



## The Whole You: Healing and Transformation Through Energy Awareness

By Tanis Day

iUniverse, United States, 2008. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever wondered how to separate intuition from thoughts, where memories are stored, or what's happening when you feel spirit guidance? Do you wonder about past-lives, enlightenment, or living without fear? In *The Whole You*, Tanis Day PhD, a former academic researcher, answers these questions through an exploration of the human energy fields. Each field generates different potentials. By accessing the fields, and integrating their invisible consciousness into everyday life, new options arise. *The Whole You* maps this lifetime, past lives and expanding dimensions of Spirit. It explores the chakras, new techniques for healing, and realistic practices for developing intuition and honing guidance. It shows how the soul incarnates and how to use the etheric template for physical healing. It introduces an innovative approach to clearing negative beliefs and dark consciousness. *The Whole You* guides you to awareness of your own energy fields for healing, self-realization and enlightenment. This ground-breaking book provides a template. Through explanations and examples, it simplifies esoteric information. Based on thousands of peoples experiences, the information is grounded and comprehensive. Exercises and...



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