



# A Warrior's Guide to Healing

*Bruce Ching*

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## **A Warrior's Guide to Healing** Bruce Ching

My book deals with cultivating our natural healing abilities. From the Introduction: "Although presented as fiction, this work is an energy-healer's training manual, especially for practitioners of the internal martial arts. My hope is to encourage a more interactive approach to the way teachers transmit the art to their students, as well as greater emphasis on fundamental skills that should be in place before students undertake learning complex sequences of moves. The energy phenomena and training methods described in the text are true. Some other aspects of the story are not." This text presents foundations of energy healing that would have been useful to know at the start of my studies. This work discusses the role of intent, joint expansion, bone-breathing, yin and yang energies, and application of five-element theory, with a few illustrations included to make the descriptions more accessible. The basics depicted here are compatible with any systems of energy healing. The narrative alternates between training scenes, teacher-student dialogues, healing sessions, and summaries. Examples of working on a few specific conditions such as cancer, autoimmune disorders, and hot flashes are also described. The overall story is framed by short bits of fiction in the urban fantasy genre. I hope you'll find this book to be useful.

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