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## New Secrets of Self-Healing: Unleash the Power with Mental Tools (Paperback)

By Roger Sarasas

Createspace, United States, 2013. Paperback. Book Condition: New. 198 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There are powerful, yet rarely known, visualization techniques that employ mental tools as effective means of relieving pain, healing injuries, and more importantly to rewire the brain to channel energies towards one's goals. While there are any number of books on self-healing and visualization, there are none written in modern times that discuss the active and purposeful application of mental tools, the practice of which is immensely more effective than the commonly known techniques of passive visualization, guided imagery and meditation. This practice may have its roots in the 3000 year old Indian tradition called Tantra, but since forgotten for practical purposes, and, in any case, never well-explained. The author unlocks these secrets in this little book that marks new territory in our understanding of the potential of mind-body dynamics. In active tool-based visualization (or, Active Visualization - the techniques of this book), the practitioner is not merely focused on the positive end-result, but actively seeks to feel or pinpoint the perceived source of the problem or pain location, and begins a purposeful, focused, continuously iterating and...



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