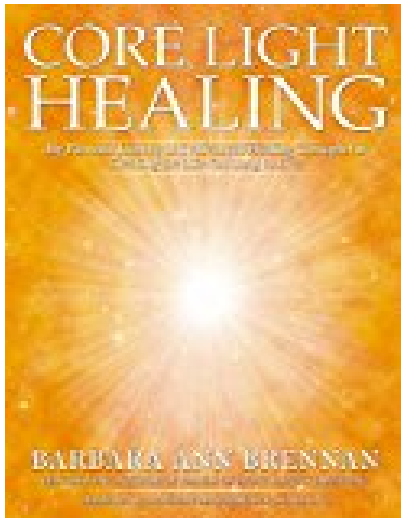


Core Light Healing My Personal Journey and Advanced Concepts for Creating the Life You Long to Live



BOOK DETAILS

- Author : Barbara Brennan
- Pages : Pages
- Publisher : Hay House, Inc.
- Language : English
- ISBN : 1401954197

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BOOK SYNOPSIS

Core Light Healing is the first book in twenty years from Barbara Brennan, founder of the Barbara Brennan School of Healing. A sequel to her two classic works, Hands of Light and Light Emerging, it extends her beloved teaching to help readers learn to create the lives they long to live. In Part 1, Barbara reviews the configuration of the Human Energy-Consciousness System (HECS); then she goes on to describe the creative process as it flows through the HECS. When the creative pulse is unblocked, we are able to manifest our longing but we all have blocks that stop the creative flow, places where we have stopped our energy due to wounding and traumas from childhood. Barbara guides us through the steps to release these blocks so creative energy is free to flow; the end result is not only the physical manifestation of our heart's longing but also more core essence, more core light. Part 2 takes us to the astral world or the 4th level of the HECS to explore its relation to the creative process. Before we can understand the 4th level we must first perceive it! Barbara begins Part 2 with an explanation of how high sense perception works, so we can begin to perceive not only the 4th level but also other levels of the HECS. Then she explains in detail how the 4th level functions, discussing blocks that may have occurred through multiple lifetimes; the process of death and soul travel and how it affects the HECS; and how to heal the energetic cords that connect us to people with whom we are in relationship, either in our present lives or across generations. Interwoven through the book are Barbara Brennan's personal stories of her childhood as well as her experiences as a beginning and then professional healer and founder of the Barbara Brennan School of Healing. Also included is channeled poetry from her guide, Heyoan, which further elucidates and integrates the concepts presented throughout. Finally, each chapter ends with questions to guide the reader's further work and exploration."

CORE LIGHT HEALING MY PERSONAL JOURNEY AND ADVANCED

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