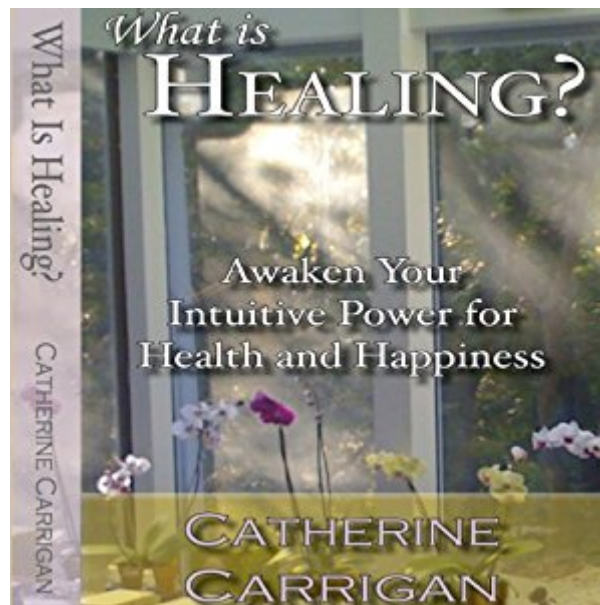




The book was found

What Is Healing? Awaken Your Intuitive Power For Health And Happiness



Synopsis

"What is healing?" asks Catherine Carrigan as she begins this book. It is a question that resonates with all of us; at some time in our lives, we have all experienced pain, suffering, and feelings of isolation. But, as she writes, when we come to know ourselves from a deeper perspective - taking into account the great connectedness of humanity - we are able to access pathways of information and healing that unlock a whole new world for us. The way to begin is to understand the nature of unconditional love. In *What Is Healing? Awaken Your Intuitive Power for Health and Happiness*, Catherine Carrigan lays the groundwork for anyone interested in learning how to make effective change in the world. Discover the secrets of health intuitive Catherine Carrigan. In this book, you will: Learn how unconditional love can awaken your intuitive gifts. Reveal how to open your heart to access your highest intelligence. Uncover how to communicate with your angels and spiritual guides. Awaken your own psychic abilities. Identify the key aspects of a medical intuitive reading. Discern how addiction to staying sick can keep you from healing. Reveal the blessing behind a mental or physical breakdown. Grasp the four key difficulties that lead to health problems. Empower your own spiritual growth.

Book Information

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Customer Reviews

What is healing? This book is written by a healer who works with several clients. Catherine Carrigan teaches us how to care for our sacred souls. Carrigan approaches healing of the soul and body as a holistic effort reminding us that we are connected to one another and to our surroundings. When

something is out of sync or not functioning to its highest level, we need to take a look within and see what may be blocking our normal energy flow. She graciously reminds us to keep our chakras open by facing life's hard issues such as grief or loss. She shows how unconditional love and intuitive listening can help us repair and return to wholeness. This book is filled with great wisdom and quotes from timeless thinkers and can be referred to over and over for guidance.

I have just read "What is Healing?" written by Catherine Carrigan, practitioner in whole body healing that embraces mental, psychological, emotional and physical elements of the whole person. The author's approach to this procedure is amazing. She narrates from a very personal level revealing events from her own life that led her to becoming a qualified practitioner. The grammar and syntax are simple, straightforward and very legible. Her style of writing will appeal to anyone who can read. Her format is very attractive. The reader can read any chapter as a separate nugget, or, follow sequentially from Chapter 1 to the conclusion of the book. She provides quality information that every person should be aware of and incorporating into their own lives. This is not a textbook, yet it contains age old information that would be considered textbook material. The author is a very beautiful writer and any reader will be uplifted by its contents.

I totally loved this book. Catherine's stories are wonderful to read. The book is packed full of information and is very easy to understand. I'm sure I will refer back to it a lot. I would definitely recommend it!

I have read What is Healing and was shocked at how much I have learned from it. It is a **MUST READ**. She should be thanked over and over again for giving such a simply put book to the world that is full of true knowledge not just big words. I have read numerous books about healing and holistic health but never a book that plainly stated everything so perfectly. Again, a must read for those who really want to dive into Healing.

Catherine is a genius. She makes the reader think "out of the box" and beyond. I enjoyed the way she follows her statements and beliefs either with examples or research. She can back up how she feels or sees things in life with true stories and examples of great human courage. I learned a lot from Catherine's book and will have to read it again so I can learn more!

What Is Healing? Awaken Your Intuitive Power for Health and Healing by Catherine Carrigan (Total

Fitness, 2013) What is one of the first things we do when we get a cut, scrape, or burn? We look for ways to take away the pain and, if we're smart, we make sure to protect our bodies from harmful infections that could potentially make our injury worse. But are we as savvy or as forthright about healing ourselves when it comes to emotional or spiritual wounds? Psychological ones, even? These and other questions are addressed in Catherine Carrigan's latest book, *What Is Healing? Awaken Your Intuitive Power for Health and Happiness*. In terms of our internal health and happiness--not just our physical health, but our mental, emotional, and spiritual health as well--it's important to know that we have the power to address key components of our lives simply by turning within and asking the body what it needs to improve. But this cannot be done willy-nilly, as Carrigan writes, and it can't be done if we have not first learned to be in-tune with our bodies. While this does take some practice and discipline, the important thing is that we come from a place of neutrality: a safe place where our emotions and thoughts do not have weight enough to influence the outcome. Once we have established a way to reach a state of neutrality, we can learn to see everything from a heart-centered place, what Carrigan believes gives us access to our intuition and, therefore, our gateway to true, meaningful happiness and joy. Catherine Carrigan calls herself a health intuitive and kinesiologist--someone who uses intuition on a daily basis to assist her clients in dealing with pain and suffering of all kinds. Her first book, *Healing Depression: A Guide to Making Intelligent Choices about Treating Depression* (Heartsfire Books, 1997), revealed scientific studies and personal anecdotes about how depression and other forms of mental illness may be linked to environmental, nutritional, and other external factors. The factors are often not discovered by doctors. By offering alternative diets and new perspectives on how one can address mood disorders, she created a platform for honest discussion about the role of antidepressants in the treatment of mental illness. In her latest book, she shares many more stories about working with her clients while sharing with readers how she was able to overcome some major setbacks in her own life. Personal growth--and thereby personal transformation--is not a linear process, according to Carrigan: it first starts with the intention to heal and then providing the space for a person to make intelligent choices that lead to a happier and healthier life. While Carrigan's extensive knowledge of Eastern medicine, bodily energy systems, and spiritual vocabularies are compacted into an easy-to-understand format for any reader, the message is very simple: when we approach all that life has to offer from the standpoint of unconditional love, we can dramatically affect the amount of love that comes to us. And we have access to higher vibrational gifts that can assist us in any situation that life has to offer. This book is designed for anyone who wants to have a deeper relationship with themselves. Since happiness is the end goal of all human life--at least according to

some philosophers and thinkers today--it seems to be a foregone conclusion that the better we know ourselves the happier we will be. The tools provided in *What Is Healing?* provide such access. It encourages us to ask the right questions (i.e., How much love is in a particular object?) and provides pathways for us to achieve our ultimate goals in life. Anyone who is actively seeking to improve the state of their lives, is dealing with pain or suffering of any kind, or who is ready for a new outlook on life, is strongly encouraged to read this book.

I purchased a copy of Catherine's book at her book signing and promptly came home and put it on my bookshelf. I felt no need to read the book; I was seeing her regularly for healing sessions. Then she asked me to write a review so I actually had to read it. After just a few chapters, I told her I was so glad she made me read it because it's so beautiful and very touching. From the beginning, Catherine's gentle sincerity and compassion and unconditional love shine through like a beacon over the darkness that is our pain. Her simple truths about health and illness allow healing to begin as we digest her stories and information. There are 84 chapters in this book, yet they are short and easy to read. And profound. The book is not a treatise on the scientific aspects of healing but a do-it-yourself process of understanding why we are in pain and how to resolve our issues. I highly recommend *What Is Healing?* and bless Catherine for this gift.

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