



# A Journey to Healing: Laying the Foundation to Energetic Wellness

*Bruce Winkle*

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*Bruce Winkle*

## **A Journey to Healing: Laying the Foundation to Energetic Wellness** Bruce Winkle

This handbook presents the foundation of a unique and powerful form of energetic bodywork. This work includes energy systems and essential procedures that support the energetic health and well-being of all life. You will be introduced to energy aspects, viewpoints, and entryways to the body's held emotions. New perceptions will expand your understanding of how our energy systems connect and flow within our bodies. Insightful techniques will empower you with ways to clear and heal the wonderful and powerful Heart. Additional wisdom will show you how to release deeply held traumatic events that are held within in the energetic Life Line of a body. By bringing this knowledge together you will be able to help yourself and your clients release many old injuries and limiting beliefs that may be standing in the way of profound healing.

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