

**THE FIVE SIMPLE STEPS TO EMOTIONAL HEALING:  
THE LAST SELF-HELP BOOK YOU WILL EVER NEED**

Alan Alice Newberg

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He surmises that when we touch an acupuncture point, we stimulate ion flow that reacts at the subtle energy level to unclog meridian channels. Intense emotions can disrupt the energy flow as. Fred P.

The disturbance in the thought field causes disruption in the energy system

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