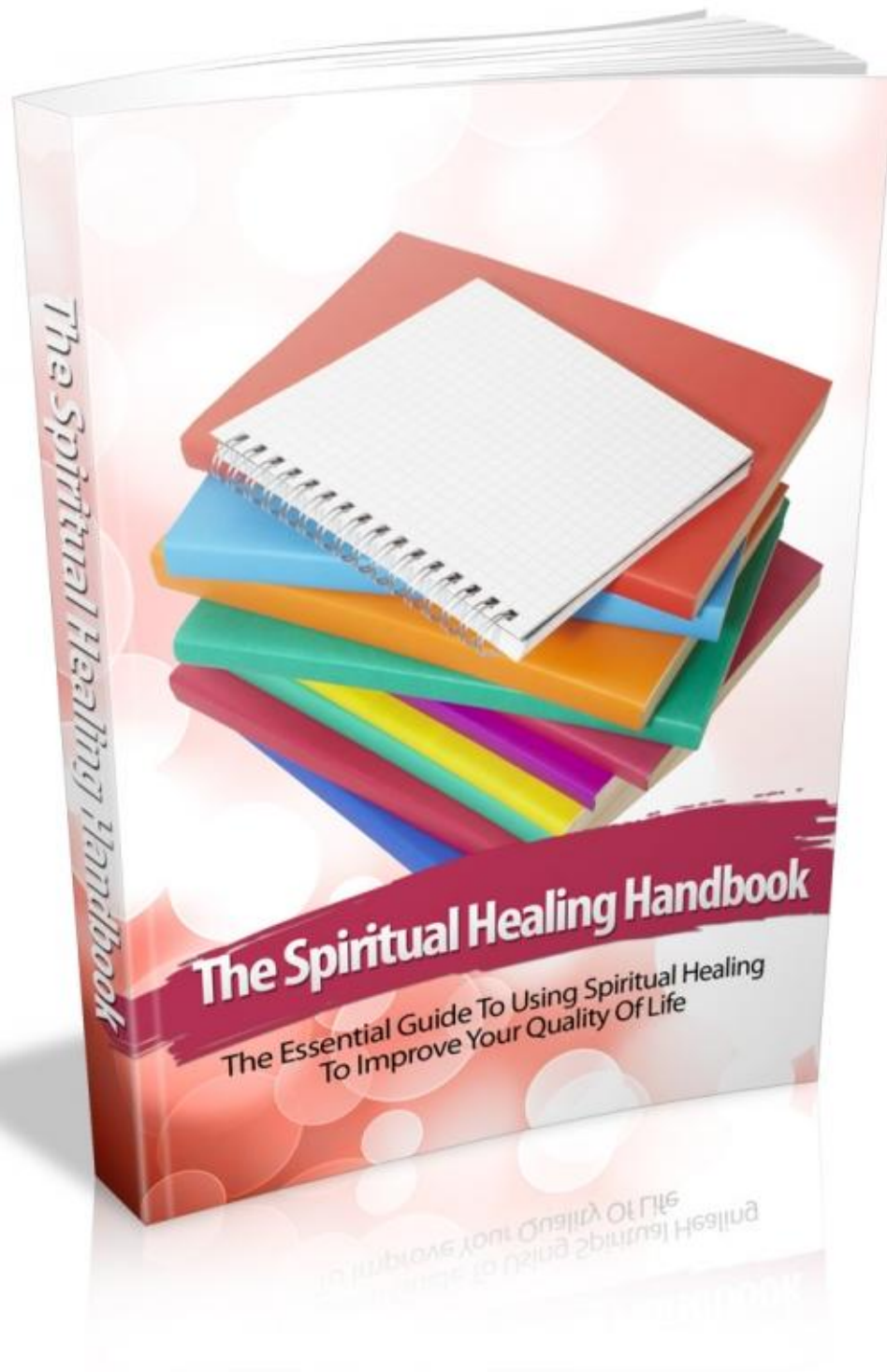


SPIRITUAL HEALING



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Foreword

A lot of people today are turning to alternative medicines to treat ailment, illnesses, and diseases. Besides this there are also alternative therapies that can also address medical problems successfully.

One of these is spiritual healing, though only just becoming popular it has been around for a long time and used in many ancient cultures.



The Spiritual Healing Handbook

The Essential Guide To Using Spiritual Healing To Improve Your
Quality Of Life

Chapter 1:

What Is Spiritual Healing

Synopsis

Basically spiritual healing is a method where an individual with healing energy transfers the positive energy from themselves on to the person in need.

This method of positive energy transfer is usually done using the hands of the spiritually filled individual called a healer. However it should be understood at this point, the healing does not come from the healer but through the healer. The healer is just a vessel for the positive energy.



What's Behind It

There are some that believe every individual is capable of tapping into their own personal positive energy for healing purposes. This is done spiritually through prayer. The term spiritual refer to the energy source that is divine in nature and available to all without any discrimination.

Most spiritual healers look upon a health problem as inter connected to the body, mind and spirit. If one part is causing the problem all the other parts must be addressed too because of their close connection in producing the problem in the first place.

Almost all the healers believe that most medical problems start with the state of the mind and these manifests into other symptoms that become evident in a physical form.

Therefore their primary goal is to restore the balance in the entire body system as a way to complete the process of spiritual healing.

This form of treatment is becoming very popular indeed, as it promises a better alternative to invasive medical procedures. There is also a “hunger” that most people seem to experience in their lives and spirituality is one way on filling the void.

Chapter 2:

You Must Be Disciplined

Synopsis

Attaining spiritual discipline ensures the communication channel between man and the divine power remains open and accessible. It also helps to keep the focus of God also referred to as the said divine power.

Not to be misunderstood, being spiritually disciplined does not necessarily make an individual a spiritual person or a holy person; it just makes the individual's desire more intense to be aware of God's love for human kind.



Be Dedicated

Being spiritually disciplined encourages the individual to entrust their life into God's hand and be confident that all will be well. When this surrender is practiced regularly and completely, a habit is formed which in turn causes the confidence to increase in leaps and bounds in leaving everything to God, knowing that this divine power only wants the best for each individual being.

Spiritual discipline helps to ensure the relationship with God and man is in good working order and this helps to develop an intimacy between the two beings.

It does not however at any time promise total and complete bliss in cultivating this relationship although the peace factor gained is many folds.

In trying to understand the importance of discipline, one must first acknowledge that this spiritual discipline is a tool that helps to connect the physical body and mind with the inner spiritual inner man which in turn is deeply connected to God.

When this happens a lot changes in the mind's eye, and a whole other world of awareness opens up. Spiritual discipline helps the individual look upon his or her life from a spiritual perspective, and make the necessary changes to be in line with God's ways. Knowing that there is a mighty and divine power which is all knowing, guiding the individual's life further encourages people to pursue this form of discipline.

Chapter 3:

Learn How To Forgive

Synopsis

Holding a grudge is both mentally and physically unhealthy. However learning to forgive on the other hand may sometimes be easier said than done. In order to preserve both the mental and physical health of an individual all efforts must be made to address the issue of forgiveness.



Get Over It

Depending on the hurt inflicted, the expectancy of forgiveness may indeed be difficult but not impossible. This is indeed good news for those struggling with letting go and forgiving.

Perhaps the first step would be the ability to forgive oneself of all wrong doing whether justified or not. In being able to forgive one's self then the person is ready and open to broach the subject of forgiving the offending party.

Most experts insist that the sooner the individual practices forgiveness and lets go of the problem the sooner the healing process can begin.

This also has an impact on the health of the individual bearing the grudge. The chemical changes that occur in the body are not healthy and really quite negative. Thus the urgency to reinstate the balance within the body by forgiving quickly.

The point to bear in mind is that the mistake cannot be undone, and therefore it is in the past, while the future does not have to live with the reminder of the mistake, if forgiveness is practiced.

Learning to forgive also reminds the person to avoid making the same mistake that lead to the cause of the pain. It gives the individual the presence of mind to walk away before any damage is done because

now the individual has the strength and wisdom to do so. Not forgiving keeps the individual trapped and constantly being reminded of the painful memories of the past. Practicing forgiveness opens the door to a new way of thinking.



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