



# **The Healer's Manual: A Beginner's Guide to Energy Healing for Yourself and Others**

*Ted Andrews*

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## **The Healer's Manual: A Beginner's Guide to Energy Healing for Yourself and Others** Ted Andrews

Noted healer and author Ted Andrews reveals how unbalanced or blocked emotions, attitudes, and thoughts deplete our natural physical energies and make us more susceptible to illness. The Healer's Manual shows specific techniques—involving color, sound, fragrance, herbs, and gemstones—to restore the natural flow of energy. Use the simple practices in this book to activate healing, alleviate aches and pains, and become the healthy person you're meant to be.

## **The Healer's Manual: A Beginner's Guide to Energy Healing for Yourself and Others** **Details**

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# **From Reader Review The Healer's Manual: A Beginner's Guide to Energy Healing for Yourself and Others for online ebook**

## **Al-lison D-avis says**

This is a really good book for those of us who are interested in ways to help heal naturally. It's a great starting point and has lots of information on a variety of ways to heal including the use of: Chakras, sound, light, touch, gemstone, meridian, scent and elixirs. This reference guide provides great diagrams, tables, and explanations that are easy to understand. A great reference guide and starting point.

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## **Richard says**

Typical of the genre- such ideas as blockages- imbalances- and energy abound. I mean does anyone of these people realize that something perfectly balanced is by its very nature stationary.

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## **Amy Brunsen wiltgen says**

This book came to me in a time of great change and healing. I planned to use as a how to for some things, and did do a few color breathings which I then taught my 7 and 9 year old. I started out with this gem, highlighting in many colors, taking down notes, and writing in the margins. I finished realizing the book has so much information that I should just read it once though and then use it as a reference when I am ready to try the different types of healing.

I love structure and reveled in the organization of the book by the senses and starting first with the energetic body which I have been studying for the last 3 seasons and growing spiritually and this book verified my current life choices.

I am happy to have discovered Ted Andrews and look forward to reading more of his books. Being very visual in learning I appreciated the diagrams, flow charts, pictures, and lists.

I highly recommend this book to all I know that are open to reading a book on healing. We all need healing, and to heal one another. This book has techniques that are simple that anyone can do, including my children.

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## **Stacey Latkowski says**

A wonderful read! Boosts your confidence once you resonant with what you read plus more 'ah ha' I get it readings...highly recommended for seekers.

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### **Esther says**

An excellent resource for not just the novice, but also the advanced and even expert healer! Ted Andrews again lends his considerable wisdom to the art of spiritual healing, giving an informative and engaging look at spiritual healing, aura manipulation for healing practices, and the application of crystals, sound, color, energy and more in the pursuit of helping others.

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### **Ron Campbell says**

This is another book by Ted Andrews that I find to be extremely informative in learning of the Realm of Energy or Chi as it is often called.

Andrews goes into the Healing Vibration of Touch, Sight, Sound, Taste and Smell. As everything is composed of this Energy or Chi (Universal Life-Force) we can sense this energy with all of our five senses. This book is not limited to Healing Hands or Reiki but to Color, Music, Elixirs and Fragrances all have healing attributes.

Anyone wanting to learning about Energy Healing, this is an excellent book for both beginners and advance.

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### **Jen says**

This was amazing.

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### **Blackcatmoon66 says**

I thought this was excellent! Very informative, really helped understand how your thoughts can affect your body, and how to work on that to help heal yourself. A realistic approach, not really about using magic.

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### **Catarina says**

This is a fantastic book about energies for beginners. It's easy to read, simply and to the point. A true manual for the beginner!

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### **Tracy Kelso says**

Interesting and useful book.

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