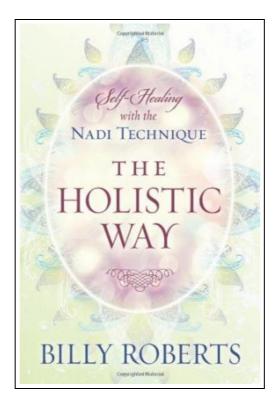
The Holistic Way: Self-Healing with the Nadi Technique (Paperback)



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Llewellyn Publications, U.S., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The Holistic Way introduces the Nadi Technique, a simple and effective holistic system that supports optimum health of body, mind, and spirit. This programme for self-healing encourages movement of in-flowing energy, or prana, through the network of channels called nadis that permeate the subtle anatomy. Using specific pressure points, meditation, visualization, and affirmations, the Nadi Technique is designed to help you cultivate positive thinking, culminating in a healthy mind and body. In this easy-to-follow handbook, you Il learn how to fine-tune your energy body, how food affects the chakras, and how magnets, colour, music, chanting, and vibration can be used for increased wellness. Delve into ancient spiritual principles and universal laws-such as the Law of Attraction and the Law of Karma-and discover how to fulfil your desires; attract good health, success, and happiness; and find peace and harmony within.

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