



## Hands That Heal

By Echo Bodine

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### Hands That Heal By Echo Bodine

Psychic Echo Bodine is also a healer, and many members of her family are also healers. This book, first published in 1985 by ACS, was Echo's first book and is still her favorite. In her inimitable manner, Echo explains to readers what energy or spiritual healing is and how a session works, including how it feels to the healer and the person being healed. Echo's approach to healing could be seen as the traditional Christian "laying on of hands," though the healer sometimes uses their hands on the aura around a person and does not always touch them directly. Hands That Heal addresses concerns and questions that readers may have about healing. In fact, Echo describes such mundane aspects of the process as the room she uses, how people contact her, and how she uses music, incense, and color in her healing space. Details about releasing emotional blocks, avoiding dependency, the dangers of judging anyone's illness, and absentee healing are also provided. Case studies of clients, and line drawings depicting the set-up and positioning of hands, further illustrate how healing works in people's lives. She also provides exercises for the person wishing to test and develop their own healing hands.

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