

150 Reasons to Choose *Instant Healing*

1. The #1 benefit you may receive from this book is that with all of the very complex bombardment of frequencies with which humans come in contact moment by moment, Earth energies in major flux, you stay in touch with the One Constant Source of all Sources Being in a personal relationship (through energy healing self-help, for example) with Source energy every time you think of it. Source is the One Constant in all of the universal, cosmic fluctuations and movements.

2. You get to try out a personal relationship with Source, Creative Intelligence, to feel IT pulsing through you as a palpable and interactive force.

3. to 52. You get full color pictures that show you 50 ways to Love Your Self

3. *The Complete Breath Hug*
4. *The Central Connection*
5. *Higher Wisdom*
6. *The Great Movement*
7. *Big, Happy Janitor*
8. *Gives You Wings*
9. *Whole Side Front*
10. *Whole Side Back*
11. *Dancing Moderator and Emotional Balance*
12. *Completing and Beginning*
13. *Joy, Joy, Joy*
14. *Lighten Your Load*
15. *Eyes, Ears, and Balance*
16. *Love Your Self*
17. *All Elements Come to Rest Here*
18. *Healthy Boundaries*
19. *Nourish and Nurture*
20. *Smooth Rhythm and Movement*
21. *Helps Everything*
22. *Muscle Tone and Weight Balance*
23. *Completely Receive*
24. *Let Go, Let Go, Let Go*
25. *Comfortable Wherever You Are*
26. *Use Your Life Well*
27. *Waist Up-Waist Down Harmony*
28. *Breathe from Toes to Head*
29. *Compassionate Understanding*
30. *Decision Making Support*
31. *Uplifts, Brings Vitality, Recharges Heart*
32. *Protecting Your Organs*
33. *Take What You Need and Dump the Rest*
34. *Being With What Is*
35. *Exhaustion Relief*
36. *Revolving Door of Health*
37. *Calms Nervous System*
38. *Heart Wholeness*
39. *Harmonizing Worry*
40. *Harmonizing Fear*
41. *Harmonizing Anger*
42. *Harmonizing Sadness*
43. *Harmonizing Trying To Do and Be Too Much*
44. *Magnificent Circulation*

- 45. *Happy Lungs*
- 46. *Acid Balance*
- 47. *The Transformer*
- 48. *Burn Relief*
- 49. *Moving Pains*
- 50. *Personal Analgesic*
- 51. *Phlegm Clear*
- 52. *Bones Help*

53. to 102. You get full color pictures that show you 50 Ways to Receive Love from the Universe (The same as Numbers 3 through 52.)

103. The goodness builds on itself. The more you love yourself, the more you care for yourself.

104. From that state of being joy and feeling loved and content, Infinite Truth can access you.

105. You and the present moment become One.

106. Gives you regular access to your inner body, connecting form and formless.

107. Actively neutralize the "pain body."

108. Applying *Healing Touch Quick Steps* daily may motivate stresses to be released out of the mind-body system *before* they have a chance to settle in the tissue.

109. You get to participate in creating your own reality of health. Being responsible for what you create is the first step of self-healing.

110. The more you pay attention to your body's needs and care, the more you may feel its divinity, its sacredness and wholeness.

111. Shift into healing in less than a hundredth of a second.

112. Connect with your body's natural system of healing.

113. Unburden and uplift at the same time.

114. Feel the movement in 10 seconds or less.

115. Improve your relationship with your body.

116. Begin a relationship with your body.

117. All the homework has been done for you. All you have to do is look at the pictures.

118. Experience whole brain "non-learning" learning.

119. You are able to relieve tension and stress.

120. Increasing circulation

121. Improving digestion and elimination
122. Boosting your immune system
123. Balancing your emotions
124. Encouraging weight balance
125. Toning your skin for a natural face lift
126. Relaxing to sleep
127. Reviving mental clarity
128. Engaging a "fountain of youth"
129. Adding spice to your love life
130. You are being present as an observer from your wholeness level of awareness, while an emotional disturbance occurs, for example.
131. You are engaging a place beyond the mind for healing support. Because of this, your body instantly shifts from the messages it is given.
132. A personal relationship between you and Source;
133. Your natural state of being in Oneness with Source, the Absolute, the One Constant;
134. A fabulous "seed thought" for your subconscious mind;
135. When you focus your attention on it, healing happens in a hundredth of a second;
136. Responding to life's "doo doo" gracefully like water sliding off a duck's back;
137. Saying "yes" to wholeness;
138. The more you love yourself, the more you care for yourself and the more Life seems to take care of you;
139. Instant healing is happening even when you're having a bad day;
140. Everyone is born with the same Infinite Truth, it's your choice to connect with IT;
141. Our ancestors have been connecting with IT for eons;
142. Infinitely loving, infinitely truthful possibilities for health and well being;
143. Ever-flowing, ever-expanding unified field of consciousness in which you participate whether you know it or not;

144. For some, IT feels like being held in the arms of a Cosmic Mother who says, *"You don't have to do or be anything to get my approval. You already have it. You are a precious part of Me. I love you."*

145. Your body has been waiting for this book.

146. This may be the most fun you've ever had holding and reading a book.

147. The book may knock your socks off, and then you will harmonize your energies by holding your toes!

148. The information in this book may help you become healthier and stay healthier.

149. What you learn in this book you can use over and over again for a lifetime of health benefits.

150. The pictures are absolutely gorgeous and the book may become your new favorite book.

For more information, you may visit:

www.InstantHealingBook.com.