

Paul Marshall

Writer · Sitges, Spain

ABOUT PAUL

Paul Marshall writes on spirituality, fundamentalist religion, the esoteric and the human energy field. His work draws on more than 50 years of lived experience within those worlds and 20 years as a biofield energy therapist, blending energy science with esoteric tradition for clients around the world. He practises in Sitges, Spain, and is the author of *Harmonic Being: An Introspective Journey* (Biofield Press).

All of Paul's writing is his own. He does not use AI to generate his work.



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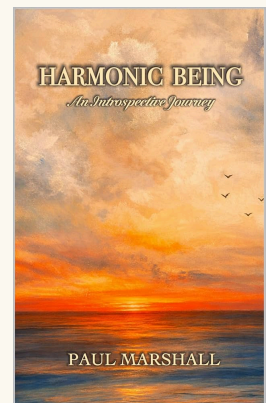
THE BOOK

Harmonic Being

An Introspective Journey

Biofield Press · ISBN 978-84-09-83528-7

Part memoir and part practical guide, *Harmonic Being* follows Paul's experiences through Air, Water, Fire, Earth and Ether. It considers family, sensitivity, the body and witnessed encounters with the unexplained, with reflective exercises woven through the book.



WRITING SUBJECTS

Spirituality · Fundamentalist religion · The esoteric · The human energy field · Biofield energy therapy · Energy science and esoteric tradition

REVIEWS & INTERVIEWS

[Reedsy Discovery review ↗](#)
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