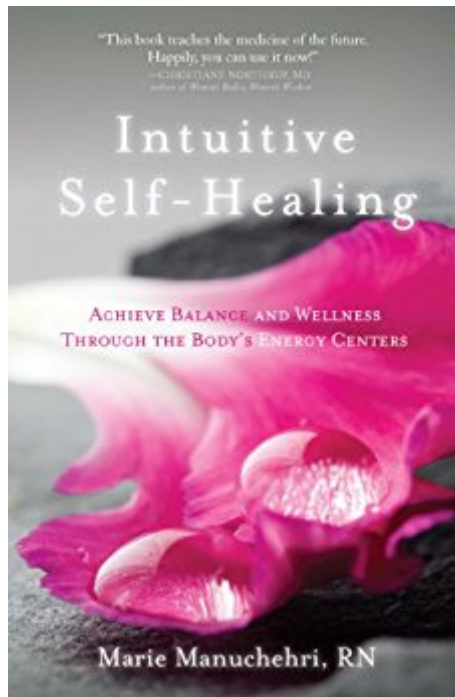


The book was found

Intuitive Self-Healing



Synopsis

Even doctors and the most sophisticated tests can't always find the source of a health issue, but there is one authority that always knows-your own body. "We intuitively perceive what we need for physical, emotional, and spiritual healing," teaches Marie Manuchehri. "The biggest challenge for most of us is learning to trust our inner guidance." With *Intuitive Self-Healing*, this registered nurse and renowned energy healer provides accessible instruction for helping you tune into your health at a deeper level. Offering a compendium of illuminating case studies and practical self-care techniques, Marie invites you to learn more about:

- The chakra system-how to access and activate seven energy centers that hold the key to our wholeness and intuitive gifts
- A chakra-by-chakra examination of specific health and emotional issues, with easy self-assessment quizzes
- Energetic preventative care-detecting and addressing potential health problems before they physically manifest
- Hands-on tools for accessing intuition, including one-minute exercises to ground and balance your energy-anywhere
- Your intuitive style-how to discover your unique strengths for reading and working with subtle energy

Through her popular radio show and workshops, Marie Manuchehri has provided invaluable guidance for those seeking to take a more active role in their own well-being. "Everyone has the power to create a vital, fulfilling, and healthy life," teaches Manuchehri-and with *Intuitive Self-Healing*, she offers key insights for awakening your own life-changing gifts.

This engaging book is the result of one person's dedication to trusting her intuition and learning from careful observation of people in need. Each case example gives an inside scoop about the ways an energy healer's perceptions can guide whole-person healing. Each personal exercise given is a valuable guide for activating the reader's intuition. I strongly recommend this fascinating guidebook!

- Dorothea Hover-Kramer, EdD, RN, DCEP

Chapter 1: Intuitive Self-Healing
Chapter 2: First Chakra: Embracing Your First Family
Chapter 3: Second Chakra: Becoming Passionate
Chapter 4: Third Chakra: Learning to Love Yourself
Chapter 5: Fourth Chakra: Giving and Receiving
Chapter 6: Fifth Chakra: Speaking Your Truth
Chapter 7: Sixth Chakra: Becoming a Multisensory Being
Chapter 8: Seventh Chakra: Connecting to Spirit
Chapter 9: Scanning the Body and the Human Aura
Appendix: Chakra Reference Table

Excerpt

Intuitive Healing isn't new. It's been around for centuries, but we have forgotten what it means to listen to our own body's messages. Instead, we have given our healing power away by not paying attention to our feelings and centered thoughts when we feel ill or are diagnosed with a disease. Intuition by definition is about knowing. Intuitive healing begins with discovering the vital energy within. There is nothing unusual about it. We all possess it. Each of us is our own best healer. Coming to know this intelligence within manifests itself in many different

ways. Some people view images in their mind, hear words, or feel sensations. Others pick up insights during their daily life which seem to come from othersâfrom radio, television, or billboard advertisements. Wherever our insights arise from, we all possess the aptitude to recognize them and discover what is in our best interest. Even if you have tried many times to perceive your internal messages, but feel that you possess no skill to do soâtrust me you do. After working with thousands of clients, Iâve learned that everyone has the capacity to receive, interpret, and successfully use their senses. You have this ability because we are genuinely powerful. You might be unaware of your great fortune, but nevertheless you are powerful.

Book Information

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Customer Reviews

In this new book, author Marie Manuchehri describes her personal awakening to the reality of energy healing and her ability to tune in intuitively to her patients and help identify the issues contributing to their health concerns. Marie was a nurse who began her own private intuitive healing practice so that she could fully offer her talents to the public. She now focuses a lot on teaching others to develop these healing skills. The book is built around the chakra system, and each of the chapters provide detailed explorations of the major chakras (subtle energy centers). This involves

identifying the life issues associated with each chakra and the methods that can be used to help clear and balance the chakras. Manuchehri make a strong case for the role of emotions in health and illness, and she gives case studies from her own practice to illustrate the connection between emotions, life issues, and chakra energy disturbances. She provides visualizations, affirmations, and other exercises to help readers apply self-healing methods to balance their own energy. I found her descriptions to be pretty consistent with my own experience, observations, and research as an energy healer. For example, she points out how throat chakra issues relate to unexpressed emotions, and encourages her clients to find a constructive way to express feelings, such as speaking, singing, or journaling. She describes how children with ADHD may be extra sensitive and ungrounded, encouraging diets with natural organic food, and spending more time outdoors exercising and away from video games in order to help reduce stress and be more grounded and focused. The book is well-written and well-organized, giving rich descriptions of the chakras and intuitive healing phenomena.

This is an excellent book to learn about the seven chakra energy centers of your body. There is a short introduction to self-healing and the chakra system in the first chapter of the book. This follows the 8-page introduction where Marie talks about her own experience starting in Fall 1997 as an oncology nurse and her transition to energy medicine. Marie shares her experience and knowledge from 13 years energetic healing. There is a full chapter dedicated to each of the 7 chakras. Each chapter includes real-life client stories to help you understand the specific chakra along with quick, easy practice-at-home energy medicine exercises. There is also helpful illustrations included throughout the book by the well-known medical illustrator, Susan Russell Hall. The exercises really intrigued me. Some were rather odd, but really quite effective. Some are physical exercises like the one-minute first chakra grounding exercise to activate your energetic roots through the bottom of your feet. Others are visualizations like expanding the third eye where part of the exercise includes standing 3-feet away from a blank wall while visualizing a white tunnel in the wall (to help you learn how to expand your abilities to translate intuitive information). All of the exercises are very effective and easy to understand and perform. Many of them have become favorites and I will use for years to come. Marie's writing style is very easy to read. It is best to read the book from beginning to end, but it is also so well organized that you will reference back to particular chapters as you practice your intuitive self-healing.

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