Question its message as you question your current opinions and perceptions **Shamanism Made Easy: A Holistic Guide to Uncover Your Inner Power and Heal Your Life** Pasquale De Marco, 2025-08-13 In a world yearning for healing and transformation Shamanism Made Easy

emerges as a beacon of hope offering a comprehensive guide to unlocking the profound wisdom and healing power of Shamanism This book unveils the secrets of this ancient practice empowering readers to embark on a transformative journey of self discovery personal growth and spiritual awakening Within these pages readers will delve into the rich history of Shamanism tracing its origins from ancient roots to its enduring presence in diverse cultures worldwide They will discover the core beliefs and principles that underpin Shamanism gaining a deeper understanding of the interconnectedness of all life and the profound role of Shamans as healers guides and guardians of the Earth Through engaging storytelling and practical exercises this guide invites readers to explore the realm of Shamanic journeying a powerful technique for accessing altered states of consciousness and connecting with the spirit world Step by step instructions and guided meditations empower readers to embark on their own Shamanic journeys seeking guidance healing and insights from spirit guides and ancestors Furthermore the book delves into the art of connecting with power animals and spirit guides revealing their significance in Shamanic practices Readers will learn how to identify and communicate with these spirit allies fostering a deep connection with the natural world and gaining valuable guidance for their personal and spiritual growth With a focus on practical application Shamanism Made Easy offers a wealth of Shamanic tools and techniques that can be integrated into daily life Readers will discover how to incorporate Shamanic principles into their routines finding solace and healing through practices such as energy healing soul retrieval and dream interpretation This comprehensive guide is an invaluable resource for anyone seeking to deepen their spiritual connection cultivate inner peace and find harmony with the natural world Shamanism Made Easy provides a profound and accessible pathway to self discovery healing and personal transformation empowering readers to uncover their inner power and live a life of greater purpose and fulfillment If you like this book write a review

*Empowered Healer* Susan Allison Ph.D.,2011-08-23 After years of not paying attention to the honest voices inside you you may not remember how to listen to your intuition This disconnection may have caused you to feel worn down or depressed weakened and powerless and left your immune systems vulnerable and open to illness In *Empowered Healer* author Dr Susan Allison helps you relearn how to access and listen to your inner guidance and become empowered to take action to heal yourself completelyboth physically and emotionally Allison has spent more than twenty years developing a formula to help you Believe in yourself and stop blocking your healing Fill with power and create a team to support you Tune into and listen to your physical symptoms Find the emotional causes of your distress Release physical and emotional pain Create and live the life of your dreams Using anecdotes and examples from her personal experiences as a healer Allison communicates the keys to believing in your own power to restore yourself to wholeness A powerhouse of wisdom *Empowered Healer* helps you heal from the inside out to create greater happiness in every area of your life

**Creation Health**  
**Discovery: God's Guide to Health and Healing** ,2005



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### **The Healing Spot Discovering Your Ability To Heal Yourself Introduction**

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