

## **Energy Work 101 (Paperback)**

By Todd Cunningham

Balboa Press, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Energy Work 101 is a manual for operating your human energetics. This guide includes ten exercises and meditations about grounding and aligning with your higher self; becoming more conscious and aware; learning your unique universal language; gaining faith in yourself that you will heal; discovering what you will be happy with; learning to facilitate another person s awakening. You are a synchronization of universal, individual, and Earth consciousness, which is made from our all one universe-made of light and love.



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