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Nota di contenuto	Front Cover; Title Page; Copyright; Dedication; Contents; Acknowledgments; Introduction; 1 Journey to Spiritual Awareness; Tuning into Universal Energy and Messages from Spirit; Focusing Our Energies to Create a Good Life: The Law of Attraction; Taking Responsibility for Our Happiness; The Benefits of Spiritual Transformation; Beginning Your Spiritual Journey; 2 You Are Not Crazy; Recognizing Our Life Paths and Accepting the Choices of Others; Connecting to Infinite Love in All Its Forms; Loving Humanity in Spite of Our Beliefs That Separate Us Methods for Overcoming Fear or Skepticism from Others 3 Developing a Mediumship; Interpreting the Messages from Spirit; Guidance from Loved Ones in Spirit; Listening to Your Inner Voice to Communicate the Voices of Spirit; Expanding Your Gifts as a Medium; 4 Healing Hands: Becoming a Reiki Practitioner; Expanding the Gift of Energy Healing; Discovering the Many Methods of Energy Healing; Experiences of Healing in My Reiki Practice and as a Medium; 5 Not Your Mother's Doctor: The Growing Acceptance of Energy Healing; The Increasing Practice of Energy Healing in Western Medicine Choosing a Modality of Energy Healing Distance Healing; Dealing with Spiritual Doubt; Dealing with Practical Concerns; The Role of the Energy Healer; 6 Getting Our Spiritual House in Order; Understanding Our Emotional Landscape; Balancing the Energy of Our Mind and Heart; The Spiritual Wisdom of Children; Balancing and Transforming Energy; We Are Now in a New Spiritual Revolution; 7 You Are Not Alone; Changes in

Our Relationships with Family and Friends as a Result of Our Spiritual Practices; Methods to Achieve Balance, Courage, and Self-Confidence in Pursuit of Our Life Goals

Helping Clients to Heal from Problems in Intimate

Relationships Techniques to Improve Communication in Relationships of

Love; Protecting Ourselves from Negative Emotions of Damaged and

Toxic People; 8 Now and Forever: Guidance from the Other Side;

Receiving Help from Our Spiritual Guides; Seeing and Meeting Master

Spirit Guides to Relay Their Messages; Responding to Those Who Ask

Our Help to Heal; Sensing Our Interactions in Past Lives; Epilogue;

Suggested Readings; About the Author

Sommario/riassunto

The Living Spirit is not just for healers, but for anyone who wants to awaken to their soul's mission and to the incredible plan God has for them. It is intended as a compassionate and supportive guide for others beginning their spiritual journey as mediums, psychics, and energy healers or simply for those with questions about who they are, what li
