



## Healing of the Self & the Negatives (The Notebooks of Paul Brunton)

*Paul Brunton*

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Part 1, Healing of the Self, explores fundamental principles of healing. It strikes sharp contrasts between surface, psychic, and spiritual methods, recommending a synthesis of conventional and alternative approaches to well-being. It also offers a variety of tested and proven techniques for self-healing and assisting conventional treatment. Part 2, The Negatives, is a shocking look into the nature and roots of evil in both the individual and the world, with powerful tips for how to deal with them. It traces the activity of sinister forces in previous and possible future world war, emphasizing the urgency of recognizing and responding to the intensification of these forces both within and around us.



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