

## Energy Healing for Women: Meditations, Mudras, and Chakra Practices to Restore your Feminine Spirit

By Keith Sherwood, Sabine Wittmann





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Reclaim your personal strength, joy, and sense of pleasure through a new understanding of your energy field. *Energy Healing for Women* provides effective exercises to heal injury and restore wholeness on all levels with chakra healing, karmic release, breathwork, massage, mudra, meditation, and affirmation practices.

With each chapter devoted to an energetic issue that may be limiting your power—including difficult issues such as abuse and reproductive wounds—the techniques in this guide will help you feel empowered and improve your courage and vitality. Through story examples, history, theory, and exercises, you'll discover how to:

- Express your feminine energy freely
- Increase your self confidence by fully appreciating and loving your body as it is
- Rise above restrictive beliefs
- Overcome negative archetypes of women and replace them with life-affirming models
- Enhance your intuition, creativity, and sensuality
- Make the transition from a traditional relationship to a transcendent relationship

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### Editorial Review

#### About the Author

Keith Sherwood is an internationally known teacher and healer. He founded the American Psychic Association and served as its director and editor of its magazine, *Psychic*. He has appeared on many radio and television programs throughout the United States and Europe, and currently teaches chakra therapy, a synthesis of Western therapeutic techniques, Taoist Yoga, and Tantra. He resides in Portland, Oregon.

Ms. Wittmann was born in Salzburg, Austria. After a four year program she graduated from Heilpraktiker (Natural Healer) School in Munich, Germany. In 1997 she opened a private practice for energy healing in Berlin. She has been giving lectures and seminars, as well as writing articles, in Germany and Austria for over ten years.

At the present time she specializes in women's issues, particularly the psychological and energetic issues surrounding fertility. As a practitioner of energy work, Homeopathy, and several whole body therapies (reflexology, lymph drainage, therapeutic massage, etc.), she has seen first-hand how conditioning and subtle cultural prejudices still adversely affect the energetic and physical health of women.

Her goal is to help modern woman to become more creative, radiant, joyful, and free.

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