



# The Healing Power of Hado

*Toyoko Matsuzaki*

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## **The Healing Power of Hado** Toyoko Matsuzaki

According to ancient Chinese medicine and philosophy, everything releases energy, or chi. In the Japanese spiritual community, hado is a similar life-force energy that encompasses healing properties and transformative powers. Literally translated, it means *wave motion* or *vibration*. Once we become aware of it in our everyday lives, hado can spark great changes in our physical space and emotional well being.

In *The Healing Power of Hado*, Toyoko Matsuzaki shares stories of her experiences as a hado master, demystifies hado energy, and explains how we can access this unique source of power. With clear explanations of the properties of hado, helpful lessons, and a handbook for forming practice groups, *The Healing Power of Hado* will help you discover your hado potential within.

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