

Tuning The Human Biofield Healing With Vibrational Sound Therapy

Cast your mind back to the last time a sound affected you. Perhaps birdsong set a positive tone for your day or a favourite song lifted your mood. Sound certainly has the power to send our spirits soaring but how exactly does it do this and can it go beyond this to enhance our wellbeing and even help us heal ourselves? Recentresearch has proven that it absolutely can and that sound healing can therefore help us achieve all kinds of personal transformation,enabling us to lead more authentic, connected and contented lives. The combination of the Q&A approach, insightful case studies and practical exercises means this little book really takes you on abehind-the-scenes tour of this powerful practice, giving everything you need to begin a life-changing journey full of healing potential.

A scientific investigation of the healing and energetic effects of crop circles • Shares the results of decades of research into crop circles, including detailed scientific explanations and responses from an 800-person questionnaire study • Explores the connections between crop circle formations, cosmic energies, and consciousness • Features stunning, full-color aerial photographs of crop circles from Lucy Pringle ’ s personal collection In 1990 while studying the energetics of a crop circle, Lucy Pringle experienced a miraculous healing of a severe shoulder injury. Inspired, she expanded her research to investigate the physical, psychological, and energetic effects of these mysterious formations on people as well as on animals. In this book, alongside her stunning full-color aerial photographs of crop circles, Pringle shares the results of her research, including anecdotes from an 800-person questionnaire study, in combination with detailed scientific explanations by aerospace engineer and fellow crop circle researcher James Lyons. The authors discuss case histories of healing, from temporary respite from arthritis, Reynaud ’ s, and Parkinson ’ s, to the permanent cure of muscle strains and chronic pain, to emotional healing and feelings of peace and happiness. They explore the relationship of crop circle formations and consciousness, highlighting “ intention ” as a key factor in crop circle manifestation. Pringle describes the wide range of physiological effects—both positive and negative—caused by the frequencies in crop circles and shows how the negative symptoms may possibly be caused by heavy use of pesticides. Drawing on the science behind the formation of the Aurora Borealis, or Northern Lights, the authors explain how the same electromagnetic waves that produce these lights in the sky also interact with the Earth ’ s magnetic field and ley lines to produce geometric-energetic patterns in fields—crop circles—akin to the cymatic patterns of sand on a vibrating drum surface. They reveal dowsing as a way to identify underlying sacred geometry within a field and explain how healing arises as the result of communication with the self-organizing energy field of a crop circle. With the first recorded appearance of a crop circle formation more than 4,000 years ago, crop circles are an ancient part of Earth ’ s and humanity ’ s intertwined history that we are only beginning to understand.

In The Healing Garden, Deb Soule, founder of Avena Botanicals, offers an inspiring guide to herb gardening and crafting herbal remedies that promote wellness of spirit and body. Soule combines her passion for plants gardens, and healing with her extensive experience working with medicinal herbs, flowers, roots, and berries. Her practical advice addresses each aspect of fostering a garden filled with helpful, healing plants: biodynamic gardening practices; gathering plants and setting up a drying room; and creating herbal teas, decoctions, tinctures, syrups, tonics, vinegars, essences, and more. A chapter outlining eighteen medicinal herbs provides detailed information on their cultivation and healing properties. Molly Haley’s colorful photography showcases Avena Botanicals’ lush herb gardens in all seasons. The Healing Garden is grounded in respect for the interconnectedness of all living beings and is an eloquent plea for spiritual awareness and the wholeness of individuals, communities, and our planet.

The classic, bestselling book on the emerging field of DNA activation, CONSCIOUS HEALING, now updated and expanded with a wealth of empowering new information, is far more than the inspiring story of the development of a ""revolutionary healing science"" (NEXUS). An unparalleled synthesis of modern and ancient healing wisdom, this leading-edge text is essential reading for anyone interested in alternative medicine, energy healing, consciousness research, quantum biology, human evolution, or personal enlightenment. ""CONSCIOUS HEALING may be the key that unlocks an entirely new way of being."" -ODYSSSEY Magazine, Editor’s Choice Book

The Healing Garden

Healing Sounds

Creating Health Through Imagery

Tuning Fork Primer

A Complete Guide to Energy Healing and Spiritual Transformation

The Complete Novices Guide On Sound Healing With Turning Fork, Bio Tuning, Sound Treatment, How Biofield Turning Is Performed, And Numerous Benefits

What Is Sound Healing?

Healing with Vibrational Sound Therapy

Sound healing therapy is rapidly gaining recognition as an important complementary medicine modality; this ground-breaking book uniquely presents techniques, based upon Chinese medicine theory, for integrating the use of precision calibrated Ohm planetary tuning forks and acupuncture needles, to create a new modality, Vibrational AcupunctureTM. The chapters include: An overview of Quantum Music TheoryTM Guidelines for using tuning forks with or without needles Insights into our genetic imprint, the Eight Extraordinary meridians Anti-exhaustion treatments for readers caught in an excessively busy and dissonant world Treatments for saggy neck and temporomandibular joint dysfunction (TMJ) Treatments for balancing the twin hemispheres of the brain, and alchemically lacing the Three Jiaos An introduction to vibrational remedies and more An overview of the use of healing sound as a palliative to global technological addiction, and how it restores essential harmony to a world that is seriously out of balance

In Earth Angel: A Guide to Finding Your Wings, Sonja Grace brings an entirely new perspective to the angel genre. She has been traveling and working in the angelic realm for over 30 years is dedicated to Divine love and is an Earth Angel. Our planet has moved into the fifth dimension and we are about to witness a new order of earth angels. Hundreds of thousands of people are beginning to feel a calling to their spiritual light. Yet, some feel misunderstood, different and in many cases extremely sensitive and intuitive about people and events. Sonja Grace was destined to write Earth Angel: A Guide to Finding Your Wings to assist those emerging souls who are searching for answers and hoping to discover their path of service and their spiritual connection to the divine. Through her own extraordinary case studies, Sonja Grace reveals what it is like to do the work of an earth angel and how she has used her gifts to locate missing people, conduct long distance healing and council a myriad of international clients. Readers are taken on a journey into the angelic realms. Sonja Grace offers fresh insight and descriptions along with explanations of the angels and the earth angel phenomenon; what they are, how to identify them, what they do, where they come from and their particular mission at this time in the earth’s history.

Since 1991, Dr. Mitchell Gaynor has been achieving remarkable results by integrating music, vocalization, breathing, and meditation techniques in his work with patients. In The Healing Power of Sound, he presents his sound-based techniques for self-healing—techniques that anyone can use, whether faced with a life-threatening disease or simply seeking relief from the stresses of daily life. Numerous studies have demonstrated the health benefits of music: it can lower blood pressure and heart and respiratory rates; reduce cardiac complications; increase the immune response; and boost our natural opiates. Gaynor shows how, when integrated as part of a mind-body-spirit approach to wellness, music can play a significant part in maintaining a healthy lifestyle or in healing serious disease. The Healing Power of Sound includes twelve exercises involving breathing, meditation, and "toning"—using pure vocal sound to resolve tension, release emotion, and spur the healing process—that can be used by anyone to improve health and quality of life.

Learn how to energize and enhance your well-being on every level—physical, emotional, and spiritual—through hands-on exercises and guided meditations that provide direct experience with sound. As a therapeutic and transformative branch of energy medicine, sound healing offers powerful tools to tune up your health and wellness. Presenting a clear and solid foundation of core concepts, Sound Healing for Beginners shows how to apply innovative sound techniques to your daily life in order to balance your energy and manifest personal improvement. With chapters covering focused listening, the energetics of breathwork, activating your unique resonances and energy centers through vocal toning, using sound as a creative force for manifestation, and more, this accessible guide will help you harmonize your life with the remarkable benefits of sound healing.

Herbal Plants for Health and Wellness

Integrating Tuning Forks with Needles

Book One on the Regenetics Method

Tuning the Human Biofield

Vibrational Medicine for the 21st Century

An Inspiring Journey of how Ancient Solfeggio Frequencies are Empowering Personal and Planetary Transformation!

Integrating Body and Emotion in the Cosmic Flow

Tap into the extraordinary power of electricity to heal your body and empower your life Everything is electric. This seemingly simple observation has transformational repercussions on the way we think about and approach physical, mental, and emotional health. Electric Body, Electric Health is a manifesto for personal empowerment based on an electrical view of life. Author of Tuning the Human Biofield, Eileen Day McKusick is an expert in the emerging field of electric health and has taught thousands how to transform effortlessly through learning to “think electrically.” By illuminating the biological nature of our electrical bodies, McKusick empowers readers to clear the static, noise, and resistance from this system and experience greater energy, clarity, and order. Electric Body, Electric Health makes use of simple, easy-to-implement practices such as: - Awareness practices - Perspective shifts - Breathing practices - Simple lifestyle changes - Improved emotional management - and more... in order to help readers improve their health and enhance their daily lives. It will give you the tools to transform your relationship with your body, your mind, your emotions, and the electrical world around you.

This ancient Indian system of healing focuses on vortices of energy that originate in seven centers of the body. When they become blocked, a variety of ailments can manifest themselves. This book discusses various practical ways to work on chakras, using archetypal and animal associations, crystals, meditation, visualization, affirmations, and physical exercise. It starts by familiarizing the reader with how this mystical, ancient art works as a holistic and spiritual system that promotes harmony and health, and then proceeds to the root chakra. A chart of correspondences includes everything from color and key element to physical and mental functions, and compatible fragrances. It includes a detailed list of suggested activities to stimulate the chakra, such as dining on healing foods, listening to restorative music, and learning from inspirational case histories. Equally exhaustive information is given for the other six chakras: Sacral, Solar Plexus, Heart, Throat, Brow (Third Eye), and Crown. A final section focuses on how other healing disciplines, such as yoga and reiki, incorporate the chakra therapies to restore the optimal physical, emotional, and spiritual self.

• Provides a precise map of the energetic biofield that surrounds the body, showing where specific emotions, memories, traumas, and pain are stored • Details how to locate stored trauma in the biofield with a tuning fork and clear it • Winner of the 2015 Nautilus Silver Award
When Eileen McKusick began offering sound therapy in her massage practice she soon discovered she could use tuning forks to locate and hear disturbances in the energy field, or biofield, that surrounded each of her clients. Passing the tuning forks through these areas in the biofield not only corrected the distorted vibrational sounds she was hearing but also imparted consistent, predictable, and sometimes immediate relief from pain, anxiety, insomnia, migraines, depression, fibromyalgia, digestive disorders, and a host of other complaints. Now, more than 20 years later, McKusick has fully developed her sound healing method, which she calls Biofield Tuning, and created a map of the biofield, revealing the precise locations where specific emotions, memories, ailments, and traumas are stored. In this book, McKusick explains the basics of Biofield Tuning practice and provides illustrations of her Biofield Anatomy Map. She details how to use tuning forks to find and clear pain and trauma stored in the biofield and reveals how the traditional principles and locations of the chakras correspond directly with her biofield discoveries. Exploring the science behind Biofield Tuning, she examines scientific research on the nature of sound and energy and explains how experiences of trauma produce “pathological oscillations” in the biofield, causing a breakdown of order, structure, and function in the body. Offering a revolutionary perspective on mind, energy, memory, and trauma, McKusick’s guide to Biofield Tuning provides new avenues of healing for energy workers, massage therapists, sound healers, and those looking to overcome chronic illness and release the traumas of their past.

Craniosacral therapy and Chi Kung practices to harmonize emotions, release chronic tensions, and optimize the flow of energy • Provides illustrated instructions for movement exercises, breathwork, self-massage, and emotional intelligence meditations to free the flow of energy in the body • Reveals clear parallels between the craniosacral rhythm and the flow of chi • Explains how to release energetic blockages and emotional and physiological knots, activate the energetic pumps of the 3 tan tiens, and tap in to the Cosmic Flow Exploring the connections between Western craniosacral therapy and Chi Kung, Taoist master Mantak Chia and craniosacral instructor Joyce Thom detail movement exercises, breathwork practices, self-massage techniques, and focused meditations from Taoist and other wisdom traditions to release and harmonize the flow of energy in the body and optimize our potential for physical, emotional, and spiritual well-being. The authors link the craniosacral rhythm—the gentle flow of cerebrospinal fluid from the head (cranium) to the tailbone (sacrum)—and the flow of chi throughout the body, circulated by the pumps of the three tan tiens. They explain how these subtle energetic flows indicate the harmony or disharmony of the whole person and are greatly affected by physical traumas, chronic tensions, and unresolved emotions. For example, the psoas muscle, known in Taoism as the muscle of the Soul, connects the spine to the legs and is the first muscle to contract when anger or fear triggers our fight-or-flight response. Often a storehouse of subconscious stressors, this muscle’s sensitivity is connected to many common ailments like back pain. Providing step-by-step illustrated exercise instructions, the authors explain how to identify and unwind energetic blockages and emotional and physiological knots. They explore emotional intelligence exercises for tuning in to our hearts so we can listen to our bodies’ messages and learn to relieve related emotional burdens. They also reveal how to activate the cranial, respiratory/cardiac, and sacral pumps of the three tan tiens to optimize the body’s energetic flow and explain how, when our energy is flowing freely, we can enter the Cosmic Flow—a state of calm well-being and extraordinary creativity where we find ourselves truly at one with the universe.

Energy Medicine Yoga

The Soul Frequency: Your Healthy, Awakened and Authentic Life

The Encyclopedia of Ailments and Diseases

The Science and Power of a Mysterious Intelligence

The Invisible Force That Heals Us and the Planet

A Fork in the Road

Healing Codes for the Biological Apocalypse

Sound Healing for Health and Happiness

At the dawn of the 21st century, the old paradigms of medicine have begun to fall apart. A growing number of pioneering researchers embrace a new view of healing—one expounded by Dr.

Richard Gerber in his groundbreaking bestseller, Vibrational Medicine. Now he shows how to put this new way of thinking into practical use, describing the role of consciousness and “thought forms,” as well as the benefits of homeopathy, acupuncture, color and light healing, magneto biology, and other therapies. A traditionally trained physician, Dr. Gerber combines scientific evidence with traditional methods from the East and West to unlock our potential for healing ourselves.

An accessible guide to the practice of conscious humming • Details conscious humming and breathing exercises from simple to advanced, including online access to examples of these practices • Examines the latest studies on sound, revealing how humming helps with stress levels, sleep, and blood pressure, increases lymphatic circulation, releases endorphins, creates new neural pathways in the brain, and boosts blood platelet production • Explores the spiritual use of humming, including its use as a sonic yoga technique and its role in many world traditions • Includes access to online examples, allowing you to experience the powerful vibratory resonance that humming can create Humming is one of the simplest and yet most profound sounds we can make. If you have a voice and can speak, you can hum. Research has shown humming to be much more than a self-soothing sound: it affects us on a physical level, reducing stress, inducing calmness, and enhancing sleep as well as lowering heart rate and blood pressure and producing powerful neurochemicals such as oxytocin, the “love” hormone. In this guide to conscious humming, Jonathan and Andi Goldman show that you do not need to be a musician or singer to benefit from sound healing practices—all you need to do is hum. They provide conscious humming and breathing exercises from simple to advanced, complete with online examples, allowing you to experience the powerful vibratory resonance that humming can create and harness its healing benefits for body, mind, and spirit. They explore the science behind sound healing, revealing how self-created sounds can literally rearrange molecular structure and how humming not only helps with stress levels, sleep, and blood pressure but also increases lymphatic circulation and melatonin production, releases endorphins, creates new neural pathways in the brain, and releases nitric oxide, a neurotransmitter fundamental to health and well-being. The authors show how sound can act as a triggering mechanism for the manifestation of your conscious intentions. They also examine the spiritual use of humming, including its use as a sonic yoga technique and its role in many world traditions, such as the Om, Aum, or Hum of Hindu and Tibetan traditions. Providing a self-healing method accessible to all, the authors reveal that, even if you have no musical ability, we are all sound healers.

A riveting guide to the energy that surrounds us and how tuning into the power of frequencies can help us heal ourselves, and the planet. Can you feel it? Energy is Everywhere. From the light, sound, and electromagnetic waves that flow all around us to the intricate electrical networks that flow through us, energy is a frontier as exciting as it is uncharted. Every year new science suggests that harnessing the extraordinary power of these invisible frequencies may be the key to a variety of innovations to improve our health and wellbeing, and to repair our struggling ecosystems. In Tuning into Frequency, the minds of Sputnik Futures explore cutting-edge discoveries from doctors, physicists, healers, ecologists, technologists, and thought leaders and explore how we can employ frequency to improve not only our physical, mental, and spiritual wellbeing, but the health of the planet. For example, did you know: -That your heart and your brain share an electromagnetic field? -That trees can talk to each other? -That sound can heal the body? -That color affects your mood? -That the sun can help fight depression? With expert voices, bold discoveries, and engaging visuals, this entry in the captivating Alice in Futureland series is a riveting guide to the forces that energize our bodies, our minds, and the planet.

The practical skills you need to keep your energy safe and secure! Do you struggle with drawing and maintaining boundaries when dealing with the people in your life? Are you highly sensitive and attuned to other’s feelings and energy, to the point where you can’t tell where their energy ends and yours begins? Do you have trouble protecting yourself from “energy vampires?” If so, you’re probably an empath—and in need of some guidance. Fortunately, there are practical ways to stay balanced and keep your energy safe and secure. From energy healer and psychic trainer Lisa Campion—author of The Art of Psychic Reiki—this healing guide will help you cultivate the energy management skills you need to cope with energy vampires and narcissists, increase your own vitality, and fully embrace your unique gifts. You’ll learn all about: The three types of energy vampires and how to spot them Basic energy management skills to keep your energy strong and robust Practical ways to protect your time, energy, and money from an energy vampire When to cut your losses and get away, and what to do when you can’t Psychic self-defense—how to handle a psychic attack What to do if you’re an energy vampire And how to diagnose a spiritual issue—not all energy vampires are people! If you’re empathic or highly sensitive, it’s almost second nature to put others needs before yourself or take on the problems of the world. But what about your happiness? Energy Healing for Empaths offers everything you need to heal your energy and maintain healthy boundaries with others—so you can be happy, healthy, and in control of you.

Advice and Wisdom for Finding Your Wings and Living in Service

Decoding the Human Body-Field

Vibrational Sound Healing

Cellular Resonance Therapy

Healing Ourselves

Using Vibration to Harmonize your Health and Wellness

The Humming Effect

Using the Electromagnetism Within (and Around) You to Rewire, Recharge, and Raise Your Voltage

A leading mind-body researcher provides an invaluable resource of solid scientific evidence for consciousness-based healing along with practices anyone can use. Spontaneous remission, the placebo effect, and energy healing—these phenomena have baffled the medical community for decades. What do all these marvels tell us? Our current models of medicine fall short of understanding the depths of our human healing potential, says Dr. Shamini Jain. We are on the cusp of finally becoming awake to our human healing potential. A growing number of scientists are exploring a new path—a true expansion of science joined with understandings from ancient concepts of spirituality. With Healing Ourselves, Dr. Jain presents a new vision of health and healing.

Here she rejects the "either-or" thinking that has placed conventional medicine at odds with so-called alternative methods, offering an integrated path based on sound scientific evidence and personal empowerment. Join her to explore: "Biofield science: peer-reviewed research on the inseparable relationship between consciousness and healing" "The placebo and beyond: what placebo research tells us about the power of consciousness to heal ourselves, whether we choose drugs, surgery, or holistic medicine" Evidence: what strong, published research actually says about the healing power of holistic practices such as yoga, tai chi, meditation, and energy healing "The Healing Keys: in-depth instruction with evidence-based recommendations and ancient spiritual practices that you can integrate into your life for healing yourself Today more than ever, we realize that we must change the way we think about health care and our ability to heal ourselves. "The good news is there is a way forward," teaches Dr. Jain. "The flame that lights the path burns brighter than the darkness of ignorance and suffering we have found ourselves in." With Healing Ourselves, this inspiring teacher shares a holistic model of health that we have known in our hearts, all along, to be true. A guide to the practice of Sound Balancing, using tuning forks to clear trauma stored in the human energy field "Provides a precise map of the energetic biofield that surrounds the body, showing where specific emotions, memories, traumas, and pain are stored" Details how to locate stored trauma in the biofield with a tuning fork and clear it "Explains how Sound Balancing provides consistent, predictable relief from pain, anxiety, insomnia, migraines, digestive disorders, and many other ailments When Eileen McKusick began offering sound therapy in her massage practice she soon discovered she could use tuning forks to locate and hear disturbances in the energy field, or biofield, that surrounded each of her clients. She found these energetic disturbances correlated with the emotional and physical traumas her clients had experienced throughout their lives, the biofield acting as a record of pain, stress, and trauma from gestation onward. Passing the forks through these areas in the biofield not only corrected the distorted vibrational sounds she was hearing but also imparted consistent, predictable, and sometimes immediate relief from pain, anxiety, insomnia, migraines, depression, fibromyalgia, digestive disorders, and a host of other complaints. Now, nearly 20 years later, McKusick has fully developed her sound healing method, which she calls Sound Balancing, and created a map of the biofield, revealing the precise locations where specific emotions, memories, ailments, and traumas are stored. In this book, McKusick explains the complete practice of Sound Balancing and provides illustrations of her Biofield Anatomy Map. She details how to use tuning forks to find and clear pain and trauma stored in the biofield. She reveals how the traditional principles and locations of the chakras correspond directly with her biofield discoveries. Exploring the science behind Sound Balancing, she examines scientific research on the nature of sound and energy and explains how experiences of trauma produce "pathological oscillations" in the biofield, causing a breakdown of order, structure, and function in the body. Offering a revolutionary perspective on mind, energy, memory, and trauma, McKusick's guide to Sound Balancing provides new avenues of healing for energy workers, massage therapists, sound healers, and those looking to overcome chronic illness and release the traumas of their past.

An easy-to-use handbook for using essential oils every day

The first book to explain from both scientific and spiritual perspectives the healing and transformative powers of harmonics. "Includes practical exercises demonstrating how to use sound in healing and meditation, including "Vowels as Mantras" and "Overtoning". "Describes how harmonics can be used as "sonic yoga" for meditation and deep relaxation to enhance energy. "Over 25,000 copies of first editions sold in 6 languages. "Author won 1999 Visionary Awards for Best Healing-Meditation Album. The Mystery Schools of Egypt, Greece, and Rome understood that vibration is the fundamental active force in the universe and developed specific chants and tones for healing the mind, body, and spirit and achieving altered states of consciousness.

Overtone chanting--also called vocal harmonics--is the ability of the human voice to create two or more notes at the same time. Healing Sounds explains how to perform vocal harmonics and experience their transformative and curative powers. An internationally recognized master teacher, the author provides diverse examples of sound healing systems incorporating both mystical and medical traditions--from Tibetan monks' use of tantric harmonics to Dr. Alfred Tomatis' use of Gregorian chanting--and their capacity to affect us on all levels. With many easy-to-follow exercises, Healing Sounds is the first book to show from both the scientific and spiritual viewpoints how to use the transformative power of sound for healing on physical, emotional, mental, and spiritual levels.

Vibrational Acupuncture

Angel Words

Electric Body, Electric Health

Sound Healing for Beginners

Biofield Science and the Future of Health

The Energies of Crop Circles

M-Joy Practically Speaking

Energy Healing for Empaths

Everything in our world vibrates to different frequencies and the human being is no exception. This is the basis for the proven Tune & Heal(TM) Cellular Resonance Therapy created by Barbra Angel (Dr. Barbara Romanowska). This book (translated and expanded from her published books in Europe) is intended for use with Barbra Angel's Certified Training Courses (European Accreditation) where students/attendees may become practitioners of her Tune & Heal(TM) Cellular Resonance Therapy. Through her techniques, using non-invasive vibrations from specially-designed tuning forks, you can effect significant changes to the Body, Mind, and Spirit - providing balance and allowing natural healing to take place. Based on clinical research, unique vibrations/wavelengths of sound were discovered which are in harmony with specific areas of the body, mind, and spirit in humans. Those vibrations are found in Barbra's series of large tuning forks or specific techniques (e.g. cleaning and regulation of energy flowing, anti-cancer, or cosmetic techniques like anti-fat or cellulite reduction, or DNA techniques which work with genetic problems and also works anti-aging). Barbra Angel formalized her method in 2004 and has been published across Europe, conducting hundreds of seminars/courses and healing concerts (she is an award-winning musician and composer with perfect pitch). She is a Doctor of Philosophy in Naturopathy, Master of Arts, founder of The Sound Academy (Akademia Dzwieku); Reverend, Healing Music Ministry; Musician, Singer, Composer; and, Holistic Healer. With this book, combined with her seminars/courses, you will be able to affect dramatic change in yourself and others in your life with remarkable results. Discover your unique sound-Alleviate pain-Treat cancers-Reduce fat and cellulite-Heal body organs-Clean and regulate the energy centers (chakras) in your body. Learn the importance of vibratory reflexivity, the meridians in your body and how to unblock and regulate them, acupoints, bio-resonance, bio-elements, your DNA rejuvenation, and more. Read testimonials from the 100s she has received over the past decade as they recall the devastating physical problems they faced and how they were cured through Tune & Heal(TM) Cellular Resonance Therapy. Welcome to a new world of health, balance, and happiness.

Inspirational and deeply illuminating, The Soul Frequency takes you into the unseen world of energy and emotion, which is the birthplace of every physical manifestation in your body and life. Step by insightful step, personal coach Shanna Lee will show you how to align your energy to manifest any darn thing your little heart desires.

A Practical Manual For Extraordinary Living - Take a brilliant journey into the nature of change and reality to discover the power you have within you to transform. Join inspiring transformational leader Melissa Joy for a playful exploration into universal consciousness and infinite potential, available to everyone within the field of the heart. With beautiful and clear articulation, combined with a humorous weave of science, spirit, and practical play, Melissa Joy reveals how universal consciousness and infinite potential are organized and influence experiences. By practicing heart-centered awareness and freedom of choice, through the power of grace, anyone can navigate practically through life's situations and challenges to experience more flow, joy, and personal fulfillment. The field of the heart is a portal to personal power, individual change, and global transformation, and it will lead you to a new reality based in unity, love, and limitless potential. The field of the heart is the physics of miracles. The field of the heart is the physics of love. This journey into heart-centered awareness is complemented by the knowledge and wisdom Melissa Joy has acquired through teaching Matrix Energetics transformational seminars to thousands of students around the world. Discover how to consistently drop into the heart, let go, notice what you notice, and notice what is different. In this intriguing book, M-Joy shares what she has learned, including specific and effective strategies for change, as you discover how to playfully transform yourself and everything around you. Join M-Joy as she guides you to discover your truth as a limitless being, which is found within the heart, noticed as joy, and available for you to experience in every moment of every day. "We can expand our apertures of awareness to experience the full expression of ourselves as limitless beings..." M-Joy

A comprehensive reference and healing tool to address the emotional and psychological causes of illness • Uncovers the conflicted conscious or unconscious feelings, thoughts, and emotions at the root of nearly 900 ailments and diseases • Details a unique Integration and Acceptance Technique for accessing information through the heart and thereby starting the healing process for emotions and feelings • Provides positive affirmations to effect change for each ailment and disease What if your body used a secret language to talk to you? What if an ailment or illness was your body's way to shout for help, to make you understand that you need to change your thoughts, emotions, feelings, and behaviors? Your body wants you to become aware of the stress that you carry, conscious or not, so you can release unmanaged past and present emotions and the physical complaints that accompany them. Compiling years of research and the results of thousands of cases he encountered in his private practice and during workshops over the past 30 years, Jacques Martel explains how to read and understand the body's language of disease and imbalance. In this encyclopedia, he shows how body language reveals specific thoughts, feelings, and emotions that are at the source of nearly 900 different ailments and diseases. The author also details his Integration and Acceptance Technique, which enables healing information to bypass the brain and connect directly with the heart. This technique disables the source of the conflict, conscious or not, that could be at the root of an illness, behavior, or condition and improves the chances of true healing. This comprehensive manual offers a tool to help each of us become, to some extent, our own doctor or therapist, get to know ourselves better, and recover health and well-being physically, emotionally, mentally, and spiritually. For practitioners and therapists, this remarkable reference tool provides invaluable insights and prompts for healing.

The Healing Power of Sound

How to Heal the Conflicted Feelings, Emotions, and Thoughts at the Root of Illness

Energy Healing and Spiritual Transformation

Amplify the Healing Power of Your Yoga Practice

The Scientific Basis

Become an Earth Angel

Essential Oils for Healing

Over 400 All-Natural Recipes for Everyday Ailments

This work is a user-friendly reference guide to energy medicine. It explains what vibrational medicine is, its history in Eastern systems of health, as well as fundametal concepts such as chakras and the meridians.

A practical and accessible guide to sound healing therapies • Explores tools such as tuning forks, gongs, singing bowls, drumming, chakra chants, and angelic vibrations • Provides simple practices such as humming, vowel toning, and affirmations that you can begin using right away for self-healing • Explains how sound therapy triggers self-healing mechanisms and offers a non-invasive way to permeate every cell of the body with healing intentions All sound and vibration affect us. From the moment of birth--even in the womb--every word, thought, or sound we encounter is important and powerful, nourishing or toxic. When we understand the powerful effects of sound and vibration, we can consciously apply them for our health and well-being. In this practical and accessible guide, Erica Longdon explains the therapeutic and healing impact of sound, frequency, and vibration on the body, mind, and spirit. She shows how sound therapy triggers the body's natural self-healing mechanisms and offers a non-invasive way to permeate every cell of the body with healing intentions. She presents a wide range of sound-healing methods and vibrational practices and explores tools such as tuning forks, gongs, singing bowls, drumming, chakra chants, and angelic vibrations as well as cymatics--the study of wave phenomena, which makes sound visible. She explains how to use different sound healing methods and offers instructions both for self-treatment and as preparation if you go see a sound therapist. She reveals how each of us has a sound healing tool at our disposal--our own voice--and provides simple practices and exercises such as humming, vowel toning, and affirmations that you can begin using right away for self-healing. She also explores the power of silence and how even our inner vibrations--thoughts and intentions--affect us sonically and can be used for vibrational healing. Offering a natural way to treat pain and illness, this guide gives you the tools to connect with your inner healer, restore balance and harmony, and harness the power of vibration for sound health.

In this revolutionary look at the energetic physiology of the human body, Peter Fraser and Harry Massey introduce Infoceticals--liquid remedies infused with electrodynamic information. Infoceticals promote health by reestablishing the proper flow of information in the body's energetic fields.

See how energy therapies can normalize physiology and restore your patients' health! Energy Medicine: The Scientific Basis, 2nd Edition provides a deeper understanding of energy and energy flow in the human body. Using well-established scientific research, this book documents the presence of energy fields, discerns how those fields are generated, and determines how they are altered by disease, disorder, or injury. It then describes how therapeutic applications can restore natural energy flows within the body. Written by recognized energy medicine expert Dr. James Oschman—who is also a physiologist, cellular biologist, and biophysicist—this resource shows how the science of energetics may be used in healing diseases that conventional medicine has difficulty treating. Easy-to-understand coverage simplifies the theory of energy medicine and the science behind it, providing detailed, coherent explanations for a complex subject. Well-established scientific research shows why and how energy medicine works. Multi-disciplinary approach covers energy medicine as it applies to various healthcare disciplines, from acupuncture to osteopathy to therapeutic touch and energy psychology.

Matrix Energetics and Living Your Infinite Potential

Recovery from Life-Threatening Illness Using Sound, Voice, and Music

Vibrational Healing with Ohm Tuning Forks

Healing Visualizations

The Power of Harmonics

Tuning The Human Biofield For Novices

The New Science of Information as Medicine

Sound Healing & Values Visualization: Creating a Life of Value

What is it that makes yoga practitioners feel so good after a session—more so than after other kinds of exercise or stretching? "Yoga was created to directly stimulate and move us at the energetic level," teaches Lauren Walker. Yet many of us don't have the time to spare for the kind of extensive regular practice we'd need to gain the full benefits yoga was meant to offer. That's why Walker created Energy Medicine Yoga—a breakthrough book that combines yoga with the most effective techniques of energy medicine to vastly increase the healing power of your practice. Created for yoga practitioners of any background or experience—even complete newcomers—this clear, easy-to-use guidebook features: Energy medicine essentials—key concepts about your subtle anatomy and its profound influence on your physical, emotional, and spiritual health An eight-week learning plan for working with your body's energy systems—with practices focused on your meridians, chakras, vibrational field, and more Power poses—the most valuable "if you do nothing else, do these" techniques for each of your body's energy systems The 20-minute template—putting it all together to create your own custom-made, supercharged daily practice Lauren Walker has adapted the renowned energy medicine methods pioneered by her own teacher, Donna Eden, so they integrate seamlessly into yoga movements and postures. "Energy medicine yoga teaches you to take the things you're doing now, layer them together with complementary techniques, and exponentially increase the benefits of your practice," Walker explains. "You'll learn to work smarter, not harder—so you can have a healthy body full of energy, zest, and joy for what life has to offer."

This ground breaking and pioneering new work explores the vibratory nature of existence through science, mindful listening, and sound healing focused on the obtainment of value and life goals,

Tuning the Human Biofield Healing with Vibrational Sound Therapy Simon and Schuster

When Doreen and her son Grant Virtue were recording podcasts, they noticed that whenever she said the word angel, the recording graphics were shaped like angel wings! So they studied the other words she said and realized that those with a spiritual or loving basis had large graphs. So they experimented with saying negative words and found that their appearance was completely different: tight and small. Similar to Masaru Emoto's work with water crystals, Angel Words gives visual proof of the power and impact of speaking in a loving way. You'll come to understand why positive words express the most energy and therefore have the most power to manifest your dreams. You'll also see how negative words have low energy and read how they can actually draw negative experiences to you. This unforgettable book will immediately motivate you to choose positive words!

The Complete Healing Guide on Tuning the Human Biofield Using the Tuning Fork for Your Complete Health Benefit

Craniosacral Chi Kung

The 7 Secrets of Sound Healing Revised Edition

How to Protect Yourself from Energy Vampires, Honor Your Boundaries, and Build Healthier Relationships

Vibrational Medicine

Sound Healing Chart

The #1 Handbook of Subtle-Energy Therapies

Take Your Sonic Vitamins with Tuning Forks, Singing Bowls, Chakra Chants, Angelic Vibrations, and Other Sound Therapies

This book Provides a precise map of the energetic biofield that surrounds the body, showing where specific emotions, memories, traumas, and pain are stored- Details how to locate stored trauma in the biofield with a tuning fork and clear it. Exploring the science behind Sound Balancing, she examines scientific research on the nature of sound and energy and explains how experiences of trauma produce "pathological oscillations" in the biofield, causing a breakdown of order, structure, and function in the body. Offering a revolutionary perspective on mind, energy, memory, and trauma, it guide to Sound Balancing provides new avenues of healing for energy workers, massage therapists, sound healers, and those looking to overcome chronic illness and release the traumas. Learn more as you read. Two-sided chart demonstrates 14 useful applications for self-treatment, and for treating others using tuning forks. Each stylized photograph shows where the fork can be placed on the body and explains why each placement is beneficial. Other helpful illustrations show how to correctly hold and how to activate a tuning fork. A long awaited laminated "how to" guide for using tuning forks at home or in your professional practice. Two-sided laminated chart measures 11" x 17."

The comprehensive guide to imagery therapy for: the common cold, bone fractures, arthritis, hypertension, headaches, asthma, infertility, depression, pms, anxiety, obesity, and much more For years it has been widely known that the mind exerts a tremendous influence on our physical well-being--often determining the difference between health and disease. In Healing Visualizations, Dr. Gerald Epstein, a psychiatrist and pioneer in waking dream therapy, provides a new vision of how the mind can help heal the body through the power of "imaginal medicine." Developed over fifteen years of clinical practice, Dr. Epstein's safe, potent techniques for tapping the mind's healing energy enable us to influence our own health with remarkably fast, positive results. More than seventy-five exercises cover specific health problems form common ailments such as allergies, colds, backaches, headaches, and arthritis to life-threatening illnesses such as heart disease and cancer. Each exercise takes just one to five minutes. And there are special visualizations for overall wellness that you can personalize to fit your own daily health and fitness needs. A revolutionary and inspiring program, Healing Visualizations is a major contribution to understanding, restoring, and maintaining the healthful unity of body and mind.

In my travels across the country, the question asked most frequently is how I went from being a fundamentalist preacher to being a developer of healing techniques using tuning forks. This book is the story of that journey. I feel honored yet humbled to be among those rising to the call to facilitate the new 5th Dimensional energy coming into our third dimensional time/space continuum. Come with me as we journey step by step through my search for answers. After looking at what I refer to in this book as my Fork in the Road, a new truth was born - a truth that provides answers for the Spirit, Mind, and Body. I will share information concerning self-healing using sound, vibration, and frequencies that can clear, cleanse, balance, and focus our lives in all its forms. The ancient Solfeggio frequencies are part of a process that can assist us in creating the possibility of lives without stress, illness, and sickness. Together we will go to the cutting edge of scientific discoveries regarding sound and healing. This book is also a call for lightworkers to gather in this crucial time of change and transformation on the planet. Join me and others who do not live in fear of the future. Just tune your inner ear and listen to these wonderful new ideas as I share the techniques of working with sound and, more specifically, the Solfeggio tuning forks. My hope is that we can all find the harmonics of our own individual music, and that through this process we will be enabled to live balanced lives.

The Book of Chakra Healing

Tune & Heal

Sound Healing with Tuning Fork

Energy Medicine - E-Book

A Practical Guide to Vibrational Medicine

Sound Healing

Conscious Healing

Tuning into Frequency

The original comprehensive guide to energetic healing with a new preface by the author and updated resources. • More than 125,000 copies sold. • Explores the actual science of etheric energies, replacing the Newtonian worldview with a new model based on Einstein's physics of energy. • Summarizes key points at the end of each chapter to help the serious student absorb and retain the wealth of information presented. Vibrational Medicine has gained widespread acceptance by individuals, schools, and health-care institutions nationwide as the textbook of choice for the study of alternative medicine. Trained in a variety of alternative therapies as well as conventional Western medicine, Dr. Gerber provides an encyclopedic treatment of energetic healing, covering subtle-energy fields, acupuncture, Bach flower remedies, homeopathy, radionics, crystal healing, electrotherapy, radiology, chakras, meditation, and psychic healing. He explains current theories about how various energy therapies work and offers readers new insights into the physical and spiritual perspectives of health and disease.

This book is a ground breaking work that integrates science, sound, and spirituality. You will learn how to tune your body, with tuning forks. When we tune ourselves we tune our nervous system, achieving greater balance, harmony, and wellness in our lives. The effect of sound is unquestionably powerful, with a remarkable ability to heal and restore balance from the inside to out. By breaking down scientific principles and studies into accessible, understandable, and applicable wisdoms and techniques, sound healing pioneer Jonathan Goldman reveals how sound can be used as personal vibrational therapy for your mind, body, and spirit. Journey into the realm of sound through learning: • the basic principles of vibration • the importance of your intent • the uniqueness of sound to everyone • the importance of silence • our own voice's healing properties • the diverse healing applications of sound • the global, all-encompassing effect of sound Practical information and exercises provide an interactive understanding of using sound as a healing modality, while Goldman's exploration of a variety of ancient and modern techniques will guide you into living a more harmonious life. Goldman's guided meditations and exercises in his free audio download are specifically designed to enhance your relaxation and healing, helping to bring the seven core secrets of sound healing into your heart and home.

Manual plus DVD feature illustrated instructions and video tutorials of 25 treatment protocols, including basic tuning fork technique, pace of application, body mechanics and application methods for both the physical and energetic body. Second Edition includes new expanded 8-page instructional color photo section featuring additional self-treatment protocol, detailed instructions for correct hand positioning, sound balancing techniques for the subtle body, and treatment applications for Chair Massage and Sport Therapy. Manual features:1) A treatise and exploration on the healing aspects of vibration, sound & music 2) 25 illustrated treatment protocols for Treating Others and Self Treatment3) Expanded 8-page instructional color photo section 4) A complete Sound Healing system utilizing tuning forks + music in the key of Ohm. DVD demonstrates:1) Tuning Fork Technique 2) Pace of Application and Body Mechanics 3) Tuning Fork Application Methods for the physical & energetic body 4) 20 illustrated Protocols for Treating Others, utilizing acu-points and anatomical placements 5) How to include Singing and Crystal Bowls in a Sound Healing session. Manual is 116 pages and DVD is 26 min.