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Adam, or Adam Dream Healer, as he wishes to be known, is truly not only a most gifted healer, but he is also willing to share his story and his techniques with the world. Adam's writing is honest and truly from his heart and NOT from some high and lofty esoteric place, where ego can and often does abound.

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As a Master in martial arts, a certified metaphysical healing practitioner, a reiki healer, and a healer educated in Dhanur Veda under an Indian Master for nine years, and a student of oriental medicine and herbology, I do validate the principles and content of this wonderful book. As healers, we are in a continual evolution to grow and learn.

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