

The Art of True Healing details a powerful exercise that stimulates the body, mind, and spirit to help us create physical health and personal success. Originally published in 1932, predating by more than a half century the current interest in the mind's power to heal, this concise work guides readers through what Israel Regardie calls the Middle Pillar meditation — a technique that combines the mystical concepts of yoga's chakras and the Kabbalah's Tree of Life to create a simple and effective healing tool. In this edition, editor Marc Allen brings Regardie's work into the twenty-first century — showing us how to unleash energy to heal our bodies and, ultimately, every part of our lives. Like few books before or since, The Art of True Healing provides both the theory and practices necessary for attaining well-being and fulfillment.

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