



Getting Rid of Negative Energy: 10 tips for coping with negativity & 10 steps for moving beyond fear.

Elaine Seiler

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Learn how to see and get rid of negative energies. Clearing negative energy in our bodies and environments is an important skill to develop. Deal with difficult people and situations more effectively. Improve many health problems and optimize your relationships with family and business associates.

This booklet is by Elaine Seiler, author of Multi-Dimensional YOU ~ Exploring Energetic Evolution, and its companion volume Your Multi-Dimensional Workbook. Elaine is the creator of Transformation Energetics (TM) - see her Blog and Forum at <http://TransformationEnergetics.com>

Learn to perceive the energetic realms. Stop negative thoughts and behavior patterns. Deal with so called 'energy vampires' or 'negative people'.

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