



True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain

By Alison Anton

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True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain By Alison Anton

Winner of 3 book awards on body-mind healing! Audio meditation downloads included. Illness, stress, trauma, and chronic pain don't have to be obstacles to personal growth and spiritual transformation. They are precious opportunities, gateways for the True Healing that Spirit provides. Spirit is the highest aspect of your being and can return you to wholeness, to your divine nature.

In this warmly supportive spiritual guide, renowned medical intuitive Alison Anton helps you take positive steps toward authentically healing your illness -- body, mind, soul, and Spirit.

Featuring an easy, five-step healing meditation that connects deep-rooted spiritual principles with mind-body medicine and energy healing, **True Healing** teaches you how to:

- Treat illness as your spiritual path
- See yourself as whole, no matter how sick or broken your body may feel
- Be "in the now" of your present experience
- Find the guiding hand of Spirit underneath your pain or symptoms
- Experience your body as a divine container for Spirit

By accessing the soul's wisdom through the felt sense of the body, you will learn to access your own intuitive skills and to hear the inner call for love under your pain, symptoms, or the intense emotions that arise upon being diagnosed with chronic illness.

Alison Anton translates her twenty years as a clairvoyant medical intuitive, ordained minister and spiritual counselor into this spiritual healing self-help handbook for seekers who struggle with symptoms of ANY disease or medical condition. Dotted with her personal challenges and successes as a recovering Lyme Disease patient, and her vivid, real-life stories as a clairvoyant healer, Alison Anton will lead you on a colorful journey in how to heal yourself as a Spirit in a physical body.

Free True Healing Meditation audio downloads included with purchase (at TrueHealingBook.com)

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Editorial Review

Review

"*True Healing* is a brilliant and beautifully written exploration of sickness as a sacred passage. Drawing on her own descent into the depths of a seemingly incurable condition, Alison Anton shares her discovery that bodily illness is the gate to the soul, and that the soul is the source of all true healing. A powerful read for those interested in the spirituality of the body, and sickness as a spiritual journey."

- **Reginald A. Ray**, author of *Touching Enlightenment* and the CD series, *Your Breathing Body*, and Spiritual Director of Dharma Ocean Foundation

"Alison Anton's *True Healing* will set anyone who suffers with chronic symptoms on an inner path to lasting relief. This book incorporates meditation techniques and authentic examples from Alison's own life that help bring about the desired spiritual experience."

- **David Hoffmeister**, author of *Unwind Your Mind Back to God* and *Awakening through A Course In Miracles*

"*True Healing* is just that, a deep and realistic look at what it takes to heal. Alison Anton approaches healing from one of the most powerful places possible--having to overcome failure, illness and expectation. A must read for those of us who are not perfect!"

- **Lisa Wimberger**, author of *New Beliefs*, *New Brain* and *Neurosculpting: A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Stories, and Find Wholeness*

"True Healing stands out as a premier book on what it means to heal at the deepest level. In just 200 pages, Alison Anton explains far more than can be found in the countless number of other books on the topic."

- **Michael Mirdad**, Spiritual teacher, healer, and author of *Healing the Heart & Soul*

About the Author

Alison Anton has been teaching and practicing the the art of energy medicine, meditation and spiritual healing since 1995. She runs her online school, **Anton Guild of Spiritual Medicine**, where she offers mind-body courses and healing services for people struggling with chronic illness. The Guild also has an advanced clairvoyant program and medical intuition training for professional healers.

Alison's other works include:

- *Your Mind Is Your Medicine* Audio Program
- *What Color Is Your Bubble? Children's Tools for Intuition* CD-set

Alison has been a practitioner of *A Course in Miracles* since 1997. The forgiveness practices from the Course -- as well as her spiritual medicine, meditation, and retreat practices -- have influenced every step in her daily and spiritual life. Alison's vision is to help people who struggle with chronic, debilitating or terminal illness understand the spiritual dimensions of health and disease.

For more information about Alison's programs and services, visit AntonGuild.com

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