



Unlocking The Heart of Healing

Bridget Hughes

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Unlocking The Heart of Healing Bridget Hughes

In *Unlocking the Heart of Healing*, Licensed Acupuncturist, Speaker, Qigong teacher, and National Board Certified Clinical Hypnotherapist Bridget Hughes M.Ac., L.Ac. NBCCH urges us to cultivate a state of heart that unlocks our Inner Molecules of Medicine and engages our HeartMindBody connection to heal. Using a meditation she calls a Feeling Mantra® as the tool, and the heart-touching stories of her students, patients, and recollections from her own journey from chronic illness to health to bring it all to life, Hughes unlocks a door to a place we can all come home to. As Hughes demonstrates, when we learn the skills for unlocking our own dormant resources for healing, our efforts ripple out and touch our families, our community, and the global community.

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