



Essential Energy Balancing: An Ascension Process

Diane Stein

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Let Diane Stein and ESSENTIAL ENERGY BALANCING show you how to be all that you can be.

Essential Energy Balancing® is an ascension [enlightenment] process—one of total healing. The karmic suffering we're born with, for the most part, is implacable. Now it can be changed, lovingly, with a simple formula and the blessings of the Lords of Karma—the keepers of our souls' evolution.

Part I of Essential Energy Balancing® teaches the easy self-healing methods that change suffering into wellness and inner peace.

Part II is a series of ten energy reprogramming meditations that lead to ascension and bring out your Goddess-Within.

Part III is a discussion of energy anatomy and of who we really are—a highly complex system.

From the Trade Paperback edition.

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