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The author of "Astral Dynamics," a metaphysical classic, has worked privately as a healer, mystic, spiritual consultant and paranormal researcher for 30 years and provides a free consulting and healing service to the global Internet

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exercises to put
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bodies.

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give you better
understanding
what this energy
system is all about.
What this book
does have though
is good exercises
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But where
mindfulness and
yoga used to be
our go-tos, the

current practice du
jour is energy work,
i.e., tapping into
the body's own
frequencies to
promote well-
being. You're
probably already
familiar with some
forms of energy

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work (like
acupuncture) while
others are a little
more, um, out-
there (like flower
essences).

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In Ayurveda,
energy is known as
"prana." To move
and balance prana

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Throughout the chakras, practices such as breathwork (pranayama) or asana (posture) yoga help move and restore the mind and body. It's not a coincidence that after yoga, breathwork, and meditation, people feel better both physically and

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and Spiritual ...

When you use
mind energy to
create with the Law
of Attraction,
you're doing all the
work yourself. You
don't want to try to
do this on your
own. It's too hard,
takes too long and
doesn't always
work. You want to
use the energy of

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the Universe. And
you do that with
heart energy. Heart
energy is the
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Episode, Teal (with

the help of fellow

energy worker

Kierstie Leavitt)

shows the viewers

how to perform a

basic energy

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SWAN ...

Answer: "The Secret" also known as the "law of attraction," is the idea that because of our connection with a "universal energy force," our

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Thoughts and feelings have the ability to manipulate this energy force to our liking. According to "The Secret," our thoughts and feelings attract a corresponding energy to ourselves.

What is "The

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"The Secret"? What is
the law of
attraction ...

Emotions help link
individual psyches
to primal energy
sources, and

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DEVELOPMENT
uses a variety of
current methods to

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achieve these links,
offering newly
revised methods
for understanding
and connecting
with the body's
energy system.

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_____ are energy
generators that are
each associated
with a specific

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thought to have
started in India

long ago. D)

Chakras The _____

system is a
collection of glands
that produce
hormones, which
are crucial to
regulating the
body's chemical
reactions.

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Exercise Quiz
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The above symptoms are caused by the expansion of energy running through your solar plexus and heart chakra (heart and stomach area). The best solution is to relax which will

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adjust the energy flow. Anxiety and fear only constricts the energy thus, causing a more severe reaction. This is a normal experience when undergoing a frequency increase.

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