## INSTANT HEALING: MASTERING THE WAY OF THE HAWAIIAN SHAMAN USING WORDS, IMAGES, TOUCH, AND ENERGY

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## **Reader's Opinions**

Fascinating ideas for healing yourself and others through the power of the mind and spirit.

Interesting book on how to heal yourself using imagination, touch, energy and spirituality. Some ideas were a bit too out there for me but others were do-able. Worth a try!