



Instant Healing: From Cutting-Edge Scientific Research to Ancient Rituals and Holistic Medicine, Powerful, Drug-Free Methods to Help You Heal Your Body and Stop Pain NOW!

By Serge Kahili King

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Written in a jargon-free and easily accessible style, Instant Healing will teach you to use the power of words, the power of imagination, the power of touch, and the power of energy to heal all types of ailments, including: headache; nausea; allergies; backaches; acute anxiety; broken bones; depression; eyestrain; the flu; swelling; infection; even hangovers.

Instant Healing contain a special section on emergency techniques that you can use with a minimum of explanation, and, because instant healing is not feasible for all conditions under all circumstances, you will also learn methods for rapid healing (less than one day) and fast healing (less than one week.)

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King Bibliography

- Sales Rank: #704943 in Books
- Brand: Brand: Renaissance Books
- Published on: 2000-10-06
- Released on: 2000-10-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .63" w x 6.00" l, 1.05 pounds
- Binding: Hardcover
- 224 pages

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Editorial Review

About the Author

Serge Kahili King, Ph.D. is the author of *Urban Shaman*, *Kahuna Healing*, *Mastering Your Hidden Self*, and *Imagineering for Health*, as well as numerous articles. Dr. King is an internationally renowned speaker and the leader of a ten-thousand-member worldwide network of teachers, counselors, and therapists who follow his work. He resides in Hawaii.

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We have a lot more influence over our medical symptoms than we realize. Pain is an immediate experience, but it is enlarged by associations in the mind. For physical injuries, the author recommends a process called radical recall, which takes the patient back to the injuring event to disconnect it from the injury it caused. This can often remove physical damage and scars faster than normal. Visualization and fantasy can also reverse such damage because the visual cortex is so powerfully connected to every part of the body. Based on Hawaiian traditions of healing, the ideas in this audio are among the most radical, important, and powerful that you will hear. T.W. © AudioFile 2002, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

Users Review

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