



The Journey: A Practical Guide to Healing Your Life and Setting Yourself Free

Brandon Bays

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This is a book about Freedom

All of us sense that deep inside lies huge potential. We long to experience it, yet something holds us back. We long to set ourselves free, but we don't know how. In this book, you finally learn *how*.

When Brandon Bays was diagnosed with a basketball-sized tumor in her uterus, she was catapulted into an extraordinary, soul searching journey. Determined to heal naturally, she took no drugs, underwent no surgery; but six and-a-half weeks later she was declared tumor-free. Going beyond current mind-body wisdom, she discovered a powerful means to get direct access to the soul--the unconditional love, the boundless peace, the living presence within us--and pioneered a revolutionary paradigm for healing. Tens of thousands worldwide have since used *The Journey*™ to awaken to their own infinite potential and free themselves from lifelong emotional blocks and physical illnesses.

The Journey: A Practical Guide to Healing Your Life and Setting Yourself Free Details

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From Reader Review The Journey: A Practical Guide to Healing Your Life and Setting Yourself Free for online ebook

Tracey Allen at Carpe Librum says

This is a non-fiction book about self-healing and awareness. The author healed herself of a basketball sized tumour in her stomach, and then went on to help thousands of people 'heal' themselves of physical and emotional damage, taking each of them on their own 'journey'.

I found each of the personal stories extremely inspiring and moving, and it reaffirmed my belief that unresolved emotions can manifest themselves in a physical illness or ailment in the body. It also reaffirmed my belief that in some cases we can heal ourselves without heavy drugs or surgery.

Brandon Bays now runs healing workshops and many practitioners all around the world are trained in her techniques. I'm not sure I've been inspired so much as to seek one out but if it came across my path, I might consider going along.

I recommend this book to anyone who is suffering from a physical illness or ailment in the body, looking to open their mind about the healing options available and the power of the mind and body.

Elena says

Excellent story about Brandon Bays process of healing herself of a huge cancerous tumor via her path of emotional healing. Ms. Bays has since created a process, called the Journeywork, and offers these intensives around the world where people can come and do these emotional healing processes that help them heal on the physical, emotional, and spiritual levels.

Brandon's healing is a testament to the power of our innate wisdom as healer. This book was hard to put down, Branson's own story was so compelling, as she faced cancer, the loss of her home, income, daughter, and much more. Yet, Brandon found the vital connection to Source and Truth that allowed her to have a Faith that transcends all external happenings. In this book, she gives people the hope that they can find within themselves, no matter what the outer condition of their lives, the strength and faith to overcome all seeming obstacles, and instead, to find the magic (or the lessons) in whatever is happening in their lives. The ultimate making lemonade from lemons story, and a story of self-empowerment on the deepest level. INCREDIBLY powerful book!!

I can't recommend this book highly enough!! Thank you Brandon!

Anna-Lisa says

This was an interesting book lent to me by a colleague. I had to rush through the book. I appreciated her own story but felt that the Journey work could have been spelled out in greater detail. I think it is meant to be a way to lure readers into signing up for the various workshops offered. I would have liked to see more of a biography and then a separate book going into more detail - although perhaps her subsequent books serve this purpose.

Eva Dillner says

When this book came out, a friend called me "Brandon Bays does what you do with Shen Therapy, only she uses a different technique. Would you please read the book and do the Journey with me?" I did as she asked. There are several things that make this book stand out. One is that it's not the usual sell for the next product, as is so common in this genre, but the scripts are included at the end of the book. For anyone trained in emotional release work, hypnotherapy, regressions or NLP it was easy peasy to pick up the techniques and start working with clients. Which loads of people did, reducing the net emotional baggage quotient on the planet by a significant amount.

Another thing that I liked is she is real about her own process. We get to follow along through her emotional turmoil. We learn how she came upon the key to it all, experiencing your emotions. Which is the cornerstone of many therapies, but it bears repeating over and over, like a mantra. Feel it, don't run away from it, just be with it and allow it, surrender to it...

Marcia says

I was very much curious about this phenomenon. I read the book and now I'm even more interested in this subject. I'm even thinking about joining a journey weekend, because I need to experience it myself to know what it is.

Brian Davies says

The author of this book had a large non malignant ovarian tumour. She takes the reader on her own journey, using a healthy lifestyle and alternative therapy and successfully healed herself without surgery. Shen then went on to help others cure themselves of a wide range of ailments. the writer claims past trauma can affect our health on a physical level and we need to uncover those events and deal with them. I have followed the exercises and used them. It employs a form of self hypnosis, which some may question but I was able to uncover some difficult past events both with my self and my wife and found the process useful but also very emotional. The Journey is a remarkable and thought provoking piece of work, but I don't believe it contains all the answers. We should consider the exercises contained within the book as complimentary rather than alternative therapy. I know some past events can be so traumatic that they require professional help and in spite of instructions I would recommend reading the book carefully before attempting the exercises and not doing them alone.

Col says

I thought this one was pretty good. A bit of easy reading and a bit too salesy, without any recognition that maybe this won't work for every single person on the planet, regardless of their frame of mind.

Still, some new concepts and worth reading.

Jennifer says

I picked this book up at the airport in New Zealand-- apparently it's been more popular there, Australia, and the UK. I really enjoyed this book. I felt it was very fresh and unique compared to others I've read. Those so many out there that have simply said "Your thoughts create your outcome." And this author takes it a big step beyond that. She teaches how we unconsciously hold on to past negative emotions in our body and steps on how to release them in order to be healthy again -- mentally, physically, and spiritually. I'm not, of course, saying that this is the one true answer for healing and therapy, but I do feel that this one is a big step in a new direction. It takes a step further from simple thought-based therapies that can only help us to a certain degree. This book and theory I feel opens the door for a new area of discovery when it comes to therapy and healing.

Melis Zarars?z says

great book, motivating... helpful exercises. touching real story.

Angela says

This book is okay. I definitely think the stories were drawn out and could have been explained with less words. Definitely too long and over-indulgent. The whole book is written with a tone of conviction however. The author is very adamant about her journey to self-healing and what worked for her has been practiced on others and has worked for them as well. For some reason, I ran out of patience. Probably because of the repetitive stories and the "amazingness" she exudes when trying to over-convince the reader of her deep relaxation and self-discovery steps. I think that if I experienced the Journey first hand, I might have given the book more stars but her concept seems too simple to write a whole book and develop a whole method around. It seems like a deep awareness of self-consciousness. If you know your hang ups in life and with reactions to people and situations, then just be aware of them and heal them because of that awareness. It's basically just a concentrated effort to remember past hang ups and sit around an imagined fire and forgive the people and yourself. Anyway, that's my two cents. Take it for what it's worth. The book, on a positive note, was encouraging to those who are sick and want to have hope to heal themselves. At the beginning, I must admit, I was inspired and hopeful to begin a different approach to my healing and efforts toward that result. That feeling and revived inspiration has since subsided, but I still strongly believe that people can reverse disease and ultimately heal themselves, this book just reinforced that belief.

Maria says

First of all, if you're reading my review, you should know I'm a pretty skeptical and cynical person, and an atheist. However, I was very open to reading this book when a friend recommended it to me after doing the Journey with her therapist.

It starts with Brandon's story of self-healing, which sounds a lot lighter than it probably was. Then, she starts successfully applying it to other people and expanding the method. In the last few pages of the book you will

find the scripts for both the Emotional Journey and the Physical one, that you can easily apply with the help of a trusted friend.

Despite my skepticism, Brandon convinced me that change comes from within our most profound levels and acts at a cellular level. That illness and pain come from a repressed emotion or a blockage we keep avoiding, and in order to heal ourselves physically we need to face whatever is hurting us profoundly.

Her method is part conventional therapy, part meditation, motivational discourse, science and a tiny bit religious (which I ignored). It's easy to understand, only harder to fully believe in. That's why I decided I would have to experiment it myself. So I suppose she did a good job on me.

Read it, the book might move you in an unexpected way. It certainly moved me.

L C says

I read the book in a short time and was amazed at how this woman healed herself using the therapy in the book. My mother kindly paid for us to attend a Brandon bay the journey weekend. To say it was life changing was an understatement. I was mesmerized by this lady and have a lot to thank her for

Meelis says

Väga hea lugemine. Väga emotsiонаalne lugu. Ei hoidnud lugedes oma emotsione tagasi. Aitäh soovitajale!

lk 166: "Tea, et ükskõik, mis tuleb sinu juurde ootamatult, on kingitus Jumalalt, mis tuleb sulle kasuks, kui sa selle täiel määral ära kasutad."

lk 167: "Sa oled see armastus, mis on alles, kui kõik muu tuleb ja läheb."

lk 140: 87-aastane munk Arthur pärast rännakut: "Miks nad seda kirikus ei õpeta? Kõik need aastad ma ei teadnudki."

Josephine (Jo) says

This book was lent to me by a friend and it is indeed a remarkable story of how we can do a lot to heal ourselves through our own minds. I am however a little unsure of how this would work for the average person in the street. I think that personally I would not be able to get into my inner self in the way described and I am sure that I would never have enough self belief to take the risk and try self healing. Brandon Bays had been very involved for some time in healthy living and personal development and therefore probably had the grounding that gave her the courage to take the step to refuse conventional treatment when she was diagnosed with a huge stomach tumour. I would be very reluctant to try any such course of action as the weeks that Brandon used to 'heal' herself could well have turned out to be her last. I am sure that the lady is absolutely sincere in her belief in self healing but it is in my opinion something to be very wary of if it means shunning more traditional means of a cure. Someone who is ill and desperate for any kind of cure may waste valuable time on this method which does not work for everyone, especially if they find it difficult to get into the right mind set. A little worried by this one.

Hope says

Very intriguing/motivating, I read this just as I was signing on to begin the workshops that led me to pursue the journey practitioner's program.
