



Hands That Heal

Echo L. Bodine

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Hands That Heal Echo L. Bodine

Since its first publication in 1985, psychic and healer Echo Bodine's *Hands That Heal* has gently and thoroughly guided readers through energy, or spiritual, healing. Explaining her approach to healing as within the traditional Christian "laying on of hands" technique — though the healer often uses their hands on a person's aura without touching them directly — she also describes how a healing session works, including how it feels to the healer and the person being healed. Case studies detail the processes of releasing emotional blocks and avoiding dependency, and twenty line drawings show the setup and positioning of hands. The book also provides exercises for those wishing to test and develop their own healing hands, plus meditations, affirmations, and exercises to aid both healers and those seeking healing.

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