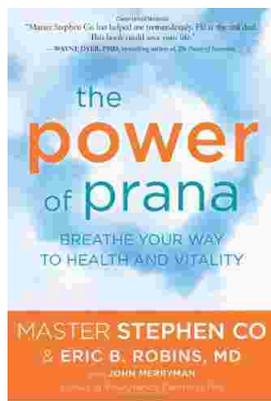


The Power of Prana: Breathe Your Way to Health and Vitality



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WX-67038

USmix/Data/US-2011

4.5/5 From 573 Reviews

Master Stephen Co, Eric B. Robins, John Merryman

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2 of 2 people found the following review helpful. Thank you very, very much!By loarn chilcoteThank you everyone for this book! It is exactly what I've been needing for a long time. For years now I have been doing a variety of things that generate lots of pranic energy in the body. Since I really didn't take the time to guard against, or thoroughly understand, energetic congestion I ended up having a good deal of stuck energy and weakness in my body. It wasn't until the last few months that I realized what was happening. Soon after I thankfully came across this book. After doing my first session, which was fun and easy, many of my problems were gone. I very much look forward to continuing with the exercises to clean and strengthen my energy body! I am very sensitive to life energy, or prana, and I can say that, just like the other pranic healing books, this book does exactly what it claims to do. I enjoyed very much feeling my energies react to the exercises! I love pranic healing and all the people who have made it available to the world, God bless you all! 12 of 12 people found the following review helpful. Greatest Increase in Energy Experienced! By Orlofskinmd I am a Naturopathic Physician and Acupuncturist with a previous history of Chronic Fatigue. Over the years I have studied and experimented with many supplements, exercises and techniques to increase energy and to understand where energy is lost from the body. I have worked with hundreds of people who complain of low energy. The principals and exercises in this book have created the greatest increase in energy that I have ever experienced. The book is clearly outlined, well written and easy to follow. There is a surprising level of deep spiritual and metaphysical truth included in this book. I highly recommend this book to my patients and to anyone that wants to increase their energy level. As an added bonus, I have seen people obtain other health benefits following these teachings including less anxiety, better sleep and less depression. 40 of 43 people found the following review helpful. will give you tremendous energy By Eric B. Robins, M.D. I am the co-author of this book, and wanted to add a few points to the otherwise excellent reviews that have already been posted by folks who are clearly knowledgeable in this field. First of all, I personally had chronic fatigue syndrome for many years, and was severely run-down. Those of you who have this understand how it can affect your work and your relationships. When I'd try to exercise it would only make me sicker because I was so depleted. As is typical in the medical field, your doctor can do tests to rule out illnesses like diabetes, anemia, depression, and hypothyroidism