

# ENERGY THERAPY

## *Healing Your Life & Body*

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### ENERGY

is the bottom line  
in healing your life and body.

Using the pendulum makes your energy visible and shows how your thoughts affect your energy.

Each negative thought lowers your energy in a specific part of the body causing problems, pain, and illness.

Let your body be your guide to raising your energy to allow healing to begin in your life and your body.

*Cover photograph of Lotus by Will Espada*

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*The LOTUS is the symbol for DIVINE ENERGY*

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WHAT OTHERS SAY ABOUT  
ENERGY THERAPY: HEALING YOUR LIFE & BODY

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From Lynn

“I read it all right away and found it inspiring. It is truly a masterpiece, filled with such wonderful information. My attitude has improved and I am feeling more positive. I have been doing a lot of releasing and my depression has gone. Your book has helped me so much and I know it will also help many others.”

From Elizabeth (Lawyer)

“I had been suffering from allergies so badly that my eyes were almost swollen shut and one eye was bruised from rubbing it so much. I went to several doctors and no medicine helped me. However, after reading your book and doing two days of releasing, all of the swelling and itchiness was gone. Some symptoms return if I get stressed or too tired but I can get rid of them quickly, thanks to your book.”

From Ruth (Therapist)

“Sheila’s wisdom is profound and her method powerful. Working with our energy, the essence of who we are as Sheila teaches, leads to major change quickly and effectively. She is a healer’s healer.”

From: Lucia Capacchione  
Author: Living With Feeling

“I’ve known Sheila Hollingshead for more than 15 years. Her extensive research and healing work with the pendulum is truly remarkable. She helps you see your own energy as reflected in the movement of the pendulum. She then goes on to assist you to change your energy by changing your thoughts. In identifying the exact negative thoughts and beliefs that cause physical and creative blocks, you clear the way for living the life you really want. Sheila has helped me through many obstacles rooted in old belief systems that no longer served me. This approach to clearing really works.”

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## WHAT THIS BOOK IS ABOUT

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### ENERGY THERAPY: HEALING YOUR LIFE & BODY

There is only ONE universal energy and it is experienced as either positive energy or negative energy, depending on your thoughts. Positive thoughts create positive energy. Negative thoughts create negative energy.

This book is the result of 20 years of research with the pendulum into locating and identifying the energies involved with the body. I discovered that EACH negative thought lowers the energy of a specific part of the body, and each part of the body is affected by a different set of negative thoughts.

With this book you can discover the negative thoughts involved with any problem, pain, or illness. As you discover the negative thoughts involved, INSIGHT can help you to change your negative thoughts to positive ones and your energy changes. Transformation occurs as you no longer think any of the negative thoughts involved as you see the good that has come from it, and can even consider it to be a blessing!

If you can't change your negative thoughts, with this book AND the pendulum you will be able to identify and release the EXACT negative thoughts causing problems in your life and pain or illness in your body. Releasing AUTOMATICALLY changes your energy, allowing healing to begin in your life and your body.

PROBLEMS CAN RESOLVE  
PAIN CAN DISAPPEAR  
RECOVERY CAN BE QUICKER AND EASIER

The pendulum is a wonderful tool for transformation and healing because it MAKES YOUR ENERGY VISIBLE. It is a simple tool that can only read one energy at a time but for that reason it is very precise. It can show your energy for yourself, anyone, or anything, at any time.

The goal is to be stable on the highest positive energy at all times. However, it is not necessary to use the pendulum to benefit from the information presented in this book.

LET YOUR BODY BE YOUR GUIDE  
TO HAPPINESS & HEALTH

## ACKNOWLEDGMENTS

Gratitude to Geri Towle for:

*“THE BODY IS VERY LITERAL.*

*SEE WHAT IT IS TRYING*

*TO TELL YOU.”*

The information in this book about the specific negative thoughts that affect each part of the body was discovered with the pendulum. My eternal gratitude to Divine Mother, the source of this information.

Gratitude also to Lucia Capacchione for encouraging me to write this book.

A special thank you to my daughter Marcie and to each of my patient friends who allowed me to use them in figuring it all out. Thanks also to Don Hollingshead for his support in so many ways. And finally, thanks to Apple for my Macintosh G3 computer:

ENERGY THERAPY: Healing Your Life & Body

Sheila Hollingshead © 2000

Ninth Printing 2006

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# ENERGY THERAPY

## HEALING YOUR LIFE & BODY

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