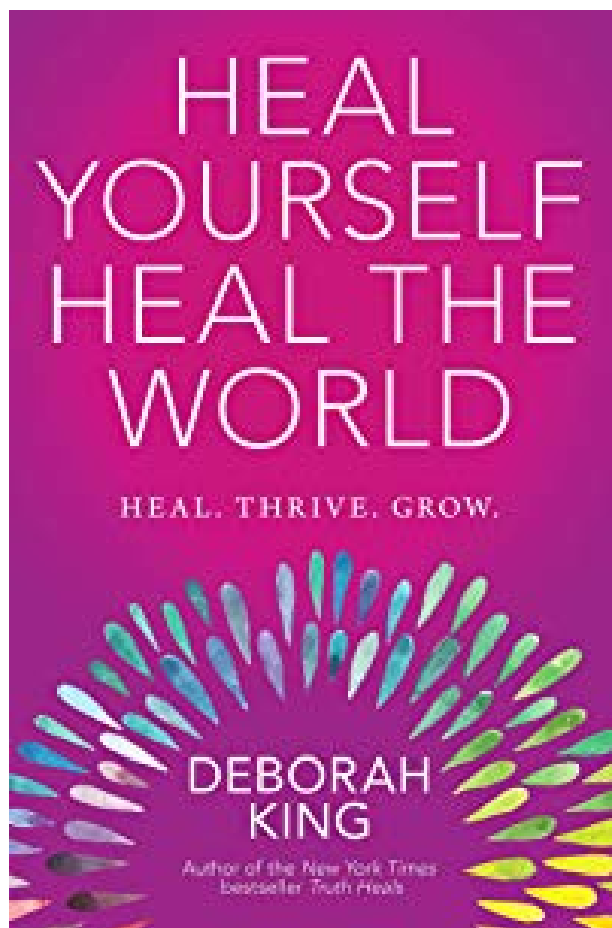


# Heal Yourself, Heal the World



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Deborah King, spiritual leader and New York Times bestselling author of *Be Your Own Shaman*, inspires and teaches her proven method of LifeForce Energy Healing in this definitive and accessible book that will forever change the way you connect to your energy. What's standing between you and the life you were meant to lead? The answer lies in your energy field and how you manage it. When our energy pathways are blocked by suppressed feelings, pain, and trauma, we weaken both our personal and universal energy fields, hindering our ability to live our best lives. LifeForce Energy has its origins in the living force that Hindus call prana, the Chinese call chi, and the Japanese call qi. This primal force is connected to your spirit as well as to your physical, emotional, and mental self. It is, in fact, the substance of spirit, what Master energy healer Deborah King calls "LifeForce energy." Now, using the simple techniques and powerful teachings in *Heal Yourself—Heal the World*, you can finally clear past trauma from your energy field, connect with authentic emotions, and clear, charge, and re-balance your chakras. Within *Heal Yourself—Heal the World* you will be able to explore the origins and benefits of energy healing as well as learn self-healing practices and techniques, moving you from basic concepts to hands-on learning to, ultimately, whole world healing.