

Holistic Healing

From [Phylameana Ila Desy](#),
Your Guide to [Holistic Healing](#).
FREE Newsletter. [Sign Up Now!](#)



Spiritual Psychologist and Life Coach

Featured Holistic Healer: Nancy Wagaman

Nancy Wagaman, M.A., is a life coach specializing in dream interpretation for personal growth and enlightenment. Using Spiritual Psychology and intuitive methods, she helps clients tap their dreams as a gateway to inner wisdom and the deepest levels of self.

[More about Nancy](#)

If you are a holistic healer and would like to be considered as a featured healer on this site please submit your name and information.

[Holistic Healer Profile Submission Form](#)

[Index of Healer Profiles](#)

Tuesday February 21, 2006 | [permalink](#)

[More from your Guide below](#)

More from your Guide



Body Image Issues

The 30th [Carnival of Healing](#) has been posted at [Intuitive Innovations](#). Our carnival host, Jodie Foster, is revisiting the topic of [Body Images](#). This is a repeating topic that she has been writing about in her blog recently. She emphasizes that our body images have very little to do about our actual physical bodies. The Dove beauty products campaign, fitness routines, and A to Z Body Image Studies are among the carnival attractions. Thank you Jodie for helping to shine a light on this emotional subject.

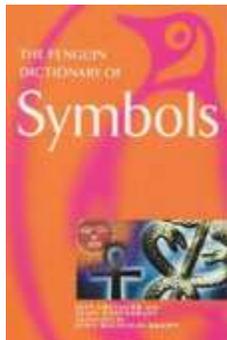
Beverly Hernandez, About.com associate, hosted her first blog carnival this week on her Homeschooling Guide site. I promised her I'd announce it to my carnival goers - so here's my shout out - Please visit the [Carnival of Homeschooling: Week 7](#). Also, next week the Carnival of Healing will be hosted here at About Holistic Healing, so be sure to return back here next week for the new attractions.



Attention Bloggers: We are interested in your healing blog posts for future carnival attractions. - [Submit your healing blog posts](#)

[Carnival of Healing Archives](#) | [Host a Carnival](#)
Saturday February 18, 2006 | [permalink](#)

History of Symbols and Symbology



Book of the Week: [The Penguin Dictionary of Symbols](#)

This is a favorite study text for Jungian enthusiasts. Highly recommended for anyone who is intrigued by symbology or dream analysis.

[Holistic Healing Book of the Week](#) | [Symbols/Symbology](#)
Tuesday February 14, 2006 | [permalink](#)

Puppy Love and Other Ways We Love



Tomorrow is [Valentine's Day](#) so why not explore the different ways we love each other? Puppy Love, Star-Crossed Love, Unconditional Love, Brotherly Love, and others.

[How We Love One Another](#)
Monday February 13, 2006 | [permalink](#)

Celebrating Valentine's Day Carnival

of Healing

The 29th [Carnival of Healing](#) has been posted at [Intuitive Living](#). Our carnival host, Christopher Stewart, embarked on a heart-themed journey in preparation for the Valentine's Day edition of our weekly carnival - [Sacred Mysteries of Relationship](#). Explorations include the sacral chakra, tantra transformation, and spiritual sexuality.



Attention Bloggers: We are interested in your healing blog posts for future carnival attractions.

[Submit your healing blog posts](#)

[Saturday February 11, 2006](#) | [permalink](#)

What Does Your Birthdate Reveal About Your Personality?



I'm not talking about astrology and the rotation of the planets influencing your personality type. This analysis is a numbers game - **Numerology!** Numerologists say that the numbers in our lives are indicators of our personalities and actions. Every number (1,2,3...etc.) and letters too (ABC's) are assigned a numerical significance. According to my birth path calculations I'm primarily an achiever with pragmatic tendencies. What do your birthday numbers reveal about your personality?

[What is your birth path?](#)

[Friday February 10, 2006](#) | [permalink](#)

Natural Health Therapist

Featured Holistic Healer: Linda K. Romera

Holistic and natural health therapist, Linda K. Romera, grew up knowing the value of healthy living. She has since gained knowledge through various professional courses – which include Traditional Chinese Massage, Chios Energy Field Healing, Bates Method, Meditation, Relaxation Therapy.

[More about Linda](#)



If you are a holistic healer and would like to be considered as a featured healer on this site please submit your name and information.

[Holistic Healer Profile Submission Form](#)

[Index of Healer Profiles](#)

[Thursday February 09, 2006](#) | [permalink](#)

Dealing With Baggage From Past Relationships

[Jodie Foster](#), intuitive counselor, talks about how starting new relationships can remind us of our vulnerabilities because old wounds may begin to surface. If you are willing to open up and review/heal past hurts you are probably ready to become involved in a healthier partnership with someone new. Jodie offers advice for [finding your true partner](#).

[Thursday February 09, 2006](#) | [permalink](#)



Bikram Yoga Rewards And Beyond



[The "World's Stiffest Person At Age 50" Tries Bikram Yoga](#) - Holistic health advocate and professional writer Boyd Martin shares his personal experiences with practicing [Bikram Yoga](#). Martin says "I had already made the firm decision to do yoga class every day for two months, after reading Bikram Choudhury's introductory yoga book. He says, 'Give us two months. We will change you.' After living with years of back pain due to compressed lumbar discs and a sedentary lifestyle, I was ready for that change--so ready..." [...read more](#)

[Wednesday February 08, 2006](#) | [permalink](#)

Are Work Worries Disrupting Your Sleep?



New Article - [Disconnect From Your Work Worries: Defining Boundaries Between Your Work Place And Your Personal Space](#)

Are you dreaming about your workplace during your sleep hours? Or, are your work worries

giving you insomnia? It's not a good habit to bring your work home with you, mentally or otherwise. This article suggests you find a daily ritual that you can take action with to help you disconnect from your job-thoughts and bring more balance to both your awake time and your asleep time.

[Tuesday February 07, 2006](#) | [permalink](#)

[Important disclaimer information about this About site.](#)

[Topic Index](#) | [Email to a Friend](#) | [Bookmark this Site](#) | [Make this Site Your Homepage!](#) | [Print this Page](#)
[Our Story](#) | [Be a Guide](#) | [Advertising Info](#) | [Work at About](#) | [Site Map](#) | [Icons](#) | [Help](#)
[User Agreement](#) | [Ethics Policy](#) | [Patent Info.](#) | [Privacy Policy](#) | [Kids' Privacy Policy](#)

©2006 About, Inc., A part of [The New York Times Company](#). All rights reserved.

-