



DISTANT HEALING

About the Author: Jack Angelo

Jack Angelo has been an author and teacher in the field of subtle energy medicine and spirituality for more than two decades. His numerous books have been translated into 13 languages, and include the landmark *Your Healing Power* (Piatkus, 2007), *Sacred Healing* (Piatkus, 2001), and *Hands-On Healing* (Healing Arts, 1997). He resides in Wales. To learn more, visit:

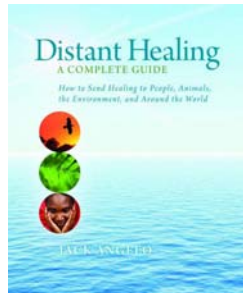
From Jack:

‘Childhood visions showed me that We Are All One. This means all humans, animals, plants, our own planet and the rest of the cosmos are interconnected and interdependent. After years of spiritual searching, I found that most religions did not embody what I knew as a boy to be an inner truth, or *gnosis*. I finally encountered the notion of Oneness again in my healing work, my teaching, and in the indigenous spiritualities of Native America and Aboriginal Australia.

My writing career began in 1972 while I was teaching special needs children in London. During this time I authored nine cookbooks. It was a period of religious experiment during which I was initiated as a lay member of the Hindu Vedanta Order, and later studied and practised Zen Buddhism.

In the early 1980s I moved to the mountains of South Wales to write my novel – which I still have to get round to!. What I did not know was that another life was about to begin. Renovating a large stone house led to chronic back trouble which, in turn, led me to meet the Bristol healer Dennis Barrett. This meeting awakened the healer in me and it wasn’t long before I was researching spiritual healing, then practising, teaching and finally writing about it

I became a Healer Member of the National Federation of Spiritual Healers (NFSH) in 1989 and worked as a national tutor. Since 1991 I have been giving workshops on aspects of healing, both in the UK and abroad. My work in healing has always gone hand in hand with the teaching and practice of what I call *natural spirituality* – a spirituality rooted in awareness of and respect for the natural world. I have often described Nature as the unveiled face of Oneness (God), totally unselfconscious and available to all. Most indigenous peoples have this awareness and respect for Nature so it is no surprise to me that the activities of the soul I mentioned earlier – healing, creativity, awareness and stillness – feature so prominently in their cultures.”



DISTANT HEALING A Complete Guide

*How to Send Healing to
People, Animals, the
Environment, and
Around the World*

Jack Angelo

Softcover

7 ¼" x 9"

256 Pages

ISBN 9781591796084

U.S. \$17.95

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