



Cell-Level Resonance: Ten Practices for Renewal, Vitality, and Health

By Joyce Hawkes

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Cell-Level Resonance: Ten Practices for Renewal, Vitality, and Health, Joyce Hawkes, In Resonance, Joyce Hawkes, Ph.D., explores the uncharted interfaces between science and spirit in relation to health and well-being. Richly detailed with Joyce's own experiences on her inspiring journey from being rooted solely in science to her current life as a healer—including everything from a near-death experience, to fire walking, to months in Bali studying with healers and shamans--this book will allow you to explore your own ability to heal at every level. The focus of Hawkes' work lies in creating harmony at all levels of our existence. When we experience optimal health, the energies of soul and body resonate elegantly with one another. Nine couplets--each expressing our innate traits--explore the mystery of our combined human and divine nature and their interactions for well-being. You will discover current research and fascinating findings about the language of your cells and how these tiny constituents of your body communicate, connect, and touch. Resonance gives you valuable tools to enhance your health at the cell level, your spirit at the soul level, and your consciousness at the mystery level.



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