



# The Holistic Way: Self-Healing with the Nadi Technique

*Billy Roberts*

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## **Discover the Holistic System Designed to Balance Your Body, Mind, and Spirit**

Fulfill your desires for optimal health and happiness with the nadi technique, a simple and effective holistic system for self-healing. This program encourages movement of inflowing energy, or prana, through the network of channels called nadis that permeate the subtle anatomy. Using specific pressure points, meditation, visualization, and affirmations, the nadi technique is designed to help you cultivate positive thinking, culminating in a healthy mind and body.

This easy-to-follow, practical handbook will show you how to find peace and harmony within. Learn how to fine-tune your energy body, how food affects the chakras, and how magnets, color, music, chanting, and vibration can be used for increased wellness. Delve into ancient spiritual principles and universal laws—such as the Law of Attraction and the Law of Karma—and discover how to attract relaxation, success, and longevity. With more than fifty exercises, chapters for specific health concerns, and nutritious recipes, *The Holistic Way* is your key to a balanced life.

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