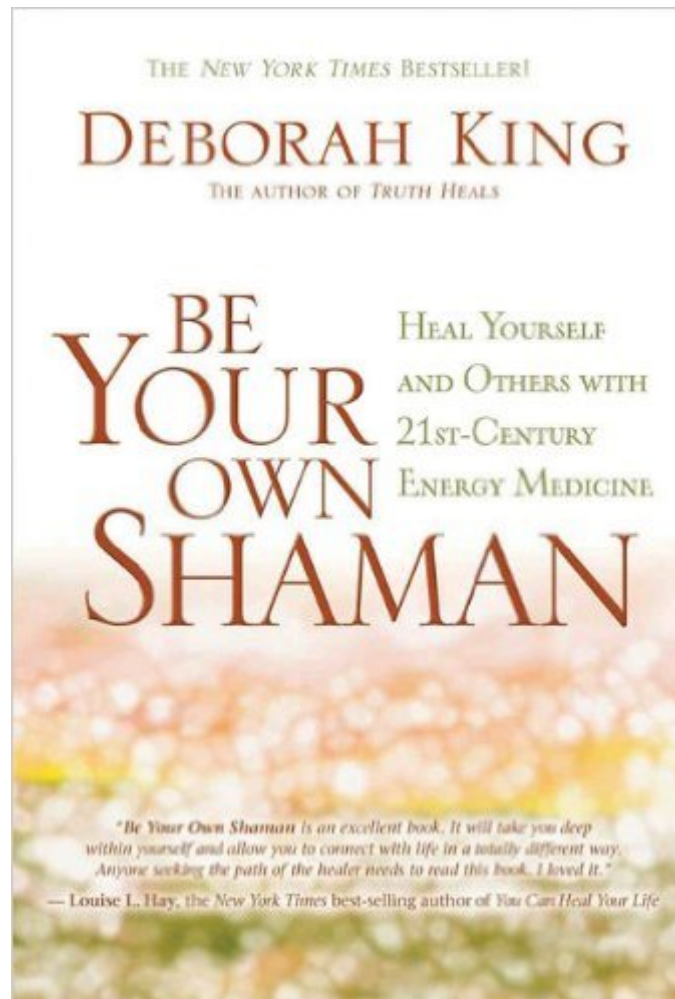


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# Be Your Own Shaman: Heal Yourself And Others With 21st-Century Energy Medicine



## Synopsis

This fascinating book takes you on a one-of-a-kind journey into the esoteric world of healing. You might not realize it, but just about everyone is a natural-born healer! In fact, you probably already have some of the paranormal abilities related to this gift. For example, you may know who's calling before you answer the phone, or be able to sense what others are thinking or feeling. But you can further develop your inner talents and become your own shaman, capable of healing whatever ails you and effecting change in someone else's energy field and body. In Master Healer Deborah King's uniquely informative work, you will learn both Eastern and Western concepts and techniques from the earliest recorded healing practices some 5,000 years ago all the way up to modern times with John of God in Brazil and King's own powerful cutting-edge approach. You'll find out how to protect yourself from psychic attack, and how to get beyond any limiting beliefs you may hold.

Self-knowledge leading to self-mastery is the ultimate quest, the pivotal adventure of a lifetime. Become the person you always knew you could be by taking this magical tour into the heart of healing!

## Book Information

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## Customer Reviews

I was curious about this book because a friend mentioned someone who had taken and was teaching the 21st Century Energy Medicine technique. If you have never heard of energy healing techniques this book may serve as a basic introduction, but beyond that there is little to be gained. If you want an introductory book on energy work, you might want to take a look at Energy Medicine:

Balancing Your Body's Energies for Optimal Health, Joy, and Vitality Updated and Expanded. I found Ms. King's book disappointing Deborah King doesn't offer any details of her Template of Perfection technique. There are quite a few different healing techniques discussed in a simplistic way. This can be a blessing if you are just looking for a little tidbits or tastes of a variety of techniques and want to try simple uncomplicated exercises and techniques, but be aware this book appears to be an appetizer for readers to take King's workshops and seminars. The book, which is around 170 pages, is mostly Deborah King's story of childhood abuse and her path to and in healing with some exercises and information interwoven within. From a look at her website it appears her courses can be taken online so it makes me wonder about the quality of her "initiations" and how effective they are since the initiations are supposed to be consciousness expanding. And ultimately how effective her certified healers/teachers are. The inner flap reads "you will learn both Eastern and Western concepts and techniques--from the earliest recorded healing practices some 5,000 years ago, to King's own powerful cutting-edge approach." What this means is King borrowed from everyone.

At first I wasn't sure what to make of Deborah King's new book "Be Your Own Shaman". Coming from a fundamentalist Christian upbringing a word like "Shaman" made me wonder "is this some strange occult book?" And while I now have a much more liberal spiritual orientation my first impression was that King's book could be on the fringe side. My impressions changed in the first few pages. "So what does it mean to be a shaman today?" King writes in the introduction. "Is it someone who wears a feathered headdress, shakes a rattle, and dances around a fire to the beating of drums as he communes with an invisible world of spirits? It could be. But did you know that the sweet little old church lady with blue hair and clothes from the 1950's could be a shaman, too?" King goes on to define a shaman to mean "a healer - someone who expands his or her consciousness and conducts healing energy to help others resolve whatever is ailing them on the physical, mental, emotional, and spiritual planes ... a person who acts as an intermediary between the human world and spirit worlds - between the natural and supernatural." By that definition I've encountered many "shamans" in my life - the minister in the church down the street, the therapist, the inspirational author, and others. Far from being an exotic practice, shamanism is another term for something very commonplace. I now take the term "shaman" to mean a healer who brings spirituality into his or her work. "Real healing power is inside you," King writes, "it just needs to be awakened, nurtured, and practiced. You can be your own shaman, and this book will start you on your way." She goes on to describe the many healing practices she has experienced in her life.

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