



# Healing and Holiness

*Sondra Ray*

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## **Healing and Holiness** Sondra Ray

Respected author, teacher, and nurse turned metaphysical healer Sondra Ray shares her spiritual and physical journey in HEALING AND HOLINESS. Written as an intimate personal testimony, Sondra tells of her struggles-toiling through difficult exercises with her spiritual masters-and her triumphs-experiencing the transformative powers of rebirthing and metaphysical healing-as she learns to recondition her mind and body to heal with and without using Western medicine. Originally released under the title HEALING WITH SONDRA RAY, this edition offers new insight into the workings of the unconscious mind and our ability to affect the way the mind controls the body. HEALING AND HOLINESS is destined to become one of Sondra Ray's most important and beloved books.

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