

EDITED BY  
LEONIE PIHAMA  
LINDA TUHIWAI SMITH

# OURA

## **Healing Ourselves**

INDIGENOUS KNOWLEDGE,  
HEALING AND WELLBEING



# Healing Ourselves

**R Pring**



## **Healing Ourselves:**

Healing Ourselves Shamini Jain, PhD, 2021-09-14 A leading mind body researcher provides an invaluable resource of solid scientific evidence for consciousness based healing along with practices anyone can use Spontaneous remission the placebo effect and energy healing these phenomena have baffled the medical community for decades What do all these marvels tell us Our current models of medicine fall short of understanding the depths of our human healing potential says Dr Shamini Jain We are on the cusp of finally becoming awake to our human healing potential A growing number of scientists are exploring a new path a true expansion of science joined with understandings from ancient concepts of spirituality With Healing Ourselves Dr Jain presents a new vision of health and healing Here she rejects the either or thinking that has placed conventional medicine at odds with so called alternative methods offering an integrated path based on sound scientific evidence and personal empowerment Join her to explore Biofield science peer reviewed research on the inseparable relationship between consciousness and healing The placebo and beyond what placebo research tells us about the power of consciousness to heal ourselves whether we choose drugs surgery or holistic medicine Evidence what strong published research actually says about the healing power of holistic practices such as yoga tai chi meditation and energy healing The Healing Keys in depth instruction with evidence based recommendations and ancient spiritual practices that you can integrate into your life for healing yourself Today more than ever we realize that we must change the way we think about health care and our ability to heal ourselves The good news is there is a way forward teaches Dr Jain The flame that lights the path burns brighter than the darkness of ignorance and suffering we have found ourselves in With Healing Ourselves this inspiring teacher shares a holistic model of health that we have known in our hearts all along to be true **Healing**

**Ourselves** Shamini Jain, Ph.D., 2021-04-06 A leading researcher of consciousness based healing provides an invaluable resource of scientific data and self healing practices Spontaneous remission the placebo effect and energy healing these phenomena have baffled the medical community for decades What do all these marvels tell us That our body is much more than a machine to be fixed by drugs and surgery We ve been disempowered to think that we have no control over our own healing says Dr Shamini Jain and yet science suggests that it s the complete opposite We have more healing power than we could ever imagine With Healing Ourselves Dr Jain presents a new vision of health care that is both evidence based and personally empowering featuring Biofield science exploring evidence for the missing link between consciousness and healing Why most people even doctors don t know about the astonishing findings that support energy based healing practices The future of medicine how the next scientific evolution will unfold Beginning your own health revolution guidance for harnessing the placebo effect holistic self care evidence based spiritual practices and much more We don t have to be perfect meditators or yogis to foster our own healing teaches Dr Jain Written with engaging prose and lucid explanations of scientific principles Healing Ourselves illuminates a path of healing that is joyful accessible and opens the door to a lifetime of discovery

*Healing Ourselves Whole* Emily A. Francis, 2021-05-11 *Healing Ourselves Whole* will give you the tools you need to clean your emotional house from top to bottom complete with journal prompts and access to audio meditations for you to listen along to as you read As a trained body worker Emily Francis offers a refreshing perspective into healing trauma She reveals unique knowledge of the body as a holder for memory Emily will lead you on a path deep within yourself to rearrange the ways that pain and trauma have been holding you back from whole body mind spirit and energy healing You will rearrange the dialogue within your body memory systems as well as learn a practice to re birth by healing your inner child and adolescent selves coming into the present to create the best adult self possible This groundbreaking interactive book contains a journal and access to audio meditations for you to listen to as you read The meditations will help you dig deep into past trauma and discover when and how trauma took root Learn to get in touch with various parts of the physical and energy body and how to use them to let go of stored traumas and rediscover the deeply held joys that have also been stored within the body From this you will learn to live from a new mindful and powerful space Healing Ourselves Naboru Muramoto, 1975 *Healing Ourselves* Naboru Moramoto, 1973 Healing Ourselves Naboru Muramoto, 1977 **Reiki Insights** Frans Stiene, 2018-06-29 A meditative journey into the inner depths of the system of Reiki Reiki Insights is presented as a series of short chapters each of them a teaching so that you can pick it up choose a chapter and read it After you have read the chapter sit down and meditate upon the words Let them sink deep into your mind body and energy so that you can feel what is in between the sentences By reading and experiencing Reiki Insights in this way it will lay a foundation for inner change from not knowing your true self to knowing your true self Self-unfoldment Benjamin Fish Austin, 1917 **Healing Ourselves** Naboru Muramoto, 1973 **The United States Catalog** Mary Burnham, Carol Hurd, 1928 **Spiritual Healing** Swami Paramananda, 1923 Healing Yourself with Homeopathy Martha M. Christy, 1994 Straightforward and simple instructions on curing both common and serious illnesses without the use of drugs The New Healing Yourself Joy Gardner, 1989 In 1966 Gardner compiled a little yellow booklet as a way of encouraging people to take responsibility for their own health and as an introduction to natural and preventive medicine This greatly expanded edition offers safe effective natural health care information for adults and children **Divine Science and Healing** Malinda E. Cramer, 1905 *Nature That Heals* Lisa Tomas /virginia Santos, 2025-05-29 *Nature that Heals* Practices and Rituals of Natural Healing Despite being constantly connected to technology we ve never felt so disconnected from ourselves This book is a heartfelt invitation to return to what has always belonged to us nature Lisa Tomas leads us through a sensory profound and restorative journey presenting simple yet powerful practices that realign body mind and spirit with the Earth s natural rhythms From forest bathing and therapeutic gardening to medicinal herbs and seasonal awareness we rediscover an ancestral strength rooted in the present More than a book *Nature that Heals* is a lived experience a pause a breath a mirror It offers wisdom to soothe modern fatigue and awaken a more conscious grounded and fulfilling way of living This book on

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