



How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses

Paul Lambillion

[Download now](#)

[Read Online](#) 

How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses

Paul Lambillion

How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses Paul Lambillion

Using his long and successful experience of working with subtle energies, spiritual healer Paul Lambillion shows how to heal mental emotional and physical illnesses. Explaining the powerful effects of emotions and feelings on physical health, he provides a clear and persuasive framework for healing.

We live in a time of emotional and mental overload, which is approaching crisis proportions. There is a rapid growth in mental and emotional illnesses and a consequent explosion in the use of psychoactive drugs. There are the new energy diseases such as post-viral syndrome, ME, fatigue, exhaustion, intermittent depression and so on. These have no pathological framework to explain them, and there is usually no specific treatment structure for them. They affect young and old.

Throughout the book there are numerous exercises based on such techniques as breathing and visualisation, the use of energy essences, creativity and meditation. There are also many case histories.

This is the perfect healing manual: wise, balanced and practical for our fast-changing times.

How to Heal and Be Healed: Table of Contents

1. A Reluctant Healer — A Background
 - Collapse*
 - The Healing Man*
 - Feelings and Visions*
 - Breathing Through*
 - A Deepening Consciousness*
 - Thoughts and Fields of Power*
 - X-Ray Vision*
 - Intelligent Energy*
 - Wheels of Fire*
 - The Web of Light*
2. Ease and Dis-ease
 - The Human Subtle Anatomy*
 - The Etheric or Energy Self*
 - The Emotional/Astral Body*
 - The Mental Body*
 - The Vitality Stream*
 - The Vortices*
 - The Universal Connection*
 - A Study of Centre Meanings and Correspondence*
 - A View of Causes*

- The Spiritual Desert*
3. Healing in the Energy Body
- Mary's Story*
 - As Above, So Below — As Within, So Without*
 - Energy Banks*
 - Waves and Radiations*
 - Panic Attacks*
 - Managing Changing Situations*
4. The Dynamics of Emotional Healing
- The Emotional/Astral Body*
 - Emotional Pollution*
 - Trees*
 - Spirituality, Vegetables and Flowers*
 - Healing Flowers*
 - The Ray Colours and Emotional Dis-Ease*
 - What Colour?*
 - Identifying Your Emotional Rays*
 - Clearing Patches*
 - Colour Mixes and Ray Dominance*
 - Tears, Rips, Cracks and Cameras*
 - Red Mist — Aura Phenomena*
 - Sequence Prescribing*
 - How Long to Heal?*
 - Ray of Incarnation*
 - Colourwise*
 - A Table of Correspondences*
5. Mind and Mental Healing
- Mind over Matter*
 - Thought Streams*
 - New Thought, Magic, Religion*
 - Honesty and Openness*
 - Now*
 - Forgiveness*
 - The Karmic Roll or Cycle*
 - Mental Chakra Connections*
 - Dissolving Patterns*
6. The Soul, the Spirit and Healing
- Meditation*
 - Meditation and Healing*
 - Synchronicity, Magnetism and the Portcullis Effect*
 - Stages of Meditation*
 - Meditation Practice*
 - The Soul Journey and Relationships*
 - The Higher Circuits*
 - Using the Exercises*
 - Linking with Destiny*
 - Manipulation*
 - The Spirit and the Vortex*
 - Angels, Souls and Healing*

The Illusion of Death

A Sleeping Beauty

7. Healing for Others

Physical Healing

Healing through Death

Love

The Unlimited Light of Healing

Joe's Story

The Cranium

 [Download How to Heal and Be Healed - A Guide to Health in Times ...pdf](#)

 [Read Online How to Heal and Be Healed - A Guide to Health in Time ...pdf](#)

Download and Read Free Online How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses Paul Lambillion

Download and Read Free Online How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses Paul Lambillion

From reader reviews:

Randell Easley:

Within other case, little people like to read book How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses. You can choose the best book if you want reading a book. Provided that we know about how is important the book How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses. You can add know-how and of course you can around the world with a book. Absolutely right, simply because from book you can recognize everything! From your country till foreign or abroad you can be known. About simple factor until wonderful thing you could know that. In this era, we can easily open a book or searching by internet product. It is called e-book. You should use it when you feel uninterested to go to the library. Let's study.

Lorenzo Logan:

This book untitled How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses to be one of several books which best seller in this year, this is because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this kind of book in the book retail outlet or you can order it by using online. The publisher of the book sells the e-book too. It makes you easier to read this book, because you can read this book in your Smart phone. So there is no reason for your requirements to past this guide from your list.

James Gardner:

Your reading 6th sense will not betray you actually, why because this How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses e-book written by well-known writer we are excited for well how to make book which might be understand by anyone who also read the book. Written with good manner for you, leaking every ideas and writing skill only for eliminate your own hunger then you still uncertainty How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses as good book not only by the cover but also with the content. This is one book that can break don't assess book by its cover, so do you still needing a different sixth sense to pick this particular!? Oh come on your examining sixth sense already said so why you have to listening to another sixth sense.

Veronica Turner:

The book untitled How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses contain a lot of information on this. The writer explains your ex idea with easy means. The language is very clear to see all the people, so do not worry, you can easy to read that. The book was authored by famous author. The author brings you in the new period of time of literary works. You can read this book because you can please read on your smart phone, or

program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site as well as order it. Have a nice go through.

**Download and Read Online How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses Paul Lambillion
#1F58K6YBSX3**

Read How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion for online ebook

How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion books to read online.

Online How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion ebook PDF download

How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion Doc

How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion Mobipocket

How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion EPub

How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion Ebook online

How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses by Paul Lambillion Ebook PDF