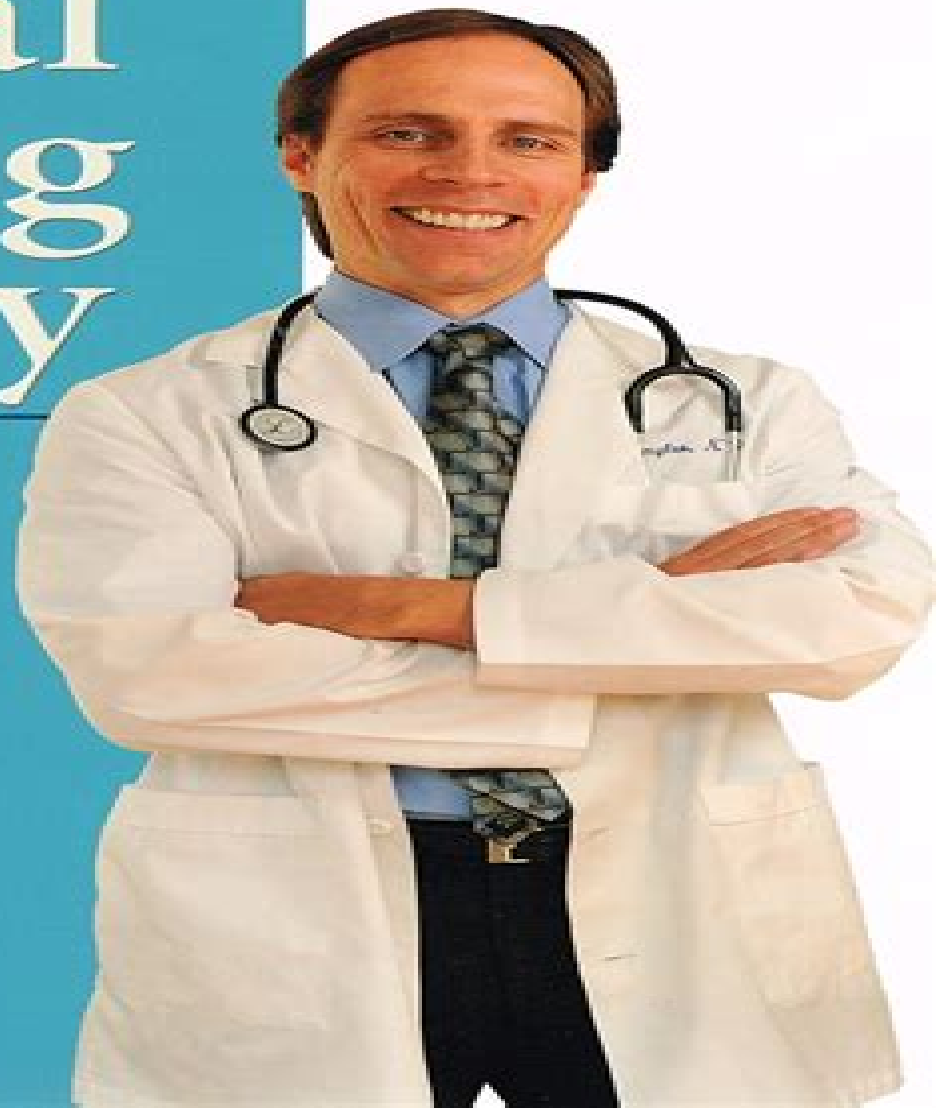


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Dr. Mark Stengler's Natural Healing Library Mark Stengler, 2013 The Complete Chakra & Energy Healing Library KG Stiles, 2025-03-04

Unlock the secrets of the chakra system and energy healing with this comprehensive guide to holistic wellness. Whether you're a beginner or an advanced practitioner, this book offers practical techniques to balance and align your chakras for greater health, vitality, and spiritual well-being. If you're looking to deepen your spiritual practice, harness the power of energy medicine, or integrate chakra healing into your daily life, Complete Chakra Energy Healing Library is your ultimate resource.

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- 3 CHAKRA MEDITATIONS** Pranic Rainbow Light Breathing Meditations for Your 7 Major Chakras.
- 4 CHAKRA AROMATHERAPY** Practical guide to aromatherapy for balancing your 7 Major and 8th 9th Chakras. Learn more than 40 essential oils to balance your chakras. You'll also be given the aroma qualities and properties of essential oils that have a balancing effect on each chakra. Learn how you can make your own chakra anointing oils.
- 5 CHAKRA ASTROLOGY** You don't have to know anything about astrology for this method of balancing your chakras to be effective. Be guided to harmonize your chakras with the unique signature blueprint represented by your personal astrology.
- 6 ENERGY CLEARING CHAKRA HEALING** Learn eight 8 transformative breathing practices to clear space, remove obstacles, and experience emotional healing.
- 7 MANIFESTING ABUNDANCE** Learn how to use your kundalini energy for manifesting your reality and creating exactly what you want. Wealth Manifesting Meditation.
- 8 THE CHAKRA HEALING BOOK** Healing gemstones and crystals with their inherent sound and color frequency patterns may be used for effectively clearing, balancing, and enhancing each of your chakras. Discover more than 40 healing gemstones and crystals you can use for balancing each your 7 Major and 8th 9th Chakras.
- 9 CHAKRA POWER** Quick Reference Guide to the 7 Major and 8th 9th Chakras. Recommended Reading.

Goes way beyond other sources of information about the chakra system for working with these energy centers. KG Stiles has done a remarkable job of condensing these complexities into a form that's both informative and easy to read.

Dr. Steven D. Farmer, Best-selling author *Animal Spirit Guides* and *Earth Magic*, KG Stiles, 40 years of experience combined with her passion to assist the personal growth and wellness of all, is unsurpassed.

Eldon Taylor, Ph.D., New York Times Best-selling Author *Choices and Illusions*, KG Stiles, BA, CBT, CBP, LMT, is a metaphysician, astrologer, and certified clinical aromatherapist with over four decades of experience in the holistic health field. She has worked with internationally known celebrities, athletes, and hospitals integrating aromatherapy and energy medicine into wellness practices. She's a specialist in energy healing, chakra balancing, and essential oils.

integrating modalities such as sound healing breathwork crystals and guided meditation for transformation and well being KG s work has been featured in national and international publications including Massage Therapy Journal and Aromatherapy Today She has served as a NAHA Director for Southern Oregon and a Continuing Education Provider for professional aromatherapists

Better Health through Natural Healing, Third Edition Ross Trattler, N.D., D.O., Shea Trattler, 2013-10-15 The definitive reference book for alternative medicine health and healing nutrition herbs and herbal medicine and natural health care is fully updated in this third edition First published in 1985 Better Health through Natural Healing has become one of the most successful and authoritative resources of its type with more than 1 5 million copies sold worldwide Since the original publication of this comprehensive guide alternative therapies have become more and more accepted by the mainstream and patients and practitioners of the wider medical community are embracing complementary medicine as an effective treatment option for a range of medical conditions This third edition has been fully revised by Dr Ross Trattler with the assistance of his son osteopath Shea Trattler to encompass recent developments in holistic medicine and healing The first part of the book clearly explains the principles of natural medicine including diet osteopathy naturopathy botanical medicine hydrotherapy physiotherapy and homoeopathy The second part offers practical advice for the treatment of over 100 common diseases and ailments that individuals and families face The A Z compendium ranges from acne and alcoholism to menstrual disorders and migraines to warts and whooping cough A comprehensive self help guide to natural medicine Better Health through Natural Healing is an essential reference book for health care practitioners and for anyone seeking to heal illness effectively with natural treatments

Sexuality Linda Page, 1998-08 In this edition of Dr Linda Page s Healthy Healing Guide To Sexuality Dr Page brings forth the very latest information about alternative treatments and natural therapies This book is a must for every natural healing library

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ABOUT THE AUTHOR KG Stiles BA CBT CBP LMT Certified Clinical Aromatherapist Metaphysician Coach Founder of PurePlant Essentials With more than four decades of experience in the healing arts KG Stiles is a globally respected aromatherapy educator practitioner and the creator of the LoveNotes healing series Her work integrates plant based medicine energy healing and mind body wisdom She has worked with top wellness professionals hospitals and internationally renowned celebrities and athletes KG is a NAHA

approved Continuing Education Provider contributing author for aromatherapy journals and passionate advocate for natural wellness Her books and formulas have empowered thousands around the world to take charge of their health through the ancient wisdom of essential oils National Library of Medicine Audiovisuals Catalog National Library of Medicine (U.S.),1991 *Library of Congress Subject Headings* Library of Congress,Library of Congress. Subject Cataloging Division,Library of Congress. Office for Subject Cataloging Policy,2013 *Library of Congress Subject Headings* Library of Congress. Cataloging Policy and Support Office,2009

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