



Emotional Balance: The Path to Inner Peace and Harmony

By Dr. Roy Martina

Hay House UK Ltd, United Kingdom, 2010. Paperback. Book Condition: New. 212 x 136 mm. Language: English . Brand New Book. Dr Roy Martina has developed a powerful comprehensive healing system called Omega healing . This preventative system has been acknowledged as one of the most powerful healing techniques currently available. It tackles the root cause of problems - not just the symptoms. Balancing the emotional body and returning to our core essence restores us to greater health, ease and happiness. This fantastic CD package collects together some of Roy s most powerful teachings on this subject, along with meditations that will allow you to implement its incredible effects in your life. The first section provides an excellent introduction to Roy s background and how he came to heal himself using his Omega Healing technique. The second section features four incredible meditations that will allow you to heal every aspect of your life. The first provides energy and vitality. The second is a relaxing visualisation for the end of the day. The third helps with releasing feelings. The fourth helps heal traumas in our past lives. These meditations, recorded live in London and exclusively for Hay House showcase one of...



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