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The Self Improvement Show Archives Available January 02nd 2014: Energy Healing

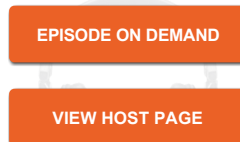
Quantum physics has demonstrated clearly that everything is energy, and we are beginning to understand what that means to us as human beings and how it impacts every important area of our lives. Alison Kay is an energy healer/shifter and will share with us her approach to energy healing. We will look at how "positive thinking" is not just an idea but is actually a science, the science of subtle energy. We will take a look at the "energy system" of the human body and discuss how the listeners can evaluate their own health concerns and mental, emotional and spiritual issues based on the chakra s

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Featured Guest



Alison J. Kay, PhD

Alison J. Kay, PhD is a holistic life coach, an India-trained yoga and meditation teacher, a certified personal trainer, and an energy healer/shifter of sixteen years. The unique blend of credentials

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