



# The Healing Energy of Your Hands

*Michael Bradford*

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## **The Healing Energy of Your Hands** Michael Bradford

THE HEALING ENERGY OF YOUR HANDS demystifies the art of healing. Beginning with a basic explanation of the nature of healing energy, illness, and the role of the mind in the healing process, Bradford offers techniques so simple that anyone, even a child, can work with healing energy. The author's intention is that anyone using his book can awaken his or her natural healing talents quickly and easily.

Topics include sensing energy, clearing energy blockages, eliminating negative self-talk, using affirmations, balancing the chakras, cleansing the auric field, relieving pain, and creating forgiveness.

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