



How to Mind your Energy Body: Transform your life with the definitive guide to understanding and nurturing your energy body

Lana O'Farrell

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This book is about a very important part of you that is often ignored – your energy body. Your energy body is a direct link between you and the limitless, loving and abundant Universe. Paying attention to and minding your energy body will have many benefits, including the following: o Better health o More energy, vitality and joy for life o Fewer irrational fears, less worry and anxiety o Clearer vision of your goals in life. This book will give you a good understanding of your energy body, and will help you to look after it for better health and happiness. You will learn about grounding, clearing, centring, boosting and protecting your energy body, and about manifesting your dreams and using your energy for self-healing. You will find out how to manage the energy that surrounds you in your home or work place, in a way that enhances your strengthens your own energy. This clear and concise guide contains over thirty useful and easy exercises, along with meditations and advice on looking after your energy body. Whether you are a total novice or an experienced energy practitioner, you will find valuable information in this book. Here is what readers say about this book: 'This book is like a gem: clear and brilliant' 'This is an invaluable guide that allows me to take better care of myself in ways I never imagined' 'The book is FANTASTIC! I read it cover to cover in one go, I loved it and am already doing some of the little exercises' Lana O'Farrell is an energy healer who runs her healing and teaching practice in County Clare, Ireland. Lana's mission is to teach people to manage their own energy and make their lives more healthy, joyful and fulfilling.

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