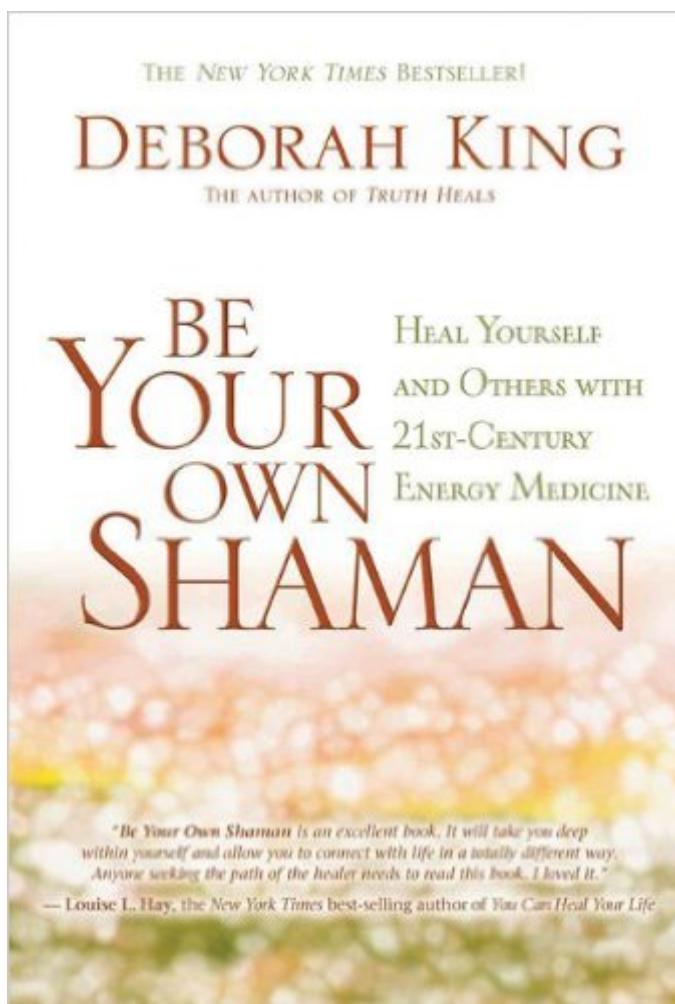


The book was found

Be Your Own Shaman: Heal Yourself And Others With 21st-Century Energy Medicine



Synopsis

This fascinating book takes you on a one-of-a-kind journey into the esoteric world of healing. You might not realize it, but just about everyone is a natural-born healer! In fact, you probably already have some of the paranormal abilities related to this gift. For example, you may know who's calling before you answer the phone, or be able to sense what others are thinking or feeling. But you can further develop your inner talents and become your own shaman, capable of healing whatever ails you and effecting change in someone else's energy field and body. In Master Healer Deborah King's uniquely informative work, you will learn both Eastern and Western concepts and techniques from the earliest recorded healing practices some 5,000 years ago all the way up to modern times with John of God in Brazil and King's own powerful cutting-edge approach. You'll find out how to protect yourself from psychic attack, and how to get beyond any limiting beliefs you may hold.

Self-knowledge leading to self-mastery is the ultimate quest, the pivotal adventure of a lifetime. Become the person you always knew you could be by taking this magical tour into the heart of healing!

Book Information

Paperback: 216 pages

Publisher: Hay House; 4th ed. edition (March 1, 2012)

Language: English

ISBN-10: 9781401930790

ISBN-13: 978-1401930790

ASIN: 1401930794

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (80 customer reviews)

Best Sellers Rank: #382,057 in Books (See Top 100 in Books) #295 inÂ Books > Religion & Spirituality > New Age & Spirituality > Shamanism #1415 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

I was curious about this book because a friend mentioned someone who had taken and was teaching the 21st Century Energy Medicine technique. If you have never heard of energy healing techniques this book may serve as a basic introduction, but beyond that there is little to be gained. If you want an introductory book on energy work, you might want to take a look at Energy Medicine:

Balancing Your Body's Energies for Optimal Health, Joy, and Vitality Updated and Expanded. I found Ms. King's book disappointing Deborah King doesn't offer any details of her Template of Perfection technique. There are quite a few different healing techniques discussed in a simplistic way. This can be a blessing if you are just looking for a little tidbits or tastes of a variety of techniques and want to try simple uncomplicated exercises and techniques, but be aware this book appears to be an appetizer for readers to take King's workshops and seminars. The book, which is around 170 pages, is mostly Deborah King's story of childhood abuse and her path to and in healing with some exercises and information interwoven within. From a look at her website it appears her courses can be taken online so it makes me wonder about the quality of her "initiations" and how effective they are since the initiations are supposed to be consciousness expanding. And ultimately how effective her certified healers/teachers are. The inner flap reads "you will learn both Eastern and Western concepts and techniques--from the earliest recorded healing practices some 5,000 years ago, to King's own powerful cutting-edge approach." What this means is King borrowed from everyone.

At first I wasn't sure what to make of Deborah King's new book "Be Your Own Shaman". Coming from a fundamentalist Christian upbringing a word like "Shaman" made me wonder "is this some strange occult book?" And while I now have a much more liberal spiritual orientation my first impression was that King's book could be on the fringe side. My impressions changed in the first few pages. "So what does it mean to be a shaman today?" King writes in the introduction. "Is it someone who wears a feathered headdress, shakes a rattle, and dances around a fire to the beating of drums as he communes with an invisible world of spirits? It could be. But did you know that the sweet little old church lady with blue hair and clothes from the 1950's could be a shaman, too?" King goes on to define a shaman to mean "a healer - someone who expands his or her consciousness and conducts healing energy to help others resolve whatever is ailing them on the physical, mental, emotional, and spiritual planes ... a person who acts as an intermediary between the human world and spirit worlds - between the natural and supernatural." By that definition I've encountered many "shamans" in my life - the minister in the church down the street, the therapist, the inspirational author, and others. Far from being an exotic practice, shamanism is another term for something very commonplace. I now take the term "shaman" to mean a healer who brings spirituality into his or her work. "Real healing power is inside you," King writes, "it just needs to be awakened, nurtured, and practiced. You can be your own shaman, and this book will start you on your way." She goes on to describe the many healing practices she has experienced in her life.

[Download to continue reading...](#)

Be Your Own Shaman: Heal Yourself and Others with 21st-Century Energy Medicine Shaman, Healer, Sage: How to Heal Yourself and Others with the Energy Medicine of the Americas Homesteading for Beginners: Self-sufficiency guide, Grow your own food, Repair your own home, Raising Livestock and Generating your own Energy (Homesteading, ... ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Roget's 21st Century Thesaurus, Third Edition (21st Century Reference) The Lodge Officer's Handbook: For the 21st Century Masonic Officer (Tools for the 21st Century Mason) (Volume 2) The Homesteading Handbook: A Back to Basics Guide to Growing Your Own Food, Canning, Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More (The Handbook Series) Vibrational Medicine for the 21st Century: A Complete Guide To Energy Healing And Spiritual Transformation Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) 21st Century Pediatric Cancer Sourcebook: Brain and Spinal Cord Tumors - Neuroectodermal, Medulloblastoma, Glioma, Astrocytoma, Craniopharyngioma, Craniopharyngioma, CNS Tumors, Others Homesteading for Beginners: How to Grow Your Own Food, Raise Livestock, Repair Your Home Yourself and Generate Your Own Power Reiki For Healthy Life: 25+ Techniques To Heal Yourself, Increase Your Energy And Reduce Stress: (Reiki For Beginners, Reiki Healing, Reiki Symbols, Reiki ... and relaxation, reiki techniques Book 1) Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself CHAKRAS: Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself Make Your Own History: Documenting Feminist and Queer Activism in the 21st Century CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (FREE Bonus Included) (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakras For Beginners, Hinduism, Buddhism, Meditation) Heal Yourself with Qigong: Gentle Practices to Increase Energy, Restore Health, and Relax the Mind Solar Power: Proven Lessons How to Build Your Own Affordable Solar Power System: (Energy Independence, Lower Bills & Off Grid Living) (Self Reliance, Solar Energy) Energy, Utility, Transportation and Environmental Law for the 21st Century: A Collection

[Dmca](#)