

## Catherine Carrigan

## **Unlimited Energy Now**



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Balancing Your Act! In Unlimited Energy Today, Catherine Carrigan foretells us about keeping balanced and in sync with the universe by guarding our personal well-being. She reminds us to avoid exhaustion through good dieting; sufficient sleep and cleared areas which create good auras. She gives many antidotes to help battle against bad and detrimental forces. Carrigan also provides us with many methods to increase our positive energy flow. It isn't something that I'd use for myself, but I understand there will be (and probably have already been) occasions when I'll use this in the future. This is a reserve that I would refer to again and again when I need those prolific reminders. I strategy get it as a paperback so I can revisit these pearls of wisdom again and again. A straightforward and highly helpful read! The question is normally, will our Superego intensify and block the road our soul has mapped out? Too often, it will and it does. The balance of these two primal forces will determine our success in existence, our health, our pleasure, and what contribution we have the ability to make to humanity. Unlimited Energy Now shows how exactly to tap into your life energy and the assets around you to heal and lift yourself up. I also ran into a few editing/formatting errors - mostly repeated phrases or missing participles. We don't see or consider the steps had a need to break our fall. Unlimited Energy Now provides a detailed, practical, and affordable step-by-step method of bringing your body, your emotions, as well as your spiritual energy into alignment. Then, the very next day read through another chapter. I'm uncertain if they're deliberate, or simply a little editing glitch that was missed. I did feel that the author knew her subject well and offered some good advice -- for example, dusting your home regularly to eliminate stale energy and lifeless skin cells! And a great resource section by the end. Just be conscious that there are some places that you will want to do a bit more analysis before you implement, so you don't wind up being the energetic equivalent of a 30 watt lamp connected to a 100 watt socket. An excellent book if several extra cautions are taken while reading \*\*I was given a free of charge copy in exchange for a genuine review. Fast read but had a need to go deeper Unlimited Energy At this point, aims to identify the area you should work on by following a instructions in each unit. So a lot of what drags us down is definitely entirely fixable...and Catherine takes you by the hand and shows you how. The lists in some of the chapters can bog you down with an excessive amount of detail to process while you are shifting into another section. I've go through it a few times now therefore i can absorb every last piece of great info and apply it to my life. The book reads very easily and reveals the author's earnest appreciate and caring, as well as her decades of knowledge as a healer. Rick Barrett, author of Locating You in an environment of It all and Taijiquan: Through the Western Gate Useful and Worth Getting As a healing professional, I find that nearly everyone I deal with has some type of Adrenal Fatigue because of the fast-paced, stressful world we live in. I came across Catherine Carrigan's book "Unlimited Energy Now" most helpful to recommend to my customers because it goes beyond general recommendations by first categorizing how much adrenal exhaustion is present, from mild to serious. The recommendations are after that geared properly to each stage of adrenal fatigue. Furthermore, beyond the physical body requires, she offers recommendations to address the psychological and mental components involved. The biological aspects are where the pseudo science will come in, along with some of the mysticism that always sets my teeth on edge. I would highly recommend looking at it out even if you are just a little sceptical about these exact things because you under no circumstances know, like me it could help you a good deal. I found all the information to be very insightful. The first section is about the physical body, and having experienced adrenal fatigue in the past I was intrigued to learn about stress and the effect on your adrenals. There is a chapter on digestion, which is where I sometimes struggle, so I read this with curiosity. This is a must browse for anyone interested in

living a balanced and healthy lifestyle with the energy to live their dreams. But also for the price, it was an excellent read, if nearly what I was expecting.\*\*\*\*I was presented with a free duplicate in exchange for a genuine review\*\*This would not be considered a reserve I'd normally grab, as I tend to avoid most self-help books. There IS some good guidance throughout, though I acquired trouble linking with it. I understood it was non-fiction and self-help, that was about any of it. As I read through, We kept picking apart the actual research research, the pseudo technology, and the psychological areas of the book. An interesting combination to say minimal. As I read through, I ran right into a few factors of humor to me, as the book trapped to my biology degree, my current psychology plan, and my spirituality. When I started, I must say i didn't have a lot of an idea in what the reserve was. The answer compared to that can be a resounding "no". When we fall into a unpredictable manner, we shed perspective and the ability to make great decisions. The standard of the writing is normally very good, therefore when I could across these, I found it very jarring. The majority of the repeated phrases were at the start of a section, where they actually stood out. Great, quick read but could go deeper I liked that this book was easy to read and very well-organized -- many "books" divided by chapters. The book is written with a heavy focus on positive therapy - which has its place in helping others use of the ruts of negativity that they could be in. Then, we are more empowered and will better focus on fulfilling our lifestyle missions. As such, this facet of the advice carries enough fat to be well worth the browse.Rev. Catherine did a good job trying to create the spiritual aspects of this for all faiths - Christian, Jew, Muslim, and pagan. Quite often, that power isn't called, and even when it is, altering the name in the invocation is simple enough. As for how the spirituality and the biology tie collectively? Carrigan clarifies what our digestive tract is like when it's well balanced and healthy, and then goes on to describe how it can influence us when it's bad. I'm not just pagan, but a Healer as well, so a few of what she describes and recommends seem toned out dangerous when I compare them to the way I was taught. Maybe, if this is your first contact with energy or will-working, it is safe enough. But, for these techniques, I will not become applying them as directed in the exercises. The danger isn't due to the technique itself, rather there are some steps missing in the preparation. The last piece I wish to mention is part of what set my teeth on edge in class for this theoretical orientation. It's the entire idea of "believe positive thoughts, and all will end up being healed." There are some things, both mental and physiological that Can not be healed with just simple positivity. Some of the conditions, like the Diabetes, are addressed specifically as curable when the energy says are correctly centered and well balanced. The psychological orientation found in this book actually struck me hard in a tender place because of a bad class encounter, and so I had a little problems evaluating this truthfully without letting that bias creep in to the equation. Nor can advanced phases of other illnesses or disorders be cured by simply "thinking content thoughts". The consequences can be LESSENED, however, not eliminated. There is only 1 place where speaking with a medical doctor was recommended, and even that was a reference in passing. For the stated concern of addressing adrenal fatigue, which is the main focus of the reserve, everything mentioned - from the actual research (anatomy), pseudo research (correlative and anecdotal evidence) and psychological orientation (positive therapy) - is apparently a safe and sound, well constructed treatment plan. The spiritual facet of the work may wind up wandering off a little too considerably into mysticism for some, but even here, when you read between your lines, it's only requesting the reader to put their faith and judgement right into a higher power. However, her personal influences perform punch through from time to time in the invocations, and some of the descriptions. At most, I'd just recommend reading a couple of chapters a day, and putting the parts that resonate with you into practice.

Her explanation of autonomic nervous program imbalance (stress) is particularly important. This is not a book I'd recommend to sit back and read straight through, whether you would like to improve you energy to combat adrenal fatigue, or to increase your energy every day just to feel better. This guidebook to realms the majority of us hardly ever touch teaches us how exactly to spend our energy on "right now" and "tomorrow" and therefore create a better life, one we can feel down to our soul. As I said in the beginning, there's lots of good information, and quite a few good exercises that needs to be effective for many different people. The slower read should provide you with the opportunity to decide if any, some, or none of the recommendations should be attempted for the condition you are in. General, I have to give that one a 3.5 out of five star rating. The docked ranks are from the large overreach into health and mental problems that must have recommendations for specialized help and are shown as self-treatable circumstances and for the practices that need just a little extra interest paid to the preparatory methods. There was an individual paragraph about adrenal tension followed by a list of symptoms and a numbered set of strategies that would help. (Yes, that originates from personal encounter! Big, BIG ouch!) If you are searching for a self-help reserve to improve your vitality and energy, this is a cautious suggestion. Skimming through once is certainly OK, but you will see little if any benefit, and it may turn the reader faraway from trying any of the pieces that basically feel "right" later. I would have loved her to consider the information a little deeper, maybe go into more of her own experiences in using the ways to better illustrate her points. Easy read and great information I loved this book. It was concise and readable. Having more than enough energy to get through my day and understanding how to 'not give everything apart' is the most useful and important lesson. Patching YOUR TIME Leaks Unlimited Energy Now could be filled with a great deal of really practical information about things you can do to plug the leaks in your canoe. The book is set out in five 'sections' each split into short chapters. A must go through for ALL of us. Living in a higher energy condition is something we all should shoot for, but addititionally there is the necessity to be properly grounded and centered while in that state or else you find yourself risking more harm than living in a minimal energy or a mid-energy unbalanced state. I'd have liked more information, maybe a few case studies to demonstrate how the strategies work. Many of Carrigan's strategies I currently use, but it hardly ever hurts to re-evaluate and remind yourself how simple tools, such as putting a cushion behind your lower back, can help with your well-being. There are some tips that you could integrate into your lifestyle dotted throughout the book. Catherine gives clear direction to get unlimited energy on all levels. She clarifies her reasoning at an extremely superficial level that doesn't convince me. Energy Now for everybody! Reading this book is like having a private conversation with the author. It is clear, concise and extremely informative. Catherine covers therefore many diverse topics, which lead us to the main purpose, reaching the goal of supreme and unlimited energy now and every day. So content I purchased the paperback version so I can use it as a reference manual regularly! I would recommend "Unlimited Energy Today" to anyone looking for a more healthy and energy filled life. Free your daily life energy I think our Soul knows who we are, how we are doing, where we are heading, and how exactly to maintain us in optimal condition. I've read it a few times now so I can absorb every last piece of great info and apply it to my life To be honest I didn't have high expectations that a book could help with my consistent low energy, as I've appeared to try so many things, but I have to say that the assistance and knowledge in this book functions. The info is well organized and very thorough. I've not applied everything yet, but can do, but already I'm feeling a difference. Janice Thomas, MA Having enough energy to complete my day and understanding how to 'not give it all away' is definitely the most readily useful and important

lesson This book includes a lot of uselful information that i use frequently.



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