



Energy Healing For Beginners: Ten Essential Practices for Self-Care

M.D. Chiasson Ann Marie

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We know that we need to exercise to keep our physical body fit-but what can we do to keep our energetic body healthy and strong? With Energy Healing for Beginners, viewers can learn seven foundational self-care exercises for this essential aspect of our wellness and vitality. Presented by Dr. Ann Marie Chiasson, a medical doctor who teaches these practices at Dr. Andrew Weil's Arizona Center for Integrative Medicine, this instructional DVD includes: Full-body sensing-how to perceive and diagnose imbalances in your own energetic field; Abdominal breathing-a natural way of breathing to restore internal balance and disperse accumulated stress; Toe tapping-a grounding practice to open and balance your vital energy field; Sacred touch-a key practice for directing healing energy to the areas where it is most needed. How do many people go to the doctor feeling sick or out of balance, only to come away with no answers about what's wrong? "Physicians have been taught to look at problems from only the physical level," explains Dr. Ann Marie Chiasson, "but the solutions are often found in our energetic anatomy." Energy Healing for Beginners provides simple and potent practices to improve your vitality, strengthen your immune system, and take charge of your health.



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