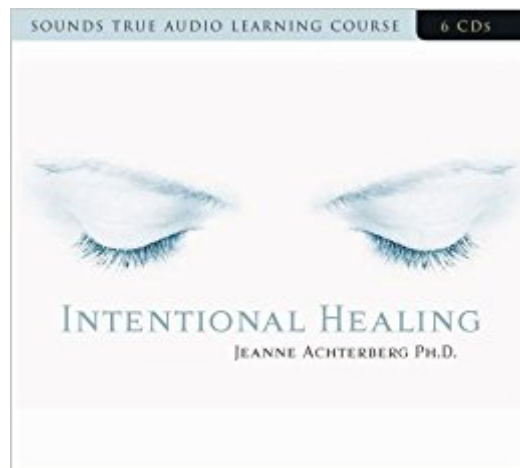




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# Intentional Healing: Consciousness And Connection For Health And Well-Being



## Synopsis

A leading transpersonal psychologist shares scientifically grounded insights and practices for healing the self and others through the power of intention.

## Book Information

Audio CD

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## Customer Reviews

Jeanne Achterberg, Ph.D. is a scientist and transpersonal psychologist whose in-depth research has brought her international recognition. A former faculty member at Southwestern Medical School and past president of the Association of Transpersonal Psychology, she has authored five acclaimed books including the award-winning *Imagery in Healing* (Random House, 1985). In 2001, Time magazine named her one of six innovators of alternative medicine for the coming century.

Achterberg offers scientific background material on intentional healing, including healing that takes place through prayer and distance healing. She is methodical in her presentation and outlines scientific research clearly, personalizing it with anecdotal evidence that she has observed and some in which she has played a part. She intensely recounts her own experience with cancer and the healing support she received after traditional medicine offered no treatment or hope. Her presentation is generally subdued and understated, emphasizing the extent to which these precepts, and related beliefs, can be integrated into "ordinary" life, as well as the extraordinary aspects of life. J.E.M. Â© AudioFile 2008, Portland, Maine-- Copyright Â© AudioFile, Portland, Maine

This CD series is simply outstanding. When Jeanne faced ocular melanoma, all her years of study and experience had to be applied to her own life. She masterfully weaves her knowledge and experience into current state of the art research along with practical tips for healing. You will not regret this purchase if you have an interest in the power of relationship to heal.

"Intentional Healing Consciousness And Connections For health And Well-Being" by scientist and transpersonal psychologist Jeanne Achterberg is a six-CD program of instruction that teaches the listener how to focus thoughts in the form of 'positive thinking' as a dynamic element in a process of personal healing and recovery from both physical and emotional trauma and illness. A cutting edge presentation of specific and practical guided techniques enabling men and women to harness the power of their minds to achieve and maintain optimal health and well-being, and even prevent the onset of disease through the positive impact of the mind and body dynamic, prevent the very occurrence of an illness. "Intentional Healing" offers the five core elements of intentional healing along with practical application advice; teaches the use of guided imagery in the healing process; reveals the basic elements of transpersonal imagery and the steps for practicing distance healing; covers leveraging the power of prayer in the process of healing; surveys the different levels of healing relationships; introduces advanced modalities with respect to the use of energy healing and the healing touch; emphasizes the importance of family and personal rituals; and even addresses basic shamanistic practices with respect to personal healing. Flawlessly recorded and superbly presented, "Intentional Healing" is an articulate program of instruction that is especially recommended as a core addition to personal, academic, and community library Alternate Medicine reference collections.

Magnificent. I reverence Jeanne Achterberg. She leads us throughout her own experience to the highest reality of the Consciousness realm. She gives us the tools - the protocols that we can use to reach whatever we need - The first protocol for instance is so simple and efficient that's almost unbelievable. It's much more than a reading it's a pathway to whomever wants to evolve. I treasure Intentional Healing like a precious jewel.

Very informative and nice to listen to, it is also organized well, highly recommended. A great asset to those wanting to self heal.

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