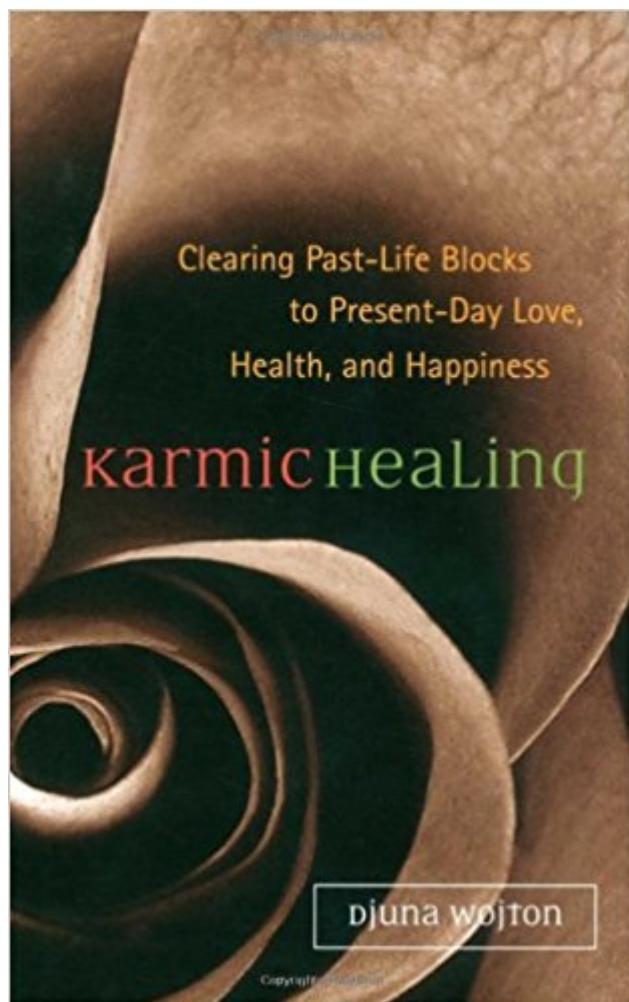


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# Karmic Healing: Clearing Past-Life Blocks To Present-Day Love, Health, And Happiness



## **Synopsis**

Whether it's a challenging childhood, a problematic boss, or a failed relationship, we all have our baggage. Unresolved issues can manifest as pain or illness as well as blocks to personal fulfillment and accomplishment. Often, these issues are karmic carryovers from other lifetimes. It is part of our soul's mission to heal them in order to grow. In **KARMIC HEALING**, hypnotherapist Djuna Wojton outlines a four-step plan for recognizing karmic patterns to heal the body, mind, and spirit and truly live in the present. Drawing on more than twenty years of experience in past-life therapy, she provides detailed strategies for fine-tuning your psychic senses, retrieving past-life baggage, clearing karmic clutter, healing family and romantic relationships, and undertaking a spiritual makeover. Going beyond standard regression therapy, she explains how to resolve past-life issues using a variety of holistic treatments, including visualization, meditation, flower essences, yoga postures, tarot cards, collages, drawing, and more. Djuna also shares inspiring stories from her clients who have overcome addiction, physical pain, nightmares, anxiety, marital problems, and other karmic blocks. Using the techniques of karmic healing, you'll learn to recognize and overcome destructive emotional patterns and self-defeating attitudes to gain clarity, achieve goals, improve relationships, and align with your greater purpose.

## **Book Information**

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## **Customer Reviews**

The concept of karma gets a bad rap in our culture when it comes from a fear-based place. Djuna Wojton, the author of "Karmic Healing: Clearing Past Life Blocks to Present Day Love, Health and

"Happiness" paints a far different picture of the idea that 'what goes around comes' around. She seems to perceive that karma is about learning lessons and moving forward rather than remaining mired in the past. Easy to digest and written in a friendly voice, Djuna's work comes from more than 20 years of practice as a reiki master, hypnotherapist, tarot reader and teacher, yoga and belly dance teacher and past life regressionist. She was quite a mover and shaker in the transformational community in the 1980's(called "Philadelphia's Reigning New Age Goddess")The book uses anecdotes from the lives of her clients and the ways in which the teachings she espouses have created healing results for them. It doesn't simply preach to the choir and would appeal to anyone who is interested on the impact of choices in a clear, non-jargonistic way. It is a welcome addition to my library.

In Karmic Healing, Djuna Wojton presents a portmanteau of holistic healing tools for both the novice and the seasoned seeker. Within these pages all can find a way to create transformation and connection to Soul Purpose by following concisely written, step-by-step instructions in a variety of modalities. When you read this book, you will be forever changed. My past life regression work resulted in healing my debilitating pain from fibromyalgia, aided me in ending a long-term relationship that no longer served me and led me onto my own path as a healer. The flower essences and reiki treatments supported me throughout the process.

Healer Djuna Wojton is one of the most amazing women of this century or any other. New-Age Goddess, Shaman, Reiki Master, Artist, Dancer, Hypnotherapist, Past-Life Regressionist, Great Cook, Cartoonist, Laughter Queen, she does it all. Her new book KARMIC HEALING is equally amazing. Read it and its techniques and theories may save your life! A decade ago, I came to Djuna as a client, for healing. I was really in bad shape. Djuna helped bring me back to life. Thank you, Djuna! I had known Djuna professionally through her former radio show. My healing journey with her through other lives was a stupendous experience. I can attest to the effectiveness of the methods she espouses in her book. Buy it! Do them! Change your life!!

Karmic Healing by Djuna Wojton is an easy to read, practical and powerful book that will help any open-minded reader to transform their lives. Although its focus is on transformation through past life regression and soul wisdom it is actually much more than that. In fact, it is a comprehensive course from many perspectives on personal and spiritual growth filled with numerous effective, potent and uplifting exercises and techniques for healing and change. Drawing on years of healing work Djuna

Wojton clearly has learned and teaches in a gentle and skillful way the art of personal and relational transformation. The stories are fascinating, entertaining and educational. The style is clear, interesting and very well-organized so much so that I could barely put it down. It is one of the best books on the market for catalyzing positive change. Do yourself a favor and buy this book now. The Forgiveness Solution: The Whole-Body Rx for Finding True Happiness, Abundant Love, and Inner Peace Creating Well-Being: The Healing Path to Love, Peace, Self-Esteem and Happiness

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