



Kabbalah for Health & Wellness

Mark Stavish

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Too often our own health takes a back seat to the high priority of caretaking others, ultimately draining our energy and making personal wellness a distant goal. For healing practitioners and those seeking wellness for physical, emotional, and mental health, Kabbalah can be a powerful framework for employing energetic healing methods.

With a simple, sustained practice-from fifteen minutes a day-health and wellness can be restored using:

- guided imagery techniques
- easy-to-implement exercises that build upon themselves
- approachable meditations, prayers, and rituals

With a Kabbalistic approach to wellness, you'll find your search for a heightened state of consciousness happily balanced with the practical health and wholeness concerns of daily life. The practice of Kabbalah will enhance your entire life and can be used as an overall guiding force for body, mind, and spirit connection-essential for overall health and well-being.

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