



How to Heal and Be Healed - A Guide to Health in Times of Change: Using Subtle Energies to Deal with Mental, Emotional and Physical Illnesses

Paul Lambillion

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Using his long and successful experience of working with subtle energies, spiritual healer Paul Lambillion shows how to heal mental emotional and physical illnesses. Explaining the powerful effects of emotions and feelings on physical health, he provides a clear and persuasive framework for healing.

We live in a time of emotional and mental overload, which is approaching crisis proportions. There is a rapid growth in mental and emotional illnesses and a consequent explosion in the use of psychoactive drugs. There are the new energy diseases such as post-viral syndrome, ME, fatigue, exhaustion, intermittent depression and so on. These have no pathological framework to explain them, and there is usually no specific treatment structure for them. They affect young and old.

Throughout the book there are numerous exercises based on such techniques as breathing and visualisation, the use of energy essences, creativity and meditation. There are also many case histories.

This is the perfect healing manual: wise, balanced and practical for our fast-changing times.

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