

Acupressure Healing Energy In Your Hands Intinv

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 Energy Medicine Unlocked: A Comprehensive Guide to Healing
 Healing with the Chakra Energy System
 Acupuncture and the Chakra Energy System

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CHAVEZ SANCHEZ

The Book of Tapping Createspace Independent Publishing Platform

THE HEALING FIELD examines remarkable cases of healing and personal transformation made possible by a range of natural energy based healing techniques. The anomalous experiences arising in these contexts throw fresh light on the timeless issues of the nature of consciousness, reality and selfhood. Through the unique lens of the energy healer we are able to discern a far more expansive, positive and empowering view of our place within the larger web of life. The experiences recorded in The Healing Field are based upon live cases derived from over 15 years of professional experience. The insight and understanding arising from people's lived experience goes far to relieving the anxiety, fear and doubt that otherwise overshadows the vast majority of people. Back Cover Text: The Healing Field presents a collection of real-life cases drawn from intensive energy healing work. For over 15 years, Peter and his wife Gulcan have been practicing

and teaching energy psychology methods such as Emotional Freedom Techniques, Tapas Acupressure Technique, Reiki and breathwork to thousands of people. Their research reinforces the idea of a healing and morally self-correcting field of consciousness. This concept is compatible with Rupert Sheldrake's "Morphic Field". The Healing Field illustrates how transpersonal fields of consciousness connect all life forms and provides powerful leverage to heal the vast range of issues not addressed by conventional medicine and therapy. These issues often relate to:

- Contracts made in the womb
- Merged identities
- Problems inherited from ancestors
- Past life traumas
- Near death experiences
- Interactions with deceased persons
- Spirit and entity attachment
- Spiritual experiences
- Encounters with higher order beings

Each section carefully references scientific research, making this book a unique bridge between science and energy healing. Using simple, natural techniques we can heal our emotional and physical issues. In doing so, we contribute towards healing the fields of consciousness that connect us all. The Healing Field provides a reliable roadmap to help you chart a new course towards realizing your full potential in life.

The Encyclopedia of Energy Medicine Penguin

Perhaps the way you have been living is no longer working for you—or maybe you feel there must be more to life. Do you feel you would like to try a different path? Are you looking for something new? You already have the answers to your questions; you just need to reach out and take them. Discover how to access them through the world of energy and healing. You can create positive, lasting change and experience new possibilities, insight, and understanding. Searching ... A Peek into the Invisible World of Energy and Healing explores the many options for healing available:

- Healing yourself, receiving healing, and learning to give to others
- Twenty-first-century healing modalities
- Innovative modalities
- Established healing modalities
- Healing with the body
- Kick-starting your healing

In this simple and accessible guide, coauthors Donna Linn and Suzan J. Wells share their wisdom, describe the things they wish they had known earlier, and provide resources for further exploration. You can change your energy—and change your world!

[Points of Health The Effectiveness and Safety of Acupuncture and Acupressure](#) Balboa Press
 "When we align our energy, we unlock the door to healing." Discover the healing power of energy

medicine with "Energy Medicine Unlocked: A Comprehensive Guide to Healing." This essential guide takes you on a transformative journey, revealing the secrets of energy medicine and its ability to heal your body, mind, and spirit. Unlock the potential of energy medicine with a wealth of practical knowledge, techniques, and guidance found within this book's chapters. From understanding the basics of energy healing and the human energy field to exploring advanced techniques for balancing and harmonizing your energy system, this book provides everything you need to become an empowered self-healer. Key features of this book include:

- An introduction to energy medicine and its benefits
- The human energy field: understanding chakras, meridians, and auras
- Techniques for balancing and harmonizing your energy system
- Methods to enhance your intuition and develop your energy healing skills
- Energy medicine for emotional healing and stress reduction
- How to integrate energy medicine with conventional medicine
- Energy medicine for chronic conditions and pain management
- Self-care and daily energy medicine practices for optimal health
- Building a successful energy medicine practice

"Energy Medicine Unlocked" is designed to be your ultimate guide, whether you're a beginner looking to explore the world of energy medicine or an experienced practitioner seeking to expand your knowledge and skills. With its comprehensive and easy-to-follow content, this book will equip you with the tools and techniques you need to unlock your innate healing abilities and embrace a life of balance, harmony, and wellness. Unlock the healing power of energy medicine today with "Energy Medicine Unlocked: A Comprehensive Guide to Healing," and experience the transformative effects on your life, health, and wellbeing.

Contents: Understanding Energy Medicine The history and evolution of energy medicine Basic concepts and principles The role of energy medicine in modern healthcare The Human Energy System The energy body and its components Chakras and their functions Meridians and energy pathways The aura and its significance Energy Medicine Techniques Acupuncture and acupressure Reiki and healing touch Qi Gong and Tai Chi Therapeutic touch and energy manipulation Energy Medicine Modalities Biofeedback and neurofeedback Polarity therapy Electromagnetic field therapy Craniosacral therapy Energy Medicine and Emotional Healing Emotional Freedom Techniques (EFT) The role of energy medicine in trauma release Energy psychology and its applications Energy Medicine and Chronic Illness Managing pain with energy medicine The role of energy medicine in cancer treatment Energy medicine for autoimmune disorders Supporting mental health with energy medicine The Science of Energy Medicine Quantum physics and energy medicine The placebo effect and the power of belief Measuring and validating energy medicine practices Balancing Your Energy Techniques for grounding and centering Energy cleansing and protection Enhancing your personal energy levels Energy Medicine and Spirituality The connection between energy medicine and spiritual growth Kundalini energy and spiritual awakening Developing intuition and psychic abilities The Future of Energy Medicine Integrating energy medicine into mainstream healthcare Innovations in energy medicine research and technology The ethical considerations and challenges of energy medicine Energy Medicine for Stress and Anxiety Breathing techniques for energy balance Energy medicine and relaxation response Energy medicine for emotional resilience Diet, Nutrition, and Energy Medicine Foods that support energy balance The impact of nutrition on the energy body Supplements and herbs for energy medicine Energy Medicine and Sleep Sleep disturbances and energy imbalances Techniques for improving sleep quality The role of energy medicine in treating sleep disorders Energy Medicine for Children and Teens Supporting children's energy systems Energy medicine techniques for teens Addressing common childhood and adolescent issues with energy medicine Energy Medicine for Aging and Longevity The impact of aging on the energy body Energy medicine techniques for graceful aging Longevity practices and energy medicine Energy Medicine for Relationships The role of energy medicine in maintaining healthy relationships Energy medicine for couples Healing from toxic relationships and energy attachments Self-Care and Energy Medicine Developing a daily energy medicine practice Energy medicine for self-love and self-compassion Cultivating mindfulness and presence with energy medicine Energy Medicine and the Environment The impact of environmental factors on the energy body Energy medicine for space clearing and creating a healing environment Techniques for protecting your energy in challenging environments Professional Development in Energy Medicine Finding the right energy medicine modality for you Training and certification options Building a successful energy medicine practice

Acupressure II Independently Published

"A single touch can change a life." Discover the powerful healing techniques of acupressure with "The Acupressure Handbook: Ancient Healing Techniques for Today's World." This comprehensive guide takes you on a journey through the world of acupressure, a time-tested practice that has

been used for thousands of years to promote wellness, relieve pain, and restore balance. In this essential resource, you'll find:

- An introduction to acupressure and its origins in traditional Chinese medicine
- Detailed explanations of the meridians and pressure points that are the foundation of acupressure practice
- Step-by-step instructions for performing acupressure techniques, with illustrations to guide your way
- Specific acupressure routines for a variety of common ailments, including headaches, back pain, digestive issues, and insomnia
- Advanced techniques to enhance your overall well-being, such as using acupressure for emotional healing and stress relief
- The connection between acupressure and other holistic healing modalities, such as yoga, meditation, and massage therapy
- Tips for integrating acupressure into your daily routine for lasting results and improved health

Whether you're a complete beginner or an experienced practitioner, "The Acupressure Handbook" provides the knowledge, tools, and techniques you need to harness the power of this ancient healing art. Unlock the secrets of acupressure and experience the transformative benefits for yourself. Get your copy today and begin your journey toward a healthier, happier you.

Contents: Understanding Acupressure History and Origins The Principles of Acupressure Acupressure vs. Acupuncture The Science of Acupressure The Meridian System Chi and Energy Flow The Role of Pressure Points Acupressure Techniques The Proper Application of Pressure Reflexology and Zone Therapy The Five Elements Theory Common Acupressure Points Points for Pain Relief Points for Stress Reduction Points for Digestive Health Acupressure for Emotional Well-being Balancing Emotions Overcoming Anxiety and Depression Enhancing Mental Clarity Acupressure for Physical Health Boosting Immunity Improving Sleep Quality Increasing Energy Levels Acupressure for Women's Health Menstrual Pain and Irregularities Fertility and Pregnancy Support Menopause Relief Acupressure for Specific Conditions Headaches and Migraines Allergies and Sinus Issues Joint and Muscle Pain Self-Acupressure Techniques Creating a Daily Routine Partner Acupressure Acupressure Tools and Devices Integrating Acupressure into Your Life Combining Acupressure with Other Therapies Acupressure in the Workplace Acupressure for Athletes and Fitness Enthusiasts Precautions and Contraindications When to Avoid Acupressure Safety Tips and Guidelines Seeking Professional Help Becoming an Acupressure Practitioner Training and Certification Building a Successful Practice Ethical Considerations The Future of Acupressure Emerging Research and Techniques Acupressure in Modern Medicine Innovations in Acupressure Therapy Acupressure for Children and Teens Gentle Techniques for Kids Acupressure for Common Childhood Ailments Promoting Healthy Development Acupressure for Seniors Adapting Techniques for Older Adults Addressing Age-Related Issues Enhancing Quality of Life Acupressure for Animals Understanding Animal Meridians Treating Common Pet Ailments Acupressure for Animal Wellness Acupressure for Beauty and Skincare Acupressure Facelift Techniques Pressure Points for Skin Health Combining Acupressure with Skincare Regimens Acupressure for Weight Management Pressure Points for Appetite Control Supporting Digestion and Metabolism Combining Acupressure with a Healthy Lifestyle Acupressure for Travel and Jet Lag Pressure Points for Motion Sickness Reducing Jet Lag Symptoms On-the-Go Acupressure Techniques Acupressure and Traditional Chinese Medicine Understanding TCM Concepts Combining Acupressure with Herbal Remedies Incorporating TCM Principles into Your Practice Acupressure for Spiritual Growth Balancing the Chakras Cultivating Inner Peace Enhancing Meditation and Mindfulness The Role of Nutrition in Acupressure Foods that Support Energy Flow The Importance of Hydration Dietary Considerations for Optimal Results The Power of Touch The Healing Potential of Human Connection Building Trust and Rapport with Clients The Impact of Touch on Emotional Well-being

Secrets of Longevity: Acupressure Healing HarperCollins UK

Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age-related ailments Find professional help

Acupressure Xsports.com

Acupressure involves fingers to add pressure to areas of the body. A pamphlet will help by showing those who want to learn how to do the procedure where to place the fingers and the areas where acupressure shouldn't be used. Information is available about how long the pressure should be held and the benefits of using acupressure. There are also some people who shouldn't use the

treatment because of health concerns, and a pamphlet would go into more detail with this information.

Energy Medicine Blue Rose Publishers

Through targeted self-massage, acupressure can relieve ailments ranging from headaches and colds to stress and insomnia. This comprehensive introduction, packed with illustrations and diagrams, presents the 12 key acupressure points along with a simple overview of the body's meridian system of energy channels. Easy-to-follow instructions outline different massage techniques before presenting directions for healing over 40 common conditions using just 12 pressure points.

Reflexology and Acupressure John Wiley & Sons

22 Healing Acupressure Points; Fast Easy Guide to Natural Healing is for everyone. Young and old this book can help you on your path to wellness. This is a practical guide that is safe and easy to use. Natural healing is at your fingertips, literally. This guide will help you with a whole range of issues from an emergency acute pain, to chronic symptoms, this book will help you find a holistic approach to managing your pain without the use of medications. There is hope, you can find healing. This book will help you find a better way to live a pain free life. Whenever I start to get a headache I will immediately follow the headache prodigal. I find myself reaching for this book instead of the medicine cabinet. This book really has helped me find alternatives to traditional western medications. L. Monroe

Painting the Energy Body xsports.com

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.

22 Healing Acupressure Points Sterling Publishing (NY)

Acupressure is an ancient Chinese healing art developed over 5000 years ago. Similar to acupuncture using needles on the vital energy points of the meridians, acupressure uses only the fingers to massage on the energy points which activates the body to relieve the symptoms and to heal itself. Acupressure massage is very effective in lowering high blood pressure, increasing circulation and vitality, relieving pains and aches, reducing stress and is a superb self-treatment for boosting the body immunity. It is a natural healing method and a safe alternative healing modality for treating hypertension and other associated conditions. There are altogether nine easy exercises in the full routine. The exercises are accompanied by well-illustrated pictures for the locations of the acupressure vital points. All you need is to perform the routine once a day. It will take roughly twenty to thirty minutes and the result is instantaneous. You can also monitor your own progress by measuring your blood pressure before and after performing the acupressure massage routine. In most cases, the systolic pressure will become normalised or have a significant drop after performing a basic twenty to a thirty-minute routine. Diastolic pressure will also have a significant drop corresponding to the systolic pressure drop. In the middle section of the book, it looks into the long-term prevention and treatment for hypertension, including tackling all the major risk factors: Your body weight Diet and lifestyle Excessive caffeine intake Excessive alcohol consumption Insufficient sleep Long term stress Diabetes Medication or oral contraceptives Cardiovascular health The final chapter looks into the strategies of eliminating high blood pressure and its associated illnesses for good using healthy regiment and natural healing methods including: Performing acupressure daily Examine your diet and learn to eat less and eat wisely Exercise to strength your cardiovascular system and to keep your body weight normal Overcome stress and make changes in your life where necessary. Perform meditation and prayers daily to keep your body, mind and spirit in perfect harmony.

Spiritual Portraits of the Energy Release Points Bantam

The revolutionary, highly effective technique that allows you to free yourself from emotional hang-ups—forever! Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a loved one or forgiving yourself for a mistake you made

long ago? For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy—an easy-to-use practice often referred to as “acupressure for the emotions”—can make a remarkable difference. In this groundbreaking book, psychologists Peter Lambrou and George Pratt make their highly successful techniques available to everyone through simple exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results. A blend of Western psychotherapy and Chinese medicine, Thought Field Therapy (or TFT) uses the body’s meridian energy systems to treat emotional issues that can take years to unravel through traditional, talk-based therapy. A combination of breathing and relaxation exercises, affirmations, and tapping on specific pressure points on the body, TFT can instantly eliminate problems such as a fear of flying or public speaking, addictive urges, or painful emotions such as embarrassment or regret. Used on thousands of people with a 95 percent success rate, the step-by-step methods in Instant Emotional Healing now allow you to master this amazingly simple, astonishingly effective practice for yourself—and open the door to a lifetime of emotional control and well-being.

Perfect Natural Healing (Acupressure) Simon and Schuster

Focusing on the three most powerful modalities for chakra harmonization—foot reflexology, reiki, and crystal energy techniques—Press Here Chakras for Beginners empowers you with a number of choices to maintain your chakras as well as perform the necessary adjustments to alleviate some of the most common ailments. Chakras are the body's energy centers and key to physical health, emotional stability, and mental clarity. Ensuring your chakras are perfectly balanced offers a new dimension of healing and growth. With a robust toolbox that utilizes sound, color, smell, energy, philosophy, and mindfulness, these beautifully illustrated step-by-step meditations and exercises will help you achieve this balance. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, reflexology, and acupressure.

The Healer's Manual Tuttle Publishing

Holistic medicine has a very special concern - preventing illness and maintaining health. While conventional medicine has a powerful arsenal of weapons to coax the ill body back to health, holistic medicine uses a wider range of therapies which reinforce the body's own defenses to restore balance. Acupuncture and Acupressure have over 4,500 years of recorded healings. This book explains how they work and why, for many kinds of health problems, it is a better healing approach than conventional Western medicine.

Press Here! Acupressure for Beginners Llewellyn Worldwide

Alleviate pain, release tension, increase relaxation, and improve vitality with acupressure. Fun, modern illustrations and intuitive organization combined with the expertise of seasoned practitioner Bob Doto allow you to quickly implement this powerful wellness tool. For millennia, the Chinese have been studying the effects of applying pressure to specific points on the body to relieve ailments, from fatigue to illness and pain. Practitioner Bob Doto offers you a thorough understanding of how to use acupressure to improve your standard of life and manage your own well-being. Acupressure for Beginners is your complete guide for learning this ancient art in a beautifully designed and accessible instructional format. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, and reflexology. [Acupressure Healing Guide for Beginners](#) Inner Traditions / Bear & Co
Harnessing the power of symbols for physical, emotional, and spiritual healing • Explains how to make symbols directly on areas of pain for quick relief, on bandages to speed healing, and on

acupressure points for energy and emotional work • Explores the use of symbols to reduce scar tissue, counteract electromagnetic pollution, balance the chakras, and cleanse toxins from the body • Details how to transfer the energy of a symbol to water, food, jewelry, or stones for long-term treatment and prevention Geometric symbols and signs have been drawn on the body to enhance strength and courage and stimulate the body’s powers of self-healing since prehistoric times—the most ancient evidence being the 5,000-year-old iceman “Ötzi,” found in the Alps in 1991, who had symbols tattooed over his arthritic joints. Found in indigenous societies around the globe, symbols on the body—whether drawn, painted, or tattooed—act as energy antennae, triggering healing impulses in the energy body and meridian system. Exploring several simple methods to work with symbols for physical, emotional, and spiritual healing, Petra Neumayer and Roswitha Stark illustrate the key symbols used in this practice and reveal how to select the proper symbol or symbols for your condition. They explain how to use these signs directly on areas of pain and injury—from mosquito bites to eczema—for quick relief, on bandages to speed healing, and on acupressure points and meridians to treat more complex conditions. They explore the use of symbols to reduce scar tissue, counteract electromagnetic pollution, balance the chakras, and cleanse toxins from the body. The authors explain how, like homeopathic remedies, symbols transfer information through energetic vibration and morphic fields—the resonance between all living things, past and present, discovered by Cambridge biologist Rupert Sheldrake. They detail how to transfer the energy of a symbol to water, food, jewelry, or stones for long-term treatment and prevention. They also show how to heal animals and plants with symbols. Bringing together traditional Chinese medicine, quantum physics, dowsing, and homeopathy, this new yet ancient practice harnesses the power of symbols to initiate healing at the very foundation of our energetic being.

Emotional Healing in Minutes: Simple Acupressure Techniques For Your Emotions Sterling

Publishers Pvt. Ltd

Acupressure Healing Guide for Beginners Acupressure is often described as acupuncture without needles. Instead of using needles, acupressure relies on the application of firm yet gentle pressure to specific acupoints on the body's surface. These acupoints are located along the meridians or energy pathways and are believed to correspond to various organs, systems, and functions of the body. By stimulating these points, acupressure aims to restore balance and alleviate a wide range of health issues, from pain and discomfort to emotional stress and fatigue. Acupressure techniques can vary, but they typically involve using fingers, thumbs, or specialized tools to exert pressure on the acupoints. The amount of pressure, duration, and frequency of the treatment can be adjusted to suit individual needs and preferences. Acupressure is non-invasive, safe, and can be easily learned and applied by individuals for self-care or administered by trained practitioners. Acupressure is a non-invasive and drug-free approach to healing, making it suitable for individuals seeking natural remedies. It addresses the mind-body connection, recognizing that emotional and mental well-being are interconnected with physical health. Acupressure can complement other forms of treatment, including conventional medicine, physical therapy, and counseling, enhancing overall care. TO CONTINUE READING, GRAB YOUR COPY NOW!!!

[All You Wanted to Know about the Healing Touch Acupressure](#) North Atlantic Books

These Spiritual Portraits of the acupuncture points invite you to explore through conscious awareness underlying themes affecting the health and wellbeing of your physical, emotional, mental and spiritual bodies. It is a resource written for practitioners of acupuncture, holistic healers, energy workers and all those wishing to access and empower their own self healing. It brings healing to a deeper level by unlocking understanding and wisdom of the life journey, so that the experience becomes one of evolution and purpose. Unblocking and integrating the energy that moves through the body via the meridian system empowers transformational change. Change that allows you to tap into strengthening vitality to create and live a healthy, balanced and joy filled

life.

[The Secrets of Spiritual Healing](#) Simon and Schuster

Acupuncture and the chakra energy system have both become increasingly mainstream in the West, but rarely have the two approaches been joined into one practice. Acupuncture and the Chakra Energy System: Treating the Cause of Disease does just that. By comparing the traditional approaches of Chinese medicine and modern Western acupuncture with the chakra energy system of Ayurvedic philosophy, author John Cross offers clinically proven strategies for treating the causes of conditions, not just the symptoms. The book describes the seven major and twenty-one minor chakras in detail and explains how each is related to the body's aura, meridians, Key points, endocrine glands, autonomic nervous system, and varying symptomatology. Focusing on how to use the chakras in the treatment of chronic physical and emotional conditions—osteo-arthritis, rheumatoid arthritis, low back pain with sciatica, insomnia, hypertension, depression, menopausal symptoms, and frozen shoulder, among others—Cross’s clear, in-depth explanations make his techniques easy for anyone to follow. Including appendices on how to use the chakras with copper and zinc needles and biomagnets, as well as which types of patients respond to such treatments, Acupuncture and the Chakra Energy System is a well-rounded guide for acupuncturists and other practitioners as well as interested students.

[Simple Ways to Wellness](#) North Atlantic Books

A medical doctor with training in homeopathy, reflexology, and massage explores the multitude of therapies that use "energy" to heal common ailments, such as acupuncture, yoga, craniosacral therapy, massage, and more. 60 color photos.

Lowering High Blood Pressure with Acupressure HarperCollins

A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments • Effective for emotional conditions such as panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases • Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration • Offers the full tapping protocol as well as a shortened version for acute situations • Illustrates easily accessible points to tap and in what order Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points you can quickly and easily dissolve blockages in the body’s energy system, caused by past traumas and suppressed emotions such as grief and anger, and restore the natural flow of energy in your body, the key to optimal health and overall well-being. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere, offering both the full tapping protocol, which only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to tapping shows how the solution to many of life’s problems is at your fingertips.

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