



True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain

By Alison Anton

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Winner of 3 book awards on body-mind healing! Audio meditation

downloads included. Illness, stress, trauma, and chronic pain don't have to be obstacles to personal growth and spiritual transformation. They are precious opportunities, gateways for the True Healing that Spirit provides. Spirit is the highest aspect of your being and can return you to wholeness, to your divine nature.

In this warmly supportive spiritual guide, renowned medical intuitive Alison Anton helps you take positive steps toward authentically healing your illness -- body, mind, soul, and Spirit.

Featuring an easy, five-step healing meditation that connects deep-rooted spiritual principles with mind-body medicine and energy healing, **True Healing** teaches you how to:

- Treat illness as your spiritual path
- See yourself as whole, no matter how sick or broken your body may feel
- Be "in the now" of your present experience
- Find the guiding hand of Spirit underneath your pain or symptoms
- Experience your body as a divine container for Spirit

By accessing the soul's wisdom through the felt sense of the body, you will learn to access your own intuitive skills and to hear the inner call for love under your pain, symptoms, or the intense emotions that arise upon being diagnosed with chronic illness.

Alison Anton translates her twenty years as a clairvoyant medical intuitive, ordained minister and spiritual counselor into this spiritual healing self-help handbook for seekers who struggle with symptoms of ANY disease or medical condition. Dotted with her personal challenges and successes as a recovering Lyme Disease patient, and her vivid, real-life stories as a clairvoyant healer, Alison Anton will lead you on a colorful journey in how to heal yourself as a

Spirit in a physical body.

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Editorial Review

Review

"*True Healing* is a brilliant and beautifully written exploration of sickness as a sacred passage. Drawing on her own descent into the depths of a seemingly incurable condition, Alison Anton shares her discovery that bodily illness is the gate to the soul, and that the soul is the source of all true healing. A powerful read for those interested in the spirituality of the body, and sickness as a spiritual journey."

- **Reginald A. Ray**, author of *Touching Enlightenment* and the CD series, *Your Breathing Body*, and Spiritual Director of Dharma Ocean Foundation

"Alison Anton's *True Healing* will set anyone who suffers with chronic symptoms on an inner path to lasting relief. This book incorporates meditation techniques and authentic examples from Alison's own life that help bring about the desired spiritual experience."

- **David Hoffmeister**, author of *Unwind Your Mind Back to God* and *Awakening through A Course In Miracles*

"*True Healing* is just that, a deep and realistic look at what it takes to heal. Alison Anton approaches healing from one of the most powerful places possible--having to overcome failure, illness and expectation. A must read for those of us who are not perfect!"

- **Lisa Wimberger**, author of *New Beliefs*, *New Brain* and *Neurosculpting: A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Stories, and Find Wholeness*

"*True Healing* stands out as a premier book on what it means to heal at the deepest level. In just 200 pages, Alison Anton explains far more than can be found in the countless number of other books on the topic."

- **Michael Mirdad**, Spiritual teacher, healer, and author of *Healing the Heart & Soul*

About the Author

Alison Anton has been teaching and practicing the the art of energy medicine, meditation and spiritual healing since 1995. She runs her online school, **Anton Guild of Spiritual Medicine**, where she offers mind-body courses and healing services for people struggling with chronic illness. The Guild also has an advanced clairvoyant program and medical intuition training for professional healers.

Alison's other works include:

- *Your Mind Is Your Medicine* Audio Program
- *What Color Is Your Bubble? Children's Tools for Intuition* CD-set

Alison has been a practitioner of *A Course in Miracles* since 1997. The forgiveness practices from the Course -- as well as her spiritual medicine, meditation, and retreat practices -- have influenced every step in her daily and spiritual life. Alison's vision is to help people who struggle with chronic, debilitating or terminal illness understand the spiritual dimensions of health and disease.

For more information about Alison's programs and services, visit AntonGuild.com

Users Review

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John Kuykendall:

The particular book True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain will bring someone to the new experience of reading a book. The author style to clarify the idea is very unique. Should you try to find new book you just read, this book very suited to you. The book True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain is much recommended to you to see. You can also get the e-book in the official web site, so you can easier to read the book.

Mark Hernandez:

Reading a guide tends to be new life style in this particular era globalization. With reading through you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can share their idea. Publications can also inspire a lot of people. A great deal of author can inspire their reader with their story or perhaps their experience. Not only the storyplot that share in the ebooks. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors these days always try to improve their skill in writing, they also doing some analysis before they write to the book. One of them is this True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain.

Rachel Louviere:

The book untitled True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain contain a lot of information on it. The writer explains her idea with easy method. The language is very straightforward all the people, so do not necessarily worry, you can easy to read the item. The book was authored by famous author. The author will take you in the new era of literary works. You can actually read this book because you can continue reading your smart phone, or program, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site as well as order it. Have a nice study.

Joan Naylor:

That publication can make you to feel relax. This book True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain was vibrant and of course has pictures around. As we know that book True Healing: Spiritual Medicine for Every Illness -- A Mind-Body Guide for Managing Stress, Trauma, Disease, and Pain has many kinds or category. Start from kids until teenagers. For example Naruto or Private eye Conan you can read and feel that you are the character on there. So , not at all of book are generally make you bored, any it offers up you feel happy, fun and relax. Try to choose the best

book for you personally and try to like reading in which.

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