



Intuitive Self-Healing

Marie RN Manuchehri

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Even doctors and the most sophisticated tests can't always find the source of a health issue, but there is one authority that always knows-your own body. "We intuitively perceive what we need for physical, emotional, and spiritual healing," teaches Marie Manuchehri. "The biggest challenge for most of us is learning to trust our inner guidance." With *Intuitive Self-Healing*, this registered nurse and renowned energy healer provides accessible instruction for helping you tune into your health at a deeper level. Offering a compendium of illuminating case studies and practical self-care techniques, Marie invites you to learn more about:

- The chakra system-how to access and activate seven energy centers that hold the key to our wholeness and intuitive gifts
- A chakra-by-chakra examination of specific health and emotional issues, with easy self-assessment quizzes
- Energetic preventative care-detecting and addressing potential health problems before they physically manifest
- Hands-on tools for accessing intuition, including one-minute exercises to ground and balance your energy-anywhere
- Your intuitive style-how to discover your unique strengths for reading and working with subtle energy

Through her popular radio show and workshops, Marie Manuchehri has provided invaluable guidance for those seeking to take a more active role in their own well-being. "Everyone has the power to create a vital, fulfilling, and healthy life," teaches Manuchehri-and with *Intuitive Self-Healing*, she offers key insights for awakening your own life-changing gifts.

"This engaging book is the result of one person's dedication to trusting her intuition and learning from careful observation of people in need. Each case example gives an 'inside scoop' about the ways an energy healer's perceptions can guide whole-person healing. Each personal exercise given is a valuable guide for activating the reader's intuition. I strongly recommend this fascinating guidebook!"

- Dorothea Hover-Kramer, EdD, RN, DCEP

Chapter 1: Intuitive Self-Healing

Chapter 2: First Chakra: Embracing Your First Family

Chapter 3: Second Chakra: Becoming Passionate

Chapter 4: Third Chakra: Learning to Love Yourself

Chapter 5: Fourth Chakra: Giving and Receiving

Chapter 6: Fifth Chakra: Speaking Your Truth

Chapter 7: Sixth Chakra: Becoming a Multisensory Being

Chapter 8: Seventh Chakra: Connecting to Spirit

Chapter 9: Scanning the Body and the Human Aura

Appendix: Chakra Reference Table

Excerpt

Intuitive Healing isn't new. It's been around for centuries, but we have forgotten what it means to listen to our own body's messages. Instead, we have given our healing power away by not paying attention to our feelings and centered thoughts when we feel ill or are diagnosed with a disease. Intuition by definition is about knowing. Intuitive healing begins with discovering the vital energy within. There is nothing unusual about it. We all possess it. Each of us is our own best healer.

Coming to know this intelligence within manifests itself in many different ways. Some people view images in their mind, hear words, or feel sensations. Others pick up insights during their daily life which seem to come from others—from radio, television, or billboard advertisements. Wherever our insights arise from, we all possess the aptitude to recognize them and discover what is in our best interest.

Even if you have tried many times to perceive your internal messages, but feel that you possess no skill to do so—trust me you do. After working with thousands of clients, I've learned that everyone has the capacity to receive, interpret, and successfully use their senses. You have this ability because we are genuinely powerful. You might be unaware of your great fortune, but nevertheless you are powerful.

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