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Healing with Body Energy

W. Brugh Joy

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Healing with Body Energy

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Healing with Body Energy W. Brugh Joy
Dr. W. Brugh Joy has created this guide to teach listeners a technique to feel the body-energy fields that radiate outward from specific points in the body's Chakra system, and to teach a systematic method to use those energies as a powerful source of healing.

With this audio compendium as your guide, you will learn to locate the charkas, how to body scan touch and transfer, the full body scan and transfer, and spiral meditation.

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