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Energy Strands: The Ultimate Guide to Clearing the Cords That Are Constricting Your Life

By Denise Linn

Hay House, Inc. Paperback. Condition: New. This book helps you discover the cables, ropes, ribbons, strands, threads, and filaments of energy that flow to and through you. By learning ancient shamanic techniques, you'll learn how to release the cords that bind you and empower the strands that strengthen and heal you. Some energy strands allow us to feel vibrant and alive. Others deplete and weaken us. Most people are unaware of these energy strands, but they can feel them on a subconscious level. In *Energy Strands*, Denise Linn shares some of the methods she's learned over the years to support you in finding harmony and balance in your life through understanding these lines of energy. Topics covered include attachments with family, ancestors, friends, lovers, crowds, and pets. *Energy Strands* also explores the connection between sound (crystal bowls), breath, meditation, and visualization in strands. You will gain practical tools to clear negative cords from unhealthy attachments, toxic relationships, and spaces. Discovering and releasing the energy cords that don't empower you is a voyage of letting go . . . and stepping into the flow of life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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