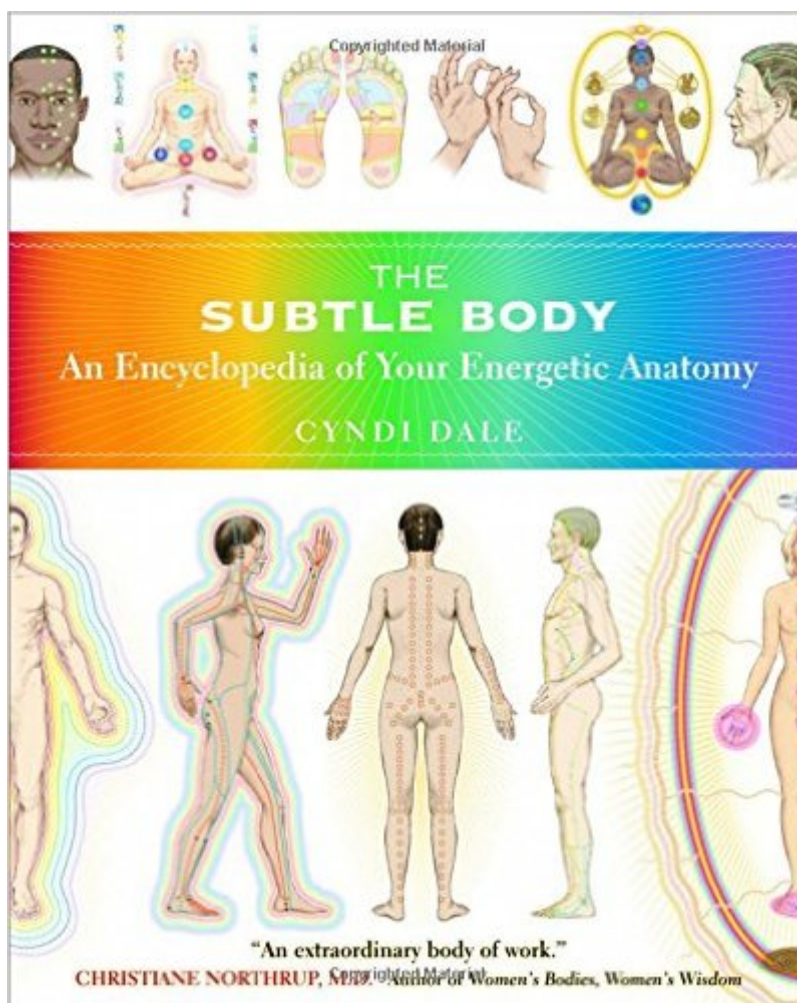


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The Subtle Body: An Encyclopedia Of Your Energetic Anatomy



Synopsis

Welcome to the first comprehensive encyclopedia of the human energetic anatomy. Here is a reference that no personal or professional health-care library should be without an in-depth, illustrated guide to the invisible energies of the spirit, psyche, and consciousness that influence every aspect of our well-being. Whether you are looking for the right complementary medicine to enhance your own healing practice, seeking perennial wisdom about your body's energetic nature from world traditions, or exploring the quantum edge of intention-based care, *The Subtle Body* is an indispensable companion for exploring virtually any facet of holistic healing. Created for healing professionals and patients alike, this volume provides a lexicon of terms, illustrations, and detailed entries about our energetic biology and how it relates to our physical being. This invaluable information will help you enhance any form of health care and give you the knowledge you need to develop an integrated approach for your clients' well-being or your own. All healers are "energetic" healers, whether they know it or not. Because every health issue has a physical and an energetic component, even a simple physical treatment like bandaging a cut also impacts the body's spiritual, mental, and emotional welfare. *The Subtle Body* is a comprehensive encyclopedia devoted to the critical world of our invisible anatomy, where so much of healing actually occurs. Compiled by intuitive healer and scholar Cyndi Dale, this 500-page full color illustrated reference book covers:

- What is the "subtle body"? New scientific understanding of our quantum-state existence and the unseen fields that determine our physical condition
- True integrative care: how combining Eastern energetic modalities with Western scientific rigor yields optimum results
- The meridians, fields, and chakras: detailed information and diagrams about the role of these energetic structures in our overall health
- Energy-based therapy principles from the world's healing traditions--including Ayurveda, Qigong, Reiki, Quabalah, and many more

For professionals who want to make the leap from being good healers to great ones, one thing is clear: we need to care for every facet of our well-being. With *The Subtle Body*, practitioners and patients alike now have an unprecedented resource for understanding the physical, energetic, and spiritual elements of human health--for an informed, complete approach to healing.

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Customer Reviews

I have bought many different energy based books, and used different energy based techniques, with great results. Quantum Touch taught me the importance of breath and how to move energy, and the principles of resonance and entrainment. EFT taught me how to release negative emotions within two minutes by tapping on specific energy points. Reiki taught me the importance of healing touch, and using Universal Life Force energy effortlessly. Matrix Energetics taught me the importance of intention, and active imagination. I could go on, Qigong, Reiki, Touch of healing, Yoga, Tibetans, Huna..Here we have a visually stunning book, with great diagrams throughout. It offers a complete energy system overview, and numerous diagrams, and chapters on anatomy, and the different medical systems. It's important to understand how energy correleates with anatomy, and this book does a great job of that.It gives an overview of different practices. I particularly liked

reading about shiatsu, which was discovered by a 7 year old Japanese boy who healed his mother of rheumatism, and I loved the explanation and diagrams of Reflexology. In addition, the description of chakras and how they work, and what each one means is displayed in a very easy to assimilate format. Visually compelling. You can also learn about Reiki, Qigong, and many others. In educating us on many different practices within one volume, we get the big picture, and so it is not a specialist book. For example, you will learn what EFT is but not the tapping routine. If you're like me, there are a couple of places where you might like more detail. If it had a bit more detail such as the tapping routine, I would definitely give it five stars.

This 2009 book is a wonderful resource book for those interested in understanding the methodology of healing the energy/light body (which also affects the physical body). There is a treasure chest of information here that you often have to go to multiple books to find. It is explained in simplistic language and in a beautifully illustrated 488 page book, approximately 8" x 10" in size. This wonderfully informative book begins with Universal Energy and Energy Healing, and moves to the Human Anatomy (human cell, DNA nebula, electromagnetic field of the heart), then on to Energy Fields (subtle energy fields, global ley lines, magnetic field of the body, sine wave, Fibonacci sequence, merkaba, platonic solids, layers of the auric field, etc.), then to Channels of Energy and Channels of Light (various meridians, the 5 Chinese Elements, emotions and organs, food and emotions, etc.). Next is Energy Bodies: Chakras and Other Light Switches (the charkas in detail, various other charka systems--Cherokee, Tibetan, Incan, Egyptian/African, Kundalini an 12 Chakra System, The Tree of Life: The 10 Sephiroth, The Sephiroth and Chakric Associations, etc.) Following is the section on Energy Practices (Acupuncture, Gemstones, Color Therapy, Shiatsu, Buddhist mudras, latitudinal cross-zones, reflexology, sound and color, etc.) Another feature I like about this book is that it names names, so you know what to search on to find more information on the specific subject matter. For example, let's say you were reading about Sound Healing, on page 401. As you go through facts such as how ". . . In the 1970s, researcher Fabion Mamon sounded a tuning fork on a cancer cell. The cell dissolved. . .

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