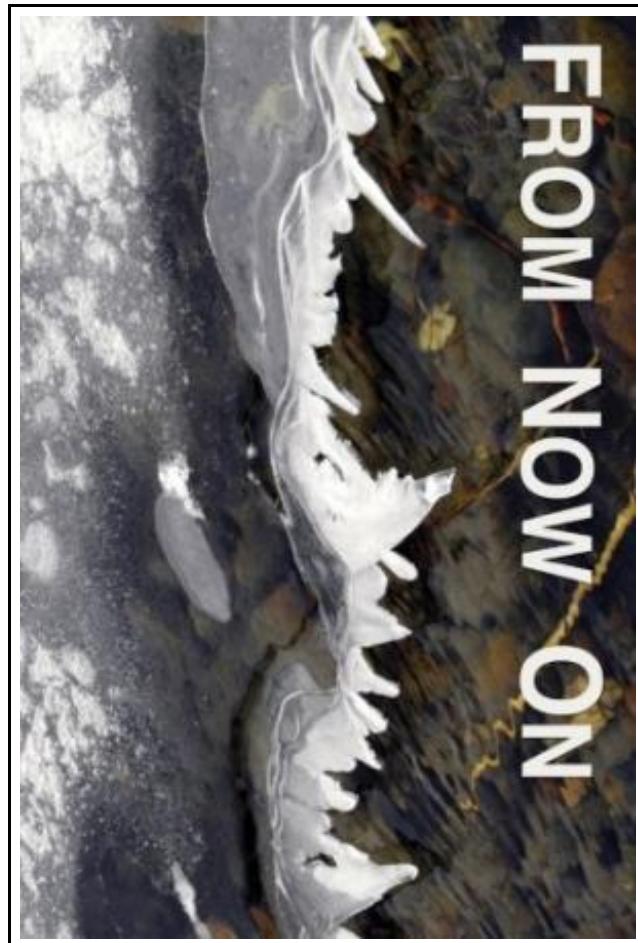


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Multifaith Witness Films and Books LLC. Paperback. Condition: New. 118 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. *From Now On: An Introduction to the Philosophy, Practices, and Processes of Sevenfold Healing and Cure* is for readers whose lives have been interrupted by illness or injury, who have passed through a time of darkness, and who are ready to take charge of their healing and cure. *From Now On* offers a practical post-modern idea of the body, useful definitions of healing and cure, and a system for complete self-guided personal care. The author developed this system for personal use after developing myalgic encephalomyelitis, an emerging epidemic illness of the late modern era. This system, which she calls sevenfold healing and cure, derives from a lifetime of experience as a student of biology, doctor of mainstream medicine, specialist in public health and preventive medicine, academic medical researcher, patient, spiritual seeker, world traveler, self-guided healer and medical detective. Readers can use the system introduced in *From Now On* to directly and subjectively observe their bodies and their lives and to use what they discover to initiate processes of healing and cure that work from the inside out. They can then choose to integrate these processes with those offered by doctors, counselors, and bodyworkers who observe the body indirectly and objectively and treat it from the outside in. Readers who practice sevenfold healing and cure learn to abide in healing states of being; to deepen, broaden, and extend those states over time; and to seed, sustain, and enhance abilities and habits that ease healing and cure. Readers can use these abilities and habits to realize healing as the continuous creation of relief, wellbeing and transformation and cure as the ongoing formation of a new and better life. Readers can also choose to integrate their self-guided...

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