



Essential Energy Balancing: An Ascension Process

By Diane Stein

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Let Diane Stein and ESSENTIAL ENERGY BALANCING show you how to be all that you can be.

Essential Energy Balancing® is an ascension [enlightenment] process—one of total healing. The karmic suffering we're born with, for the most part, is implacable. Now it can be changed, lovingly, with a simple formula and the blessings of the Lords of Karma—the keepers of our souls' evolution.

Part 1 of Essential Energy Balancing® teaches the easy self-healing methods that change suffering into wellness and inner peace.

Part II is a series of ten energy reprogramming meditations that lead to ascension and bring out your Goddess-Within.

Part III is a discussion of energy anatomy and of who we really are—a highly complex system.

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Editorial Review

About the Author

DIANE STEIN is a popular and acclaimed healer and the best-selling author of Essential Reiki and 25 other books in the fields of metaphysical healing, women's spirituality, and alternative health. She lives and teaches in Florida.

THE AUTHOR SCOOP

Read any good books lately?

My favorite reading is science fiction, there are new good books coming out every day. Look at Sharon Shinn, Tamora Pierce, Ann Bishop, and so many more talented women fiction writers.

If you had to boil your book's message down to one sentence, what would it be?

Serve the Light, trust the Light, make a difference in the world with who you are and what you do.

What are you working on now?

I prefer to keep future books a secret until they are finished. No one will know until the manuscript is mailed in.

Do you eat your vegetables?

I have been a vegetarian since 1983. I do eat my vegetables.

If you had a superpower, what would it be?

Wonder Woman, of course.

How long did it take you to write this book?

I have been working with herbs for over 35 years, so you could say it took that long to write it.

Users Review

From reader reviews:

Clair Lemanski:

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