



# Resonance

*Joyce Whiteley Hawkes Ph.D.*

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**Resonance** Joyce Whiteley Hawkes Ph.D.

In *Resonance*, internationally respected cell biologist and healing facilitator, Joyce Hawkes, Ph.D., offers the best of science, spirit, and storytelling. Richly detailed with Joyce's experiences studying shamanic healing in South East Asia and stories of the people she has assisted back to health, this book will allow readers to explore their own ability to heal at every level. They will discover current research and fascinating findings about the language of their cells and how these tiny constituents of the body communicate, connect, and touch. Alongside this biological backdrop, they'll find fresh mind-body imagery, insights, and empowering healing techniques that will take them on a deep inner journey. Throughout the book, Hawkes also describes the profound, numinous experiences she shared with shamans, priests, and healers. Each chapter is presented as a couplet—two words, two related ideas that together provide a simple, grounded starting place for a personal practice of health and vitality. *Resonance* gives readers valuable tools to enhance their health at the cell-level, their spirit at the soul-level, and their consciousness at the mystery-level.

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