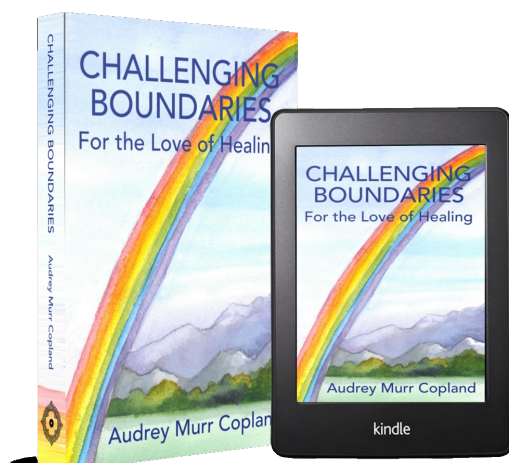


## Introducing recent publication of **Challenging Boundaries: For the Love of Healing** obtainable from [www.amazon.com](http://www.amazon.com) Also available on Kindle.



**Renowned international healer and teacher Audrey Murr Copland provides the inspiration and practical means to begin a journey into healing – to reveal your full potential, heal your life, and learn how to heal others.**

What is healing? Are people born healers or is healing something you can study? How do you know if you have what it takes? Does healing really work and if so, how? Audrey Murr Copland shares the unique and enlightening journey that led to her discovering the answers to these questions through her gradual awakening and subsequent development as a healing channel and intuitive sensitive with exceptional abilities to heal, and a gift for teaching. She also shares her extensive knowledge of the practice of healing, covering such topics as:

- spiritual development
- the chakra system
- the art of attunement
- using meditation as a channel for healing
- conducting a spiritual healing session, and much more!

*Challenging Boundaries: For the Love of Healing* chronicles Audrey Murr Copland's personal and at times painful odyssey from a difficult upbringing as an Army child during and after World War II to becoming one of the most experienced and respected international healers and teachers in Britain. An honest and engaging memoir is combined with a detailed guide on how to become a healer giving you both the encouragement and information you need to begin your own journey into healing.



**Audrey Murr Copland** has helped healing gain mainstream acceptance through her work with The National Federation of Spiritual Healers (now The Healing Trust) and via her personal workshops around the world. She specialises in teaching self-healing and energy renewal through creative visualisation and has a widely acclaimed audio healing meditation series. She has talked about healing on radio and television and at major UK and US conferences and expos. She is a Fellow and Healer Member of The Healing Trust, a Reiki Master Teacher Practitioner, and an ordained Reverend of Alliance of Divine Love, Healing and Counselling Ministry, USA. She has one daughter and two grandsons, and lives in mystical Glastonbury, England.

## Amazon Customer Reviews

★★★★★ **This wonderful book will leave you feeling encouraged, inspired and blessed**  
Audrey's colourful life story will make you laugh, cry, think and wonder but above all, it will inspire; it will inspire you realise that, however bleak this life can be at times, everyone carries the eternal light and love of God and, with the correct teaching, can become a channel for healing energy. In the second part of the book, Audrey gives clear and practical advice on how to develop your healing potential, to self-heal and channel healing to others. This is not a self-help book, to flick through and then forget all about; you will not be able to put this one down and Audrey's honest account of her turbulent life will leave you feeling encouraged, inspired and blessed.

★★★★★ **Inspiring and illuminating, will encourage you on a healing journey**  
The interesting format of combining a memoir with practical information on how to actually heal is unusual and valuable. Audrey is one of the top healers in the UK in the last 40 years and is highly respected and loved. To read about how she went through challenges beginning in World War II to the point where she began her healing journey and then went on to making healing her life is fascinating and inspiring. She is showing we all have troubles and challenges but we can heal, and also learn how to heal others. If you aren't sure if you believe in healing, or even know what it is, this book will elucidate in a highly engaging way. As well as the experiences of Audrey's life she also gives case studies of healing patients, which are moving as well as revealing. Audrey is also an entertaining writer so the book is a good read also. I really recommend this book if you wish to know more about how to heal - yourself and others.

Also by Audrey Murr Copland, the following audio healing meditations with music:

The Temple Meditation  
Meditation - A Channel for Healing  
Healing Light  
Relax - Release, Let Go!  
Angel Power  
Reiki - Pathway to the Soul  
Reiki - The Sacred Shrine

Available from [audreymurrcopland.bandcamp.com](http://audreymurrcopland.bandcamp.com)

**To contact Audrey for further information concerning interviews, talks etc visit website [www.audreymurrcopland.com/contact](http://www.audreymurrcopland.com/contact)**