



# Emotional Balance: The Path to Inner Peace and Harmony

*Roy Martina*

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## **Emotional Balance: The Path to Inner Peace and Harmony** Roy Martina

Dr Roy Martina has developed a powerful comprehensive healing system called 'Omega healing'. This preventative system has been acknowledged as one of the most powerful healing techniques currently available. It tackles the root cause of problems – not just the symptoms. Balancing the emotional body and returning to our core essence restores us to greater health, ease and happiness.

Dr Martina has spent the last 25 years studying acupuncture and numerous holistic techniques in order to offer people a profound level of healing. He has been tireless in his pursuit of methods that work swiftly and effectively to aid the healing process. This work has put him at the leading edge of the holistic and self-help world. In this extraordinary book he explains:

- how to stay aware of the unconscious reactions created by your past and immediately return to peace and harmony
- effective breathing techniques that help us connect to our inner power
- how to disconnect old karmic links and restore lost parts of your soul.

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