

[PDF] Dr. Judith Orloff's Guide To Intuitive Healing: 5 Steps To Physical, Emotional, And Sexual Wellness

Judith Orloff - pdf download free book



Books Details:

Title: Dr. Judith Orloff's Guide to

Author: Judith Orloff

Released: 2001-03-06

Language:

Pages: 368

ISBN: 0812930983

ISBN13: 978-0812930986

ASIN: 0812930983

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

"We are the keepers of an intuitive intelligence so powerful it can tell us how to heal," writes psychiatrist and practicing intuitive Judith Orloff, M.D. "We all possess within us an intuitive healing code that contains the blueprints for our health and happiness, and for the survival of everything

that is good here on earth." Her aim is to teach you how to tap into and train your own intuitive powers and use them for your well-being. She divides the book into three parts: "The Body," "Emotions and Relationships," and "Sexual Wellness." She teaches five steps to intuitive healing, which she defines as "listening to your body's signals--your inner voice and heart, your spiritual connection--to find out how to become more physically, emotionally, and sexually whole." According to Orloff, these steps apply to every health challenge, as well as every emotional and sexual issue:

- Notice your beliefs.
- Be in your body.
- Sense your body's subtle energy.
- Ask for inner guidance.
- Listen to your dreams.

Orloff returns to these steps in every chapter, offering more explanation, a different slant, practical exercises, and ways to apply each step to different areas of your life. For example, in the helpful "Sacred Healing Partnerships" chapter, she applies these steps to choosing the right health practitioner. Orloff is articulate and warm, inviting you to make her world your own with clear explanations, practical strategies, and numerous detailed, personal anecdotes. --*Joan Price* --This text refers to the edition.

From Publishers Weekly While holistic medicine has recently gained wider acceptance and inspired a slew of books, rarely has it been examined so thoughtfully and engagingly. Orloff, a psychiatrist, "practicing intuitive" and author of the memoir *Second Sight*, approaches her medical practice with unusual insight into human nature. Defining healing much more broadly than the eradication of illness or temporary avoidance of death, Orloff optimistically sees the future of medicine as "a holistic art and science" in which "intuition, spirit and technology will be seamlessly integrated." Revealing more of her personal experiences than many professional authors, she offers a clear, detailed manual for tapping one's intuition, which she variously characterizes as "a potent form of inner wisdom," "a still, small voice inside" and "a truth-teller committed to our well-being." To assist readers in developing and maintaining their physical, emotional and sexual health, Orloff presents five steps: "Notice your beliefs, be in your body, sense your body's subtle energy, ask for guidance and listen to your dreams." Although she repeats this five-step process in every chapter, she manages to maintain a fresh, vital discussion throughout. With her frank treatment of such topics as death and sexuality, Orloff will no doubt win over many new fans. Agent, Richard Pine. 15-city author tour. (Mar.)

Copyright 2000 Reed Business Information, Inc. --This text refers to the edition.

- Title: Dr. Judith Orloff's Guide to Intuitive Healing: 5 Steps to Physical, Emotional, and Sexual Wellness
- Author: Judith Orloff
- Released: 2001-03-06
- Language:
- Pages: 368
- ISBN: 0812930983

- ISBN13: 978-0812930986
 - ASIN: 0812930983
-