

## Life Energy Using The Meridians To Unlock The Hidden Power Of Your Emotions

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Life Energy: Using the Meridians to Unlock the Hidden Power of Your Emotions shows you how to correct negative emotional states by thinking positive thoughts and saying positive affirmations. If you follow the program that is set out for you by John Diamond, M.D., he assures you that you should easily be able to keep "in correct mental balance, both in terms of correcting your emotional ...

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Life Energy: Using the Meridians to Unlock the Hidden Power of Your Emotions Lead a more productive, creative, and happy life. Achieve your full potential. Deal positively with mental and physical stress. Reduce negative emotional states (hatred, anger, jealousy etc.) and increase positive ...

Life Energy: Using the Meridians to Unlock the Hidden ...

Life Energy: Using the Meridians to Unlock the Hidden Power of Your Emotions. John Diamond. Paragon House, 1990 - Body, Mind & Spirit - 252 pages. 1 Review. Here for the first time is a comprehensive explanation of how to unlock the power within each of us. This power, our LIFE ENERGY, specifically determines our mental and physical states.

Life Energy: Using the Meridians to Unlock the Hidden ...

Life Energy: Using the Meridians to Unlock the Hidden Power of Your Emotions shows you how to correct negative emotional states by thinking positive thoughts and saying positive affirmations. If you follow the

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They are energy channels 'transporting' life energy (Chi/Qi) throughout the body. If there are blockages, leading to lack of energy supply to certain areas of the body, or a surplus of energy in other areas... The Body Meridians can be used for Treatment of a condition or/and Diagnosis. Energy blockages can be the result of stress, an injury or trauma, or bad living habits (diet, habits/addictions, lack of exercise) and can be traced to the root of all health (physical/mental/spiritual ...

The Body Meridians - An Energy map - Natural Health Zone

The main portion of Life Energy is split up into three different sections: "The Goal", "The Thymus" and "The Acupuncture Meridians". After emphasizing the importance of keeping life energy high and the energy systems of the body in balance, Diamond explores the role played by the thymus in our well-being, showing how our emotions can have either a positive or a negative effect on the functioning of the organ.

Life Energy: Using the Meridians to Unlock the Hidden ...

Dr. Diamond's discovery of how to release LIFE ENERGY is based on the twelve acupuncture meridians, each of which relates to a specific emotional state. Using the simple muscle test described in this book, you can assess these emotional states in yourself or anyone else.

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Dr. Diamond's approach to releasing LIFE ENERGY is based on his discovery that each of the twelve acupuncture meridians relates to a specific emotional state. By learning to assess these emotional states by using the simple muscle test described in this book, you can determine your present emotional state or anyone else's.

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