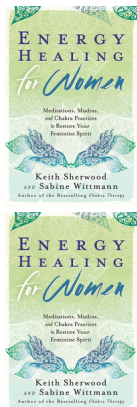


Energy Healing For Women - Sherwood & Wittmann



Reclaim your personal strength, joy, and sense of pleasure through a new understanding of your energy field.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$18.99

Sales price without tax \$18.99

Tax amount

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Description

Energy Healing for Women provides effective exercises to heal injury and restore wholeness on all levels with chakra healing, karmic release, breathwork, massage, mudra, meditation, and affirmation practices.

With each chapter devoted to an energetic issue that may be limiting your power—including difficult issues such as abuse and reproductive wounds—the techniques in this guide will help you feel empowered and improve your courage and vitality. Through story examples, history, theory, and exercises, discover how to:

- Express your feminine energy freely
- Increase your self confidence by fully appreciating and loving your body as it is
- Rise above restrictive beliefs
- Overcome negative archetypes of women and replace them with life-affirming models
- Enhance your intuition, creativity, and sensuality
- Make the transition from a traditional relationship to a transcendent relationship

Reviews

There are yet no reviews for this product.