

Spiritual Healing

By Stuart Grayson

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A well-known "minister of religious science" expounds the thirteen principles fundamental to healing oneself through spiritual power, showing readers how to alleviate emotional and physical distress from within. 17,500 first printing."

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Editorial Review

From Library Journal

A best-selling author, frequent talk-show guest, and renowned speaker and workshop leader, Gawain here offers a new workbook for healing. She claims that humans are living spiritually and emotionally empty lives that are dangerously unbalanced. Only by balancing the four aspects—spiritual, mental, emotional, and physical—can people be successful and fulfilled. Each chapter investigates one of these aspects and ends with appropriate spiritual exercises. A minister for over 30 years who has conducted seminars on spiritual healing, Grayson by contrast stresses 13 principles for self-healing. Emphasizing that everyone has the ability to lead a happy, fulfilled life, Grayson claims that most people's lives are instead run by lack, loss, and limitation as well as resistance, rejection, and rebellion. Liking it to training for a marathon, Grayson discusses the great effort required to release past negativity and to prepare the path for spiritual healing. The appendix is complete with positive affirmations for spiritual treatments and a glossary of terms. Gawain's work is essential for public library collections for general readers; Grayson's book may be more satisfying for academics and could be considered additional reading for public library patrons. —Lisa S. Wise, Broome Cty. P.L., Binghamton, N.Y.

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From [Booklist](#)

Popular seminar leader and minister Grayson provides a clear, plainspoken overview of the principles of religious science, the mind-body-spirit philosophy he practices and preaches. He presents a few testimonials to indicate the power of religious science, but mostly the book is a primer of spiritual principles and their applications. Beginning with unarguable concepts such as, principally, "The Universe Is One," Grayson leads readers through a series of arguments that shows how they can affect their health and happiness by improving connection to that universal oneness. Although some may find Grayson's approach simplistic, many others will be drawn to it by the authority with which he proposes that we are, indeed, masters of our fates and captains of our souls. *Patricia Monaghan*

Users Review

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