



Unlocking The Heart of Healing

By Bridget Hughes

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In *Unlocking the Heart of Healing*, Licensed Acupuncturist, Speaker, Qigong teacher, and National Board Certified Clinical Hypnotherapist Bridget Hughes M.Ac., L.Ac. NBCCH urges us to cultivate a state of heart that unlocks our Inner Molecules of Medicine and engages our HeartMindBody connection to heal. Using a meditation she calls a Feeling Mantra® as the tool, and the heart-touching stories of her students, patients, and recollections from her own journey from chronic illness to health to bring it all to life, Hughes unlocks a door to a place we can all come home to. As Hughes demonstrates, when we learn the skills for unlocking our own dormant resources for healing, our efforts ripple out and touch our families, our community, and the global community.

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Unlocking The Heart of Healing By Bridget Hughes Bibliography

- Sales Rank: #1125040 in Books
- Published on: 2014-12-09
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .54" w x 8.00" l, 1.07 pounds
- Binding: Paperback
- 238 pages

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Editorial Review

About the Author

Bridget Hughes M.Ac., L.Ac., NBCCH is a licensed acupuncturist with a Master's degree from the Maryland University of Integrative Health, holds National Board Certification as a Clinical Hypnotherapist and is a certified Qigong instructor. Bridget is co-founder of Healing Point LLC in Severna Park, Maryland, and of Healing Point Acupuncture and Healing Arts in the Cancer Resource Center at the Medical Pavilion of Howard County General Hospital/Johns Hopkins Medicine in Columbia, Maryland. She is a practicing acupuncturist and was named a 2010 and 2011 Favorite Doc in Chesapeake Family Magazine representing Anne Arundel County and the Chesapeake Bay Region. She is a past participant of the Howard County General Hospital Integrative Care Advisory Committee. Once a child patient with cerebral palsy at the Kennedy Krieger Institute herself, Bridget healed beyond what was considered possible and went on to present Grand Rounds at Kennedy Krieger in 2002. Bridget is a past participant of the Kennedy Krieger Institute Complementary and Alternative Medicine Advisory Committee. She is a past member of the Kennedy Krieger Institute Ethics Committee. Bridget has been interested for over 20 years in the intersection of health, wellness, brain science, energy arts, quantum physics, psychology, and peak performance. Her passion is to help clients, students, and patients to unlock peak health, peak performance, and a peak state of heart. With her husband Brandon, Bridget developed a hospital-based Recovery Movement Arts program in 2010 and is committed to bringing restorative movement therapies such as Yoga and Qigong to cancer and chronically ill patients. Their program emphasizes using self-healing practices to unlock HeartMindBody resources for healing and using meditation to access Inner Molecules of Medicine.

Users Review

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