

THE  
HEALING  
ENERGY  
— OF YOUR —  
HANDS



MICHAEL BRADFORD

# Healing Energy Of Your Hands

**EW Minium**



## Healing Energy Of Your Hands:

The Healing Energy of Your Hands Michael Bradford, 2013-02-20 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      How to Channel Healing Energy Ric A. WEINMAN, 1997      Your Hands Can Heal Ric A. Weinman, 1988      *Your Hands Can Heal You* Master Stephen Co, Eric B. Robins, John Merryman, 2004-01-05 Originally published in hardcover in 2002      **Your Hands Can Heal** Ric A. Weinman, 1988 These practical exercises applicable both for illness and general stress release carefully guide the reader through three distinct methods of healing      *The Little Book of Angel Healing* Kimberly Marooney, 2019 Angel healing in your pocket This is the ultimate angel health reference book The premise here is that we are not alone Each of us has access to divine healing and guidance from the first responders of the heavenly realm the angels This is a book that explains how to tap into the healing power of angels and how angel power can help overcome specific ailments and expand consciousness Also included here are over 25 personal angel cures that help readers overcome real life challenges The cures include meditations visualizations prayers and specific action plans The book is organized into three sections Access angel power tips and tools for connecting with the angelic realm Your personal angel cures an entire range of angelic healing modalities and blessings as well as 27 specific angel prescriptions for healing a wide range of ailments How to make angels an integral part of your daily life This is a book of hope help and healing It is for anyone who is looking for a little assistance from the heavenly realms      The Power In Your Hands Helen Leathers, 2014 An Experiential Guide To Energy Work for all aspiring healers lightworkers and anyone seeking personal spiritual or psychic development This book offers a hands on practical approach to understanding and working with the subtle energy that surrounds us and flows through us Learn how to connect channel and consciously focus universal energy and integrate energy work into all aspects of your life Whether you feel that you need more energy personally or would like to start healing spiritual or psychic work this is a great place to start This book provides the building blocks of theoretical and practical understanding that will allow you to make the journey at your own pace develop your own ideas and skills and enjoy your path to enlightenment and empowerment If you want to be able to tap into this free and limitless source of energy healing creativity and more if you want to feel more at peace if you want a more fulfilling life The Power Is In Your Hands      *The Secret Language of Your Body* Inna Segal, 2010-08-31 Discover the groundbreaking bestseller and TikTok sensation that reveals the connection between your physical health and emotional well being and offers processes for healing featuring a foreword by Bernie Siegel M D Dive into the enchanting world of holistic healing with

renowned intuitive healer Inna Segal Digging into the root causes of over 300 symptoms and medical conditions she lays bare the mental emotional and energetic triggers behind physical ailments This comprehensive guide comes complete with a free thirty five minute audio download where Inna herself guides you into a powerful self care and well being journey attuning you to the messages your body communicates Venture into an empowering transformative journey that calls upon your body's built in ability to heal itself With Segal's gentle guidance you'll not only restore your physical self but also break free from the shackles of limiting beliefs and emotions that may be hindering your growth and vitality Decode the secret language of disease access quick and easy exercises for nurturing your organs and use color to rejuvenate your life By the end of this inspiring journey you'll have uncovered and applied the life altering teachings your body has been signaling you all along and be able to live the life you were truly meant to live

*The Healing Power of Combining Hands on Healing with Angelic Energy and Aromatherapy* Antonia Brasted PhD CGC RA, 2022-10-20 they shall lay hands on the sick and they shall recover Mark 16:18 KJV anointed many sick people with oil and healed them Mark 6:13 KJV Hopefully this book will be a humble reminder to all of those involved in healing work which combines two healing techniques that are as powerful today as they were in the Biblical times Anointing with essential oil was commonly practiced throughout the Scriptures for many different purposes The New Testament mentions it specifically in connection with praying for the sick Today's Aromatherapy is practiced in many different settings and variations but a common denominator among all aroma therapists is the sense of reverence towards the miracle of nature in the form of essential oils They know that fragrance can affect the mood calm relax and release emotions Today's energy work also comes in a variety of methods but what all of them have in common is the unconditional love and the spiritual meaning of healing

**Starseed Awakening:** Kelsey Lyons, 2025-08-15 Starseed Awakening A Guided Journal for Discovering Your Cosmic Purpose Are you a starseed feeling a deep calling to understand your cosmic origins and life's higher purpose Starseed Awakening A Guided Journal for Discovering Your Cosmic Purpose is a transformative journal designed to help you reconnect with your celestial roots and embark on a powerful journey of self discovery This guided journal provides you with the tools to uncover your starseed identity embrace your spiritual gifts and step into your mission on Earth Through thought provoking journal prompts exercises and meditations you'll explore your unique connection to the universe and gain clarity on your soul's purpose Whether you're just beginning your spiritual awakening or seeking to deepen your connection to your cosmic self this workbook will guide you through each step of the process Inside you'll discover Techniques for identifying your starseed origins and spiritual gifts Journal prompts to help you uncover your cosmic mission and purpose Healing exercises to clear energy blockages and align with your higher self Practical steps for integrating your starseed mission into daily life Guided meditations to activate your lightwork and connect with your star family By the end of this journey you'll feel more empowered enlightened and aligned with your true purpose as a starseed Step into your divine role and embrace your cosmic destiny as you navigate life on Earth with love light and

purpose Ideal for Starseeds seeking to understand their cosmic purpose Lightworkers ready to activate their mission Anyone on a spiritual awakening journey looking to deepen their connection with the universe Start your awakening today and discover the transformative power of knowing your cosmic purpose Embrace your true nature and become the shining light you were born to be *Reiki for Life (Updated Edition)* Penelope Quest, 2016-05-31 The classic text suitable for Reiki beginners and masters alike now revised and updated with the latest findings and techniques into this arcane energy healing practice An exciting and comprehensive handbook Reiki for Life contains everything readers need to know about the healing art of Reiki including basic routines details about the power and potential of each level special techniques for enhancing Reiki practice and helpful direction on the use of Reiki toward spiritual growth Comparing the origins and development of Reiki in the West and the East revealing methods specific to the original Japanese Reiki tradition and suitable for beginners experienced practitioners and teachers alike this book Explains what Reiki is and how it works Gives detailed instruction in First and Second Degree techniques Illustrates how to perform Reiki on yourself as well as on others Advises on how to become a Reiki master teacher Includes special advanced methods for working with Reiki Complete with illustrations and a useful section of resources Reiki for Life is a must have for seekers anxious to learn about this fast growing healing practice

**Achieving the Mind-body-spirit Connection** Brian Luke Seaward, 2005 Optimal health requires the integration balance and harmony of mind body spirit and emotions From comic relief and hatha yoga to guided mental imagery and music therapy this workbook contains more than 70 exercises that serve to integrate mind body and spirit as one dynamic force that can withstand the pressures of stress *Reiki Level I, II And Master/Teacher Certification* Brian Smith, Discover the world of Reiki healing with this comprehensive guide and certification program In this book you will learn the fundamentals of Reiki including its history benefits and the concept of energy The certification program is divided into three levels Level I Level II and Master Teacher At Level I you will explore the basics of Reiki learning hand positions and self healing techniques Level II introduces you to Reiki symbols distance healing and emotional healing practices Finally the Master Teacher level focuses on advanced healing techniques and teaching others the practice of Reiki Throughout the book you will also delve into the ethical and professional aspects of being a Reiki practitioner ensuring you maintain professional boundaries and have effective client communication Additionally you will discover ways to integrate Reiki into your daily life using it for stress reduction personal development and mindfulness practices Explore the power of Reiki symbols and their meanings and learn how to create your own Reiki practice from setting up a Reiki space to documenting client information Furthermore this book explores the intersection of Reiki with other alternative therapies such as acupuncture aromatherapy and crystal healing It also provides guidance on teaching Reiki workshops developing curriculum and facilitating healing experiences for participants Continuing education and building a supportive Reiki community is emphasized with tips on networking with other practitioners and organizing events Whether you are new to Reiki or seeking to deepen your practice

this book offers a comprehensive exploration of Reiki healing certification and its integration into everyday life **Born To Heal** Tony Hogan,2012-01-31 In *Born to Heal* Tony Hogan tells us the story of his remarkable life from his colourful childhood in County Wicklow to his experiences as one of Ireland's foremost healers. Blighted as a child by life threatening illness yet blessed with the extraordinary ability to heal others, Tony gradually matured his abilities and people began to seek him out to ask for his help. *Born to Heal* shares some of the techniques that Tony Hogan used to develop his own powers. Packed full of practical help on self healing, this fascinating book also explores the power of the mind and absent healing. It is full of astounding case histories and is by turns funny, entertaining, insightful and moving. Ultimately *Born to Heal* offers a positive message: human suffering can be relieved when all the normal remedies have failed. **Blackfeather Mystery School: The Magpie Training** Irene Glasse, Caine Dreamwalker,2022-05-23 *Blackfeather Mystery School: The Magpie Training* is a foundational full spectrum training in empowered witchcraft. It focuses on reducing self sabotage while providing a solid grounding in magickal theory, devotional practices, mysticism, spellcasting and ritual work, beginning spirit work, journeywork and much more. The text helps readers build a strong, safe structure for the cultivation of mystical experiences for personal growth. It can be approached as a training course or used as a supplementary source of information and skill development. *Blackfeather* is a synthesis and outgrowth of over 20 years in the art and practice of witchcraft and threads the needle between the structure of traditional witchcraft and the freedom of mysticism. *Maia Toll's Wild Wisdom Companion* Maia Toll,2021-12-07 *Maia Toll's Wild Wisdom* series: *The Illustrated Herbiary*, *The Illustrated Bestiary* and *The Illustrated Crystallary* introduced readers to the mystical energy of the animal, vegetable and mineral kingdoms. In this capstone to the *Wild Wisdom* series, *Maia Toll's Wild Wisdom Companion* guides readers in developing a personalized earth based spiritual practice using rituals, writing prompts, recipes, symbols and reflections tied to each season. Organized into 12 chapters: Winter Solstice, Spring Equinox, Summer Solstice, Autumnal Equinox, plus early and late stages of each of the four seasons, the book features seasonal practices, exercises for the body and for writing and reflection, plant, animal and mineral medicine and symbolic explorations of the gifts and challenges that arise with seasonal change. Original illustrations by Kate O'Hara illuminate the symbolic richness of the text and 28 pop out oracle cards plus four bound in pocket pages enhance the invitation for readers to use this interactive guide as an ongoing tool for cultivating the sacred in their own lives. *For Pet's Sake, Do Something! Book One* Dr. Monica Diedrich,2007-01-01 Where can pet parents go to find a compilation of information that will help them support their pets' various physical, emotional and spiritual needs? A frequently asked question in my practice. Dr. Monica: There usually comes a time toward the end of our pets' lives when we need to let go and let nature take its course. But in the face of most of the distresses and health challenges our pets encounter in daily living, we don't need to stand by crying helplessly and feeling sad. We can *Do Something*. Yet where can pet parents go to find a compilation of information which will help them support their pets' various physical, emotional and spiritual needs? As I finished writing my

second book *Pets Have Feelings Too* it was this very question that impelled me to begin yet another book one that would be a how to guide for everyone who wants to do everything they can to help their pets especially when their pets are in distress or experiencing health challenges of any kind It all began with my desire to respond to the question asked by so many of my clients and students over the years How can I talk with my pets But there were so many other topics which sprang to mind as I continued to write that before I knew it I had enough material for a series of three how to books *How To Communicate With Your Pets and Help Them Heal* *How To Heal Your Pets Using Nutrition Herbs and Supplements* and *How To Heal Your Pets Using Alternative Therapies* This the first book in the series begins by teaching you how to communicate with your pets about everyday things as well as their health challenges But discovering what your pets want to tell you is only the beginning Once you re truly aware of their needs you must then Do Something That something usually involves restoring balance and harmony in their lives So the second part of the first book shows you how to use spiritual and energetic healing methods as one way to bring about that balance and harmony There are also a series of guided meditations to enable you to help your pet cope with a variety of life situations The second book of the series covers the importance of nutrition herbs and supplements plus foods to avoid and recipes for pets with special needs The third book presents practical healing modalities including homeopathy flower essences incense essential oils crystals color sound massage magnets hydrotherapy acupressure acupuncture and chiropractic plus some other helpful guidance As I was writing all three books I knew many readers would wonder what qualifies me to teach people how to communicate with and heal their animals What experiences and training did I have that prepared me not only to do this but also to teach others to do the same To answer this question I d like to share a few of the highlights of my life with you I ve known that I can understand what animals are saying ever since I was eight years old However when I was young other children used to call me weird or crazy and that was very painful I didn t want to be different so I tried hard to push aside the images animals were sending me and make believe I wasn t receiving them But by my late teens I began to realize that what I was experiencing was a gift one that was becoming virtually impossible to ignore So I nurtured this gift and soon I grew more confident about using my abilities I began communicating with many different species of pets and was delighted to be able to help them and their humans better understand each other In time I realized that I d taken the first step on the path of what I considered to be my Life Assignment But I d also been searching for answers to many spiritual questions for the better part of my life The answers to those questions came one at a time over several years I read a lot of books and attended many classes One of those classes offered by a Vietnamese gentleman Master Tam Nguyen would change the direction of the rest of my life and teach me how to use my intuitive gift more fully From him I learned that healing is about restoring balance and harmony that healing is available to everyone and that we can bring about healing for ourselves and for others During the last week of Master Tam s class he was able to help me experience the Life Force Energy that always surrounds every living being This loving healing Light and Energy

surrounded me in a way I d never felt it before When the class exercise was over I was crying For the first time in my life I d been able to feel this energy It came charged with such Love that I felt God had just embraced me Master Tam approached me after class and encouraged me to continue to learn to let this loving healing Energy flow through me for the benefit of others He also invited me to come to his Center I think I went the first time because I was curious but I kept going back because I was learning so much about helping others to heal not only spiritually but also physically I was drawn to return again and again Observing many healing experiences filled me with the desire to further deepen my knowledge and understanding of metaphysics and it was this study that would gently lead me along the path of unconditional love And what better way to express unconditional Love for someone than by bringing balance and harmony into their lives through healing Through Master Tam s teachings I d already been introduced to the technique of Cosmic Healing which helps every living being function as it should in perfect harmony with the Universe Cosmic Healing doesn t use any physical modalities like touch or medicine Instead it s done spiritually from the heart and with love This type of healing requires direct communion with the Source of All Life God Spirit Life Force Supreme Being All That Is In the process of learning to tune in to this loving healing Energy the skeptic in me reacted by asking If healing energy always surrounds everyone all the time why isn t everyone accessing it more often And why do we see so much sickness around us What if anything can we do to bring healing to others or to help people find healing for themselves With patience and further experience I began to understand that often people in need of healing haven t learned to ask for help or they feel they don t deserve it Most of them know they want to be healed but they don t ask to be healed They may not even know how to ask So what should we do to find effective healing First we need to believe that healing is possible that it does take place and that we can heal ourselves We also need to have confidence that the healing energy of The Universe can flow through us or flow to us through others Above all the person needing healing and the person helping must take time to be in communion or attunement with the one true Source of All Life Then we must stop looking at the problem itself and start focusing on our connectedness to and our oneness with the Source of our Being the Source of our balance and harmony When we once again fully remember our oneness with Spirit we re then able to manifest abundant good health for ourselves and for others For a number of years I helped many people heal and I communicated with many pets about everyday things but I d never thought about combining my gift for healing with my gift for communicating with animals It was one of my own precious Shih Tzus who would show me the way Chop Chop was only two years old when one day he was lying beside me with his eyes fixed somewhere on the horizon He was giving up and death seemed to be looming not many hours away from him Unable to think clearly all I could do was to keep him company crying because there didn t seem to be anything else I could do to help him Two different veterinarians had already closely examined him Medications were no longer effective and the prognosis was very bleak I lay on blankets on the floor next to him to give him what comfort I could But as I reclined there beside him on the floor feeling very sad and miserable he sent



me a telepathic message just as clear as day You call yourself a healer You ve helped a lot of people So Do Something He now looked me straight in the eye as he prompted me to be an active participant not just a sorrowful bystander What he said to me kept playing over and over again in my mind until I finally got it His plea was very simple yet I hadn t thought to use spiritual healing for him or for other animals for that matter I d only used it to help people But that was about to change He responded literally overnight to the first healing treatment I gave him and within a week of continued treatments he was completely back to being his normal happy self You can read the full account of his story in Chapter 1 of my first book What Your Animals Tell Me Thanks to the lesson Chop Chop taught me I knew then that it was time to combine my gift for healing spiritually with my gift for communicating with animals There were many other intuitives available to help heal people so from then on I resolved to dedicate my life exclusively to helping only animals My work now includes not only private consultations for pets but also presenting classes workshops and lectures as well as doing extensive research and writing books to share with others all that I ve learned about how we can make life better for our beloved pets During the early part of my experience with Chop Chop I could only cry feel sorry for myself and for him and wait for the inevitable I felt completely inadequate totally devoid of ideas and utterly helpless Later on it occurred to me that many pet parents often feel just as I did whenever they re faced with their pets illnesses But you don t need to go through those same feelings because there are so many things you can do either to help your pets heal or at least go through the process of their illness or pain with less discomfort To help you I ve described as many healing modalities as possible in the three books of this series For Pet s Sake Do Something If you re able to ease your pet s pain or provide quality of life for another day week month or even longer by implementing any of the healing techniques described in these books your time and money spent on them will have been well worth it My teacher and beloved animal friend Chop Chop taught me that I didn t have to be a bystander Thanks to him when I was on the verge of giving up I discovered instead that I could Do Something I hope you ll Do Something too Healing can be brought about in many ways not only for your pets but also for yourself When you re able to be an active participant in your pet s care or bring peace and comfort to your pet because you ve been able to Do Something your spirit will also be healed Dr Monica Diedrich Anaheim California USA November 2006      **The Power Of You** Anne

Jones,2011-02-03 We live in a world that is changing fast and this can feel very unsettling THE POWER OF YOU is a response to the negativity and fear in the world and shows how you can prevent negative energies from damaging you emotionally and spiritually Healer and bestselling author Anne Jones looks at the sources of these sometimes hidden threats aggressive media tactics corporate arrogance and self interest health scares recession environmental fears corrupt governing and even personal negativity and helps you understand the power they can wield Through uplifting exercises and meditations she shows you how you can withstand these challenges to our personal power disperse the fear and build strength and courage THE POWER OF YOU will help you to protect your integrity stay empowered while facing the negativity of today s world and

bring positivity into every area of your life      *Clear Channel* Wendy Joy, 2011-08-25 You are experiencing phenomena you can't explain You know the phone is going to ring before it does You feel a friend's emotions as you stand close by You awaken at the same time every night feeling like you need to do something but what You see a glow around people You sense a presence in the room but can't see anyone You feel warmth in your hand as you rest it on your sick friend's shoulder You become restless because of a growing feeling that there is something you came to this life to do a divine purpose what is it You see people who have died and it frightens you Are you alone in your experiences Are you imagining things Worse yet are you going crazy In *Clear Channel A Guide for the Newly Awakening* Wendy Joy uses personal experiences to help the reader navigate their own spiritual awakening She explains these phenomena and more and provides techniques to ease the reader's journey      *Your Angel Journey* Joylina Goodings, 2008-04-25 Wherever you are in your life a larva wanting to be a caterpillar but feeling vulnerable or a chrysalis wanting to escape its defensive cocoon *Your Angel Journey* will give you the tools to reach the next stage and beyond If you want to find your true self and be the best that you can be then this is the book for you

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## Healing Energy Of Your Hands Introduction

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