



# AWAKEN YOUR NATURAL HEALING POWER, Level 2

with Jahbi Seong

**Are you ready to recover your balance and harmony through energy breathing meditation?**

In the first level, we awakened the natural healing ability, in level two we will deepen your healing practice through energy breathing.

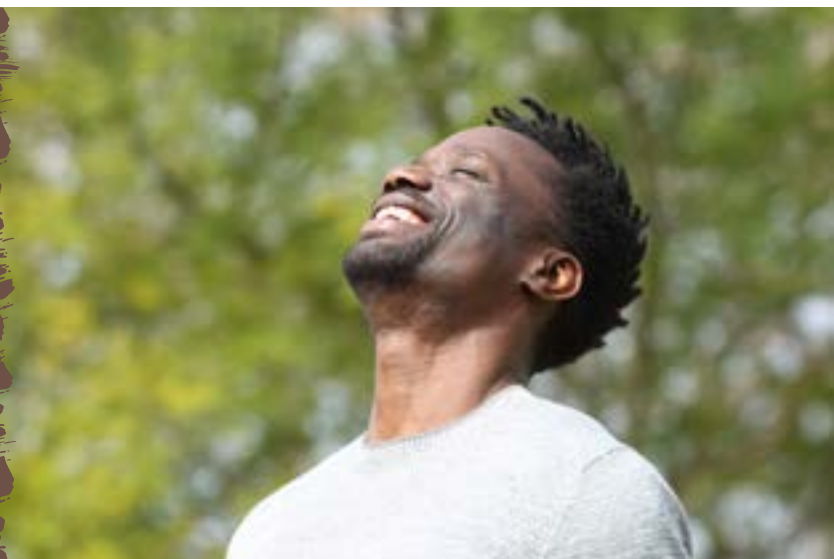
Many people don't pay attention to their breathing which prevents them from connecting to the essence of life and from recovering their balance and harmony between the mind, body and spirit. By practicing energy breathing meditation, you can improve your current level of health, happiness & peace.

*Note: This course is part two of a self-healing series. You can continue to grow your healing power through level three.*

**Click the link below to sign up and view the weekly schedule of this online course.**

[\*\*Course Schedule\*\*](#)

**Total Cost: \$480**



## COURSE OVERVIEW

### **Week 1: Become Aware of the Significance of Breathing**

Evaluate your current condition through focusing on your breathing and experience the effects of breathing through practice.

### **Week 2: Manage Your Thoughts & Emotions with Breathing Practice**

Recognize the relationship between your thoughts, emotions, and breathing and practice how to release your thoughts and emotions.

### **Week 3: How to Increase Your Stamina with Breathing Practice**

Learn about the MyungMoon energy gate and how to gather and amplify energy in the lower abdomen.

### **Week 4: How to Accumulate Energy in Your Lower Abdomen**

Deepen your practice through the principle of energy creation and energy breathing meditation.

### **Week 5 & 6: How to Improve your Natural Healing Power**

Master the energy breathing meditation technique and improve your current level of health, happiness, and peace.



## About the Trainer

Prior to studying ancient Tao principles and teachings, JahBi attempted to treat her own illness with traditional medical treatments. These treatments were not effective and her health did not improve. As she continued to awaken to the Tao teachings, her body, mind, and self-confidence grew exponentially. Her health improved and through this experience, she discovered the healing power of the Tao and has committed her life to sharing these principals with others. JahBi began her service at the Sedona Mago Retreat Center in 2010, where she is currently a program director, healer and Tao Program trainer. She has also been a Body & Brain Center manager and trainer for ten years.

[\*\*CLICK HERE TO LEARN MORE & SIGN UP!\*\*](#)