

# BOOK SUMMARY

## ***The Alchemy of Self Healing***

By Jeannine Wiest, CMT, CST

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*Your body is Instant Messaging you all the time.*

Those messages contain unique cellular treasure waiting to be accessed.

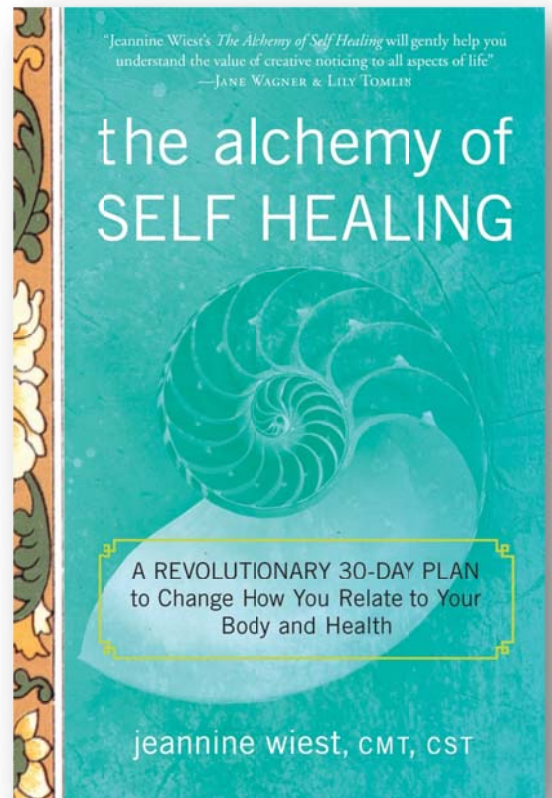
The discovery that your body is listening to you will transform your life. Your mind runs old programs, defaults to all that is familiar in your life, even when what's familiar is pain. ***THE ALCHEMY OF SELF HEALING*** will show you how to tap into your body wisdom that craves health and joy.

Take the Alchemy Quiz, follow the exercises, read the essays. At the end of thirty days, when you retake the Quiz, you'll discover you have new resources and tools at your fingertips.

In this book Jeannine Wiest, CMT, CST has created a week-by-week guidebook for tuning into the body so you can:

- Transform old stories energetically lodged in your body that drain your well-being
- Reconnect with your body wisdom to access your creative resources
- Create your health, and relationships “in concert with” rather than “in spite of” existing influences.
- Develop habits to navigate the cellular information your body communicates.
- Respond to challenges with calm, focused energy
- Transform into the extraordinary version of you. Become an Inner Alchemist.

By turning the act of “noticing” into a daily habit, you can transform pain, create abundance and re-purpose old stories that you may currently perceive to be negative.



If a negative story is trapped energetically in your body's tissues or organs, you will struggle to achieve whatever results you crave. By choosing the Direction of Ease you can enter into dialogue with the part of you that is holding that old story's importance and invite new perceptions so you can create anew. Magic can and does begin to happen in this open state.

I believe self healing is our birthright. We've simply lost our way. Utilizing free, nature and sensory-based resources, *The Alchemy of Self Healing* is a guidebook with "remedies" for common triggers; everything from holiday family dinners to commuter frustrations to facing loss.

Think about it. Who better to become an expert on you than you? All you need is a plan, an internal GPS, a focus. This book provides all three plus ways to respect and relate to your body as your best friend.

This book invites you to create a precious relationship with your body. In the same way that children respond better to the words "Be careful with your milk" than to "Don't spill your milk," your body responds better to invitation and detailed listening, than to force. For many people, that's a foreign concept.

All that can change in the blink of an eye, however you have 30 days, the length of a moon cycle, to create new healing habits that will resonate through your bones allowing you to create your most connected life, your most integrated path. You'll then experience a ripple effect out into the world.