



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

Alison Anton

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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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