

Undoing Yourself With Energized Meditation And Other Devices Christopher S Hyatt

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Essentially, instead of working on your brain first, the 'Energized Meditation' in this book seeks to get at the mind/body connection by working on your body. Negative thought manifests itself by creating muscular blocks to the flow of energy in your body, and the exercises in this book help undo those blocks.

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Undoing Yourself: With Energized Meditation and Other Devices Paperback – June 1 1993 by Christopher S Hyatt Ph.D. (Author)

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As the title of this book implies Undoing Yourself With Energized Meditation and Other Devices is a workbook of emancipation and not a collection of ideas to be perused by smug dilettantes.

4Tay by Akua - Issuu

Undoing Yourself With Energized Meditation and Other Devices by Christopher Hyatt. i think this book provides a means for undoing/changing yourself, but its .. First, to clarify: both Hyatt and Willis were trained in "Reichian".

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