



Essential Energy Balancing: An Ascension Process

By Diane Stein

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Let Diane Stein and ESSENTIAL ENERGY BALANCING show you how to be all that you can be.

Essential Energy Balancing® is an ascension [enlightenment] process—one of total healing. The karmic suffering we're born with, for the most part, is implacable. Now it can be changed, lovingly, with a simple formula and the blessings of the Lords of Karma—the keepers of our souls' evolution.

Part I of Essential Energy Balancing® teaches the easy self-healing methods that change suffering into wellness and inner peace.

Part II is a series of ten energy reprogramming meditations that lead to ascension and bring out your Goddess-Within.

Part III is a discussion of energy anatomy and of who we really are—a highly complex system.

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Editorial Review

About the Author

DIANE STEIN is a popular and acclaimed healer and the best-selling author of Essential Reiki and 25 other books in the fields of metaphysical healing, women's spirituality, and alternative health. She lives and teaches in Florida.

THE AUTHOR SCOOP

Read any good books lately?

My favorite reading is science fiction, there are new good books coming out every day. Look at Sharon Shinn, Tamora Pierce, Ann Bishop, and so many more talented women fiction writers.

If you had to boil your book's message down to one sentence, what would it be?

Serve the Light, trust the Light, make a difference in the world with who you are and what you do.

What are you working on now?

I prefer to keep future books a secret until they are finished. No one will know until the manuscript is mailed in.

Do you eat your vegetables?

I have been a vegetarian since 1983. I do eat my vegetables.

If you had a superpower, what would it be?

Wonder Woman, of course.

How long did it take you to write this book?

I have been working with herbs for over 35 years, so you could say it took that long to write it.

Users Review

From reader reviews:

Connie Deroche:

Have you spare time for just a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a wander, shopping, or went to typically the Mall. How about open or perhaps read a book called Essential Energy Balancing: An Ascension Process? Maybe it is to be best activity for you. You realize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with it is opinion or you have other opinion?

Destiny Hunt:

In this 21st centuries, people become competitive in every way. By being competitive right now, people have do something to make these survives, being in the middle of often the crowded place and notice by simply

surrounding. One thing that oftentimes many people have underestimated this for a while is reading. Yep, by reading a guide your ability to survive raise then having chance to stand than other is high. For you who want to start reading the book, we give you this Essential Energy Balancing: An Ascension Process book as starter and daily reading book. Why, because this book is more than just a book.

John Whetstone:

Is it a person who having spare time and then spend it whole day by watching television programs or just laying on the bed? Do you need something new? This Essential Energy Balancing: An Ascension Process can be the response, oh how comes? The new book you know. You are thus out of date, spending your extra time by reading in this new era is common not a geek activity. So what these publications have than the others?

Thomas Hodge:

That guide can make you to feel relax. This kind of book Essential Energy Balancing: An Ascension Process was colourful and of course has pictures on the website. As we know that book Essential Energy Balancing: An Ascension Process has many kinds or type. Start from kids until young adults. For example Naruto or Detective Conan you can read and think that you are the character on there. So , not at all of book are usually make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading that.

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