



Energy Work: The Secrets of Healing and Spiritual Development

By Robert Bruce

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Energy Work: The Secrets of Healing and Spiritual Development By Robert Bruce

This step-by-step approach to physical and emotional health shows how to use the body's energy centers to speed healing.

In *Energy Work*, Robert Bruce offers a, simple, easy-to-learn, approach to self-healing, based on his breakthrough system of Body Awareness Tactile Imaging energy work. Bruce explains how to use tactile imaging, based on one's sense of touch, rather than visualization, to stimulate the flow of vital energy throughout the body. This is a system that anyone can use, regardless of age, health, or previous experience. Readers learn how to awaken the body's energy centers and move healing, vital energy throughout the body.

Energy Work offers exercises to:

Improve immune system function Enhance vitality and self-healing ability Increase psychic and spiritual abilities Develop stronger and more intimate relationships

Bruce provides easy-to-follow illustrations along with a series of exercises that encourage safe, rapid results. This is a valuable guide for anyone seeking to take charge of his or her health.

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- Sales Rank: #153573 in eBooks
- Published on: 2011-09-01
- Released on: 2011-09-01
- Format: Kindle eBook

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Editorial Review

Review

"Will add a depth to your life that you have never known before." --Eckhart Tolle

About the Author

Robert Bruce is a mystic, healer, and metaphysical researcher. He has provided consulting and healing services to the internet community since 1992. Born in England, he now resides in Australia. He frequently conducts workshops in North America. Visit him at: www.astraldynamics.com

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