

HEALING METHODS chart



PHYSICAL HEALING



**NATURAL HERBS
YOGA**

**MASSAGE THERAPY
AROMA THERAPY
REFLEXOLOGY
SUPPLEMENTS
CHANGING DIET
ENZYME THERAPY
CHIROPRACTIC
HOMEOPATHY
QI-GONG
TAI-CHI
CRANIOSACRAL
THERAPY (CST)**



ENERGY HEALING



**CHAKRAS
REIKI**

**CRYSTAL HEALING
ACCUPRESSURE
AURAS
RADIONICS
MAGNETS
HEALING TOUCH
EFT: EMOTIONAL
FREEDOM
TECHNIQUE
TFH: TOUCH
FOR HEALTH
SOUND HEALING**



MIND HEALING



**HYPNOTHERAPY
SOUND HEALING
VISUALIZATION
AFFIRMATIONS
MUSCLE TESTING
MEDITATION
RELAXATION
BRAIN WAVES
FREQUENCIES
BINAURAL BEATS
LAWS OF ATTRACTION
ART THERAPY
LIGHT & COLOR
THERAPY
BREATHWORK**