

FOR IMMEDIATE RELEASE

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**Parvati Press releases: COMING INTO BALANCE by Dr. Jane Ely**  
*Master healer shares ancient guide for transformation*

- What do you do when your life is out of whack and nothing seems to work?
- How do you bring back perspective and understanding?
- How do you find your center and your personal power?
- How do you come back into balance?

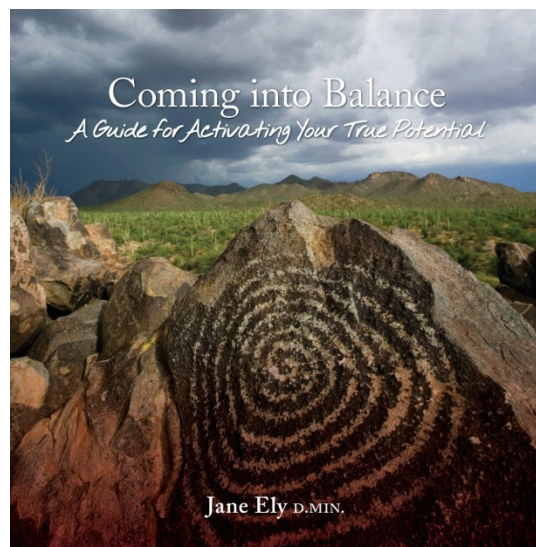
Master healer and author Dr. Jane Ely has written this beautiful book to help readers find the answers to these questions.

**Coming into Balance: A Guide for Activating Your True Potential** (print ISBN 9781942523000, \$28.95; eBook \$8.99) is a book of spiritual healing practices based upon the timeless universal wisdom of the Medicine Wheel. This wise book offers insights and inspiration for personal and global transformation. We learn to activate the insightful healer within to free ourselves from the old story that keeps us stuck in the past; we are led into self-discovery and a keener sense of awakened consciousness.

The book is laid out as a 'field guide,' easily accessible to individuals, circle gatherings, book clubs, meditation groups, or study groups as well as for all age ranges-children to elders. Written in workbook/journal style, **Coming Into Balance** is alive with creative graphics and practices to engage each of us as we move through positive change toward awakened freedom.

Dr. Jane Ely is an author, psycho-spiritual teacher, and indigenous healer and counselor who has trained in Energy Medicine, Dream and Guided Imagery, Psychodynamics, Peacemaking, and Healing Science Training (The Barbara Brennan School). She received her Doctor of Ministry from The University of Creation Spirituality founded by Matthew Fox. She teaches internationally. To learn more, please visit [www.dr.janeely.net](http://www.dr.janeely.net).

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**To schedule an interview with Dr. Jane Ely, or to receive a press kit and review copy of *Coming into Balance*, please contact Traci L. Slatton at [tslatton@parvatipress.com](mailto:tslatton@parvatipress.com).**