

# Stephen Murray Energy Work And Power Answers

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there's an old joke about a curse that goes may you live in interesting times all of us at one point or another have lived in times like that and that's what this book is about it's about ways to pass through darkness with your light still shining and to keep your energy positive it's about ways to control how much negative energy you take in and hold onto and how to avoid damage or heal it if you can't avoid it it's about practical methods both energetic and mundane to make it through the darkness and come out on the other side with your soul whole when the going gets tough the tough need energy work and living in interesting times is the book to show you how to do that

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