



Spiritual Healing

Lois Hewitt

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Spiritual Healing Lois Hewitt

What is spiritual healing - another New Age fad, or something much older?

In this book, the author looks at healing of self and others, believing that all healing starts with self. She traces the history of spiritual healing and discusses auras, chakras and the Universal Power available to us all, and includes exercises, techniques and guidelines aimed at improving our health.

Lois Hewitt deals on a daily basis with people from all walks of life who are looking to improve their health and wellbeing, both physical and spiritual. Using her detailed knowledge of the esoteric, Lois specialises in counselling and helping other people find their direction in life.

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