



# Body of Health

*Francesca McCartney*

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## **Body of Health** Francesca McCartney

Body of Health explores the power of personal energy, describing levels of awareness that can facilitate healing on many planes: spiritual, physical, and mental. The techniques covered here are designed to help readers increase their understanding of intuition, color, the chakra system, meditation, and other theories and methods as they work in healing. The author has developed these techniques over many years of helping nurses, doctors, and other medical practitioners discover the sources of pain and disease and guiding patients to more effective healing therapies. The areas covered in this wide-ranging yet accessible book include aura, color, meditation, and affirmations and their role in healing. Each chapter examines one energy practice and offers examples, stories, and simple techniques that readers can use to test the concept. Included are descriptive charts, journal writing exercises, success stories, and step-by-step meditations.



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