

EMOTIONAL BALANCE: THE PATH TO INNER PEACE AND HARMONY BY DR. ROY MARTINA

EMOTIONAL BALANCE

The Path to Inner Peace and Harmony



DR. ROY MARTINA

The Creator of the Omega Way of Life

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Dr Roy Martina has developed a powerful comprehensive healing system called 'Omega healing'. This preventative system has been acknowledged as one of the most powerful healing techniques currently available. It tackles the root cause of problems - not just the symptoms. Balancing the emotional body and returning to our core essence restores us to greater health, ease and happiness. This fantastic CD package collects together some of Roy's most powerful teachings on this subject, along with meditations that will allow you to implement its incredible effects in your life. The first section provides an excellent introduction to Roy's background and how he came to heal himself using his Omega Healing technique. The second section features four incredible meditations that will allow you to heal every aspect of your life. The first provides energy and vitality. The second is a relaxing visualisation for the end of the day. The third helps with releasing feelings. The fourth helps heal traumas in our past lives. These meditations, recorded live in London and exclusively for Hay House showcase one of the brightest new voices in healing.

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Most helpful customer reviews

9 of 9 people found the following review helpful.

Perfectly balancing science and spirituality

By Callie Carling

After attending an Omega Healing workshop with Dr Roy Martina, I was delighted to find that the book reflects Dr Martina's charm and wisdom perfectly; his humour shines through every page.

I particularly enjoyed Chapter 7 (Cell Memory) and Chapter 11 (Awareness) for personal reasons; the images in Chapter 8 - The 14 Gateways to Emotional Balance - are an excellent way to tap into the power of the Omega Healing process without having attended any of Dr Martina's workshops and start to feel the benefits for yourself.

With a background in medicine, Dr Martina is a rare breed - a holistic doctor who can share his knowledge in written form without bamboozling the reader who may be new to these ideas, as well as totally engage a reader with a serious interest in energy and healing. A truly delightful read and a great reference handbook; I'd also highly recommend purchasing the Emotional Balance meditations on CD too, as that really brings the whole experience together.

8 of 9 people found the following review helpful.

A Pragmatic Guide for a Modern Souls

By M. R. Stonisova

After attending Dr. Martina's workshops and listening to his audio recordings as well I greatly enjoyed and learnt about myself whilst reading this book - thoroughly for over 3 weeks and together with recommended practice I feel great results. I recommend attending Dr. Martina workshop/s to reinforce your well being and your closest in effect. His book draws upon well-known practices of chakras and acupressure points and adds completely unique new practical technique how to stay emotionally balanced so that you can start to connect with your inner potential of being happy - your divine. If it is your first time reading anything related to spiritual philosophies and the spiritual truth, then this may be a wonderful new beginning to find out about your personal sabotage of your own potential. Dr. Martina has a great sense of humour and offers you new practical views and lifelong experience from his practice. Trust it and Enjoy it.

6 of 7 people found the following review helpful.

Wonderful!!!

By Tavia

The book is fantastic; it's a must have tool for people who decided to change their life and work on self improvement. I gave this book to one of my friends who is very sceptical about pretty much everything and to my surprise she is loving it. Whoever is reading now, just buy the book and read it right to the end, you will discover NEW YOU.

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