



A Wealth of Health!: Self-Healing, Universal Therapies for Pain, Stress and Insomnia

Frieda Mah

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The book teaches the health relationship among body, mind and soul. How to unblock them by using the Comprehensive Universal Energy Healing to reach health. It shows people that ethic is directly affects a person's health and can feel the influence immediately. It is a self-healing book derived from ancient Chinese medicine wisdom, author's tough cases treating experiences, cosmic energy healing, self-hypnosis. meditation, dream builder coach, life mastery consultant. It teaches people how to raise their frequency to smoothly transform with the earth to a higher dimensional universe and enjoy universal abundances. It covers pain, stress and insomnia causes and how to do self-healing.

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