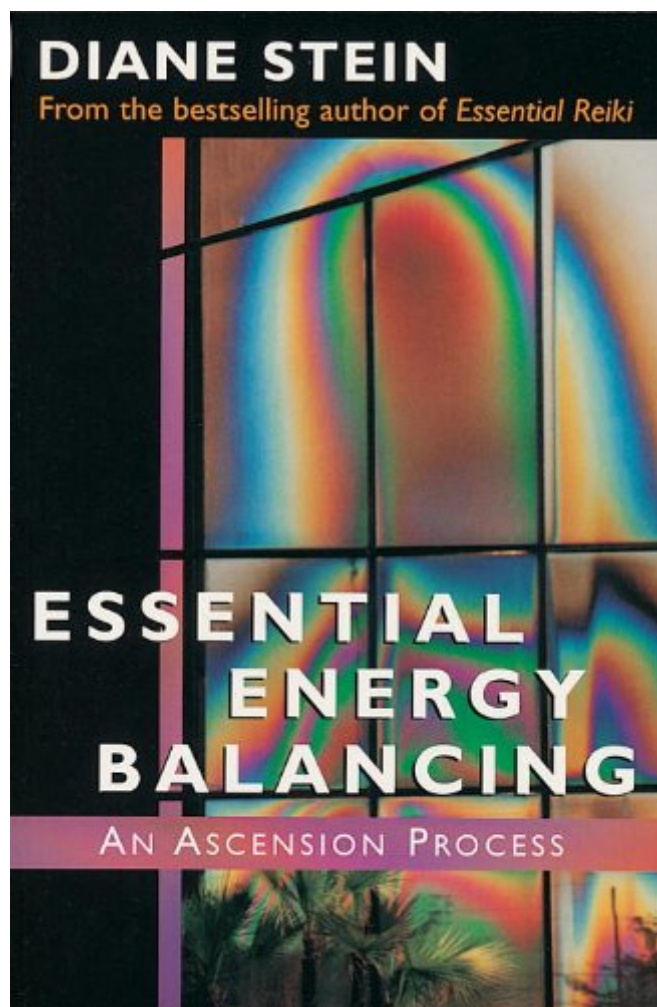


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# Essential Energy Balancing: An Ascension Process



## Synopsis

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 1 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. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

Essential Energy Balancing was not the first book I had read by Diane Stein; it was the last in all the books she has written so far. I had learned everything I really needed and wanted to know from others about Reiki from her ESSENTIAL REIKI. The rest had to be learned as part of my personal journey with the energies. I had already started working daily with the "Angels of Karma" for healing

my life after reading WE ARE THE ANGELS and giving it to many close friends. I didn't know what else she could have to offer when I ordered ESSENTIAL ENERGY BALANCING that she had not already given so clearly and generously in her other books, but what a surprise I had waiting. True, the first section of EEB is about healing your past and present "karma," wounds, etc, and clearing at least 50% of your personal garbage and dysfunction, much like the book WE ARE THE ANGELS. However, for me, the main thrust of the book , besides these tools and information to clear personal pain and dysfunction, is the ten step process that follows. I completed this process quickly the first time I went through the book because I was so excited about it. Then I went back to it a year later and did it again slowly, and still continue the daily practice. What the ten step process and daily practice have offered me is the information and empowerment and personal spiritual connection to continue to heal much of my pain and dysfunction, beyond what I was aware of to ask in the first part of the clearing. The processes have allowed me to begin and continue to connect with all that I am mentally, emotionally, spiritually, things that continue to delight and surprise me. In this ongoing process, there is a larger connection with universal energies as well.

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