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Acupressure For The Soul | Light Technology Publishing

Acupressure for the Soul: Biological Spirituality and the Gifts of the Emotions Nancy Fallon Light Technology Publishing , 1993 - Body, Mind & Spirit - 160 pages

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Nancy Fallon (Author of Acupressure for the Soul)

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Acupressure for Anyone® - Soul Lightening Acupressure

ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication.

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Rae Jacob's, "Acupuncture for the Soul" is an inspiring collection of heartfelt empowering stories, poems and resources, sure to help open all hearts & souls to a spiritual freedom, a gift! It's through this feel good book Rae Jacob shares years of education and real life experiences to teach us to love, laugh and listen more!

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Nancy Fallon - amazon.com

o A heavy bottom wok (kadai) o 2 cups of whole wheat flour o 1 table spoon of turmeric powder (haldi) o A cup of clarified butter (ghee) o Water • Dry roast the flour and the turmeric on slow heat for 4-5 minutes. • Add the ghee and stir and mix it well for a minute.

Y o g a & Physi T Journal of Yoga & Physical Therapy J

Acupressure is an alternative medicine technique similar in principle to acupuncture. It is based on the concept of life energy which flows through "meridians" in the body. In treatment, physical pressure is applied to acupuncture points with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow, or with various devices.

Acupressure - Wikipedia

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