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# Your Hands Can Heal You: Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems (English Edition)

"This book is more than brilliant—it is essential for all readers who value the quality of their health."

—CAROLINE MYSS, AUTHOR OF SACRED CONTRACTS

## YOUR HANDS — CAN — HEAL YOU



MASTER STEPHEN CO &  
ERIC B. ROBINS, M.D. WITH JOHN MERRYMAN

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time, and all praised Your Hands Can Heal You:  
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Vitality and Speed Recovery from Common  
Health Problems (English Edition):

**Description :** Description du produit What if the secret to good health lies not in surgery or medication but in the palm of your very own hand? Incredibly, your hands can heal you -- with the "energy medicine" of Pranic Healing. The word prana denotes the body's own natural, vital, self-healing energy. This book will teach you the many ways in which you can incorporate safe, effective Pranic Healing techniques into your daily life to heal physical, psychological, and emotional problems and stay well. In Your Hands Can Heal You, you'll find easy-to-learn methods to generate energy, including non-touch hand movements; the basic tenets of energetic hygiene; full-body breathing; and brief meditations. With the expert training and guidance of Stephen Co, you'll learn how to conquer a wide range of disorders, including: headaches backaches irritable bowel syndrome arthritis insomnia hypertension congestion menstrual cramps depression With step-

by-step instructions, line drawings, and real-life stories of medical recovery, this revolutionary health reference can provide you with all the help you need to help yourself -- with your own two hands.

Prsentation de l'diteurWhat if one of the most effective tools you have to restore your health is not surgery or medications, but your own hands? Incredibly, your hands can heal you -- with the "energy medicine" of Pranic Healing. A powerful system that is rapidly increasing in popularity, Pranic Healing works with your own natural, vital energy -- which is also called prana -- to accelerate your body's innate self-healing ability. Amazingly easy to learn and apply, Pranic Healing uses a series of powerful but simple methods to generate energy, including non-touch hand movements; energetic hygiene, the practice of keeping your personal energy tank clean and full; breathing; and brief meditations. Using these unique techniques, you can identify, clear, and purify unhealthy, imbalanced energy and replace it with fresh energy that helps your body heal itself from a wide range of physical, psychological, and emotional symptoms and disorders. A self-healing guide for 24 ailments, including physical and sports injuries, chronic arthritis, irritable bowel syndrome, insomnia, hypertension, headaches, backaches, congestion and colds, menstrual cramps, even depression and stress-related disorders, is included. With step-by-step instructions, line drawings, and numerous real-life medical stories, *Your Hands Can Heal You* demonstrates and explains a revolutionary program that anyone can use to harness the energy of body, mind, and breath to produce health and facilitate repair. Personally trained by Grand Master Choa Kok Sui, who developed Pranic Healing, the authors, Master Co and Dr. Robins, provide the same detailed guidance in *Your Hands Can Heal You* as in the popular Pranic Healing workshops. Additionally, they present, for the first time in any book, the Grandmaster's special modifications to the breathing practices that can dramatically increase your power and energy and rejuvenate and balance your physical, emotional, mental, and spiritual body. This exciting new mind-body health reference proves that you can heal yourself -- with your own two hands. From Publishers Weekly

A form of touch-based "energy medicine," pranic healing is based on the belief that stimulating the "universal life force" helps bodies heal themselves. Practitioners use a series of hand "sweeps" and finger gestures that manipulate the body's own energy source, or prana, in order to accelerate its natural healing abilities for a number of persistent health problems, including PMS, insomnia and hypertension. Co-written by Co, a Master Pranic Healer, and Robins, a surgeon and pranic healing instructor, the book is grounded by Robins' scientific background and Co's initial skepticism. Based on two practices that the authors claim are largely unique to their method -- employing colored pranas (to heal menstrual cramps, "project light whitish-green and light whitish-orange prana into the sex chakra") and focusing on "energetic hygiene" -- the text offers a six-step program for achieving self-healing. Pranic breathing, meditation and exercises to increase energy are three such steps, and the authors explain all in efficient and surprisingly matter-of-fact chapters that resemble a textbook: there are practice exercises that close each chapter, detailed line drawings that illustrate what pranic breathing "looks like" and the hand and finger positioning for basic sweeping techniques, technique and methodology checklists and tables, and numerous medical narratives that make for good study breaks. While the scientific credibility of this non-touch healing technique will continue to be debated, Co and Robin appear to have just the right touch for crafting a no-assembly-required, ready to use guide, to be used, they note, as a complement to more traditional medicine. Bw illustrations. Copyright 2003 Reed Business Information, Inc. From Library Journal

Pranic Healing, a system developed by a Chinese-Filipino spiritual teacher and energy master, teaches people to harness their own healing energy so that they can manipulate their prana, or vital force. Based on some of the same tenets as acupuncture and chi kung, pranic healing also shares similarities with Reiki and Therapeutic Touch, but with the added use of colored pranas and the practice of energetic hygiene. Intended for lay readers, this accessible how-to manual by Co, a Master Pranic Healer, and Robins, a board-certified surgeon and a certified Pranic Healing instructor, provides basic information on chakras (points along the body that are considered energy centers), energetic anatomy, and the role of emotions in illness. Techniques are clearly outlined and supplemented with helpful illustrations, and energetic protocols are given for 24 common health problems, such as backache, migraine, and insomnia. Chapter 14 briefly outlines a routine of daily practices on three levels -- basic, moderate, and full -- to keep the practitioner in optimum health. Individual testimonials, along with anecdotes about Robins' use of the practice with his patients, are interspersed with the various exercises. The text is rounded out with product information, a brief bibliography, and contact information for the Pranic Healing Center in Chino, CA. Recommended for alternative health collections, especially where there is heavy interest in healing touch or energy-medicine systems. (Index not seen.) -Lisa McCormick, Jewish Hosp. Lib., Cincinnati

