

**Where Body Meets Soul: Subtle Energy Healing
Practices For Physical And Spiritual Self-Care By
Elizabeth Frediani**

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and an inventory of intuition self-care conduits between the physical and the spiritual integrate this into mind-body-spirit-energy practices for

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and travels in his/her subtle body (or dreambody or astral linking the rational soul to the physical body while the astral plane is an

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[(Where Body Meets Soul: Subtle Energy Healing Practices for Physical and Spiritual Self-Care)]

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Elizabeth Frediani lives on Whidbey Where Body Meets Soul: Subtle Energy Healing Practices for Physical and Spiritual Self-Care, published in December

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