



Energy Healing: Unlock Your Potential as a Healer and Bring Healing into Your Everyday Life (Hay House Basics)

Abby Wynne

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In this book, energy healer and psychotherapist Abby Wynne explains the basic concepts of energy healing and gives you exercises and techniques for getting started right away. You don't have to look outside for someone to help you heal – now you can take the first steps yourself. Learn how to:

- ground and centre yourself
- bring healing into your everyday activities to help you feel calmer and more balanced
- open to a healing light
- send energy healing to loved ones.

Hay House Basics is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

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