



DISTANT HEALING A Complete Guide

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

Jack Angelo

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A step-by-step guide—more than 50 exercises—for using the energy of Distant Healing to help people, places, and animals in need.

DISTANT HEALING A Complete Guide

Most of us have prayed for someone facing a health challenge—only to wonder if it actually helped. What if there were a set of skills you could learn to optimize your ability to aid in the healing process? In *Distant Healing*, Jack Angelo teaches more than 50 powerful exercises for sending that energy wherever it is needed.

With this accessible, user-friendly guide, readers join an international leader in the field of subtle energy and natural spiritual healing for in-depth instruction covering:

- The anatomy of the human energy system
- How to sense energy fields—your own and others—and retrieve the vital information stored there
- Body-balancing and breathing exercises to attune your healing energies
- Amplifying the effects of distant healing with groups
- Tips for restoring health and harmony in plants and animals
- How to send healing to troubled places around the world and to the environment

The ability to evoke a healing response—in ourselves, in others, and even in places or situations—is a gift we all possess, teaches Jack Angelo. It starts with the energy of love. *Distant Healing* makes available a complete handbook of exercises and insights to harness this universal force for the benefit of everyone around us.

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.

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