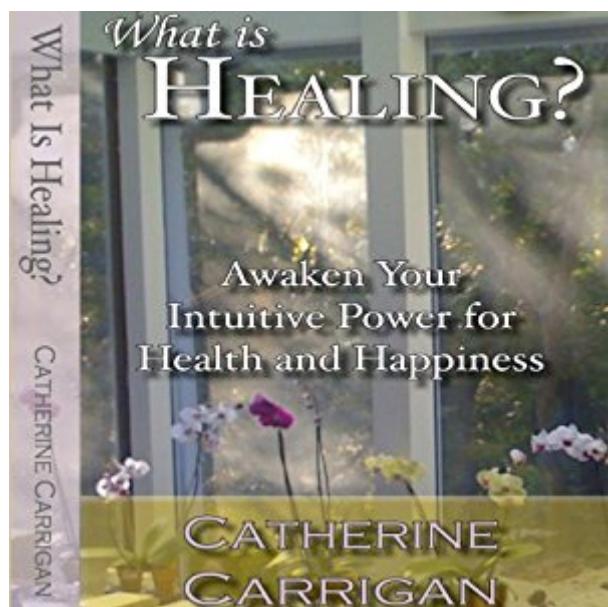


The book was found

# 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

Audible Audio Edition

Listening Length: 7 hours and 28 minutes

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## Customer Reviews

*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.

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