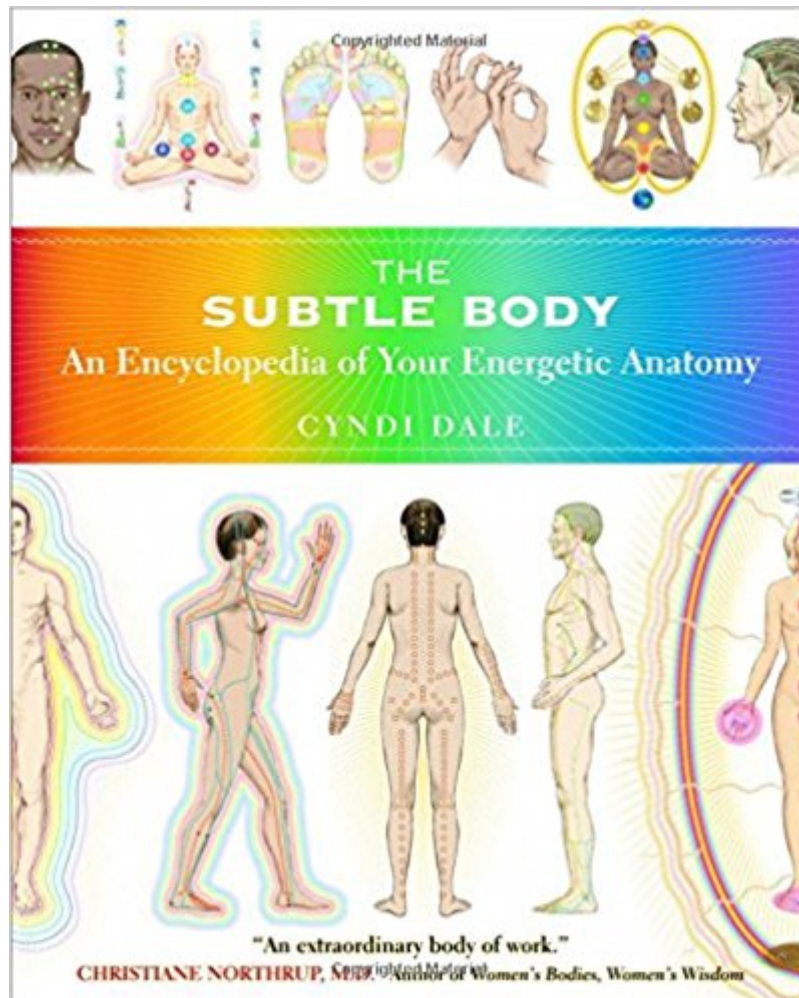




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The Subtle Body: An Encyclopedia Of Your Energetic Anatomy



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' 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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Book Information

Paperback: 516 pages

Publisher: Sounds True; 1 edition (February 1, 2009)

Language: English

ISBN-10: 1591796717

ISBN-13: 978-1591796718

Product Dimensions: 1.2 x 8.5 x 10.5 inches

Shipping Weight: 3.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 256 customer reviews

Best Sellers Rank: #17,550 in Books (See Top 100 in Books) #8 in Books > Religion & Spirituality > Hinduism > Chakras #18 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #19 in Books > Health, Fitness & Dieting > Reference

Customer Reviews

"The Subtle Body is truly an encyclopedia that covers the field far more comprehensively than anything I have seen. If you are a novice interested in Energy Medicine, this is a valuable and essential text. If you are an energy practitioner, this book provides a stunning foundation."

—C. Norman Shealy, M.D., Ph.D., author of The Creation of Health "An extraordinary body of work. The Subtle Body belongs in the library of every truly conscious person on the planet."

—Christiane Northrup, M.D., author of Women's Bodies, Women's Wisdom

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The Subtle Body is a truly outstanding 5 star book, and a masterpiece of publishing and easy readability. In my view, it is an essential book on the subject of subtle energy and health/disease. The book is subtitled *An Encyclopedia Of Your Energy Anatomy*, however it is that and MUCH MORE. The book is beautifully and clearly written; and subdivided into 6 parts containing 40 chapters each addressing essential fundamental information on energy structures and systems - (the fields, channels, and bodies) -- that underpin our physical bodies and physical reality. Additionally, this book explores means of accessing the tools and techniques used to energetically modify (heal) dis-ease and illness examining techniques used in ancient times as well as today's contemporary theories of subtle energy. The 10 pages of Notes allows for additional detailed reading on any area of special interest. The extensive bibliography alone is worth the price of the book. The many color illustrations are of the highest caliber and clarity; plus the publisher used high quality paper in the book imparting a wonderful feel to the reader. On a personal note, I am a practicing physician with over 30 years experience as a specialist treating patients with pharmaceuticals and surgery. However, over the years I begin to wonder why some patients healed, and others with the same diagnosis and treatment did not heal. A quest for greater knowledge sparked a journey that ultimately lead me to discover Cyndi Dale and her work in healing. There are many books now in print on subtle energy, however, this book by Cyndi Dale is by far the most comprehensive, most researched, and best written book I have seen on the subject. In my view it is essential reading for anyone who desires to participate in the next revolution in medicine. James E. (Ed) Shotts, MD

I really love this book. It is extremely comprehensive, with tons of illustrations of all the major "energetic systems". I agree with other reviewers that 1. The book is very heavy, and 2. The author tends to rely on common definitions of various energetic systems. Still, I've never seen anywhere else you can find all of this in one tome.

For anyone who is interesting in the concept of our personal human energy field this is THE book. It covers many subjects relating to our energetic field from Chakras to Auras, Meridians, Theories of

Existence, Chi; and much more. With great detail and beautiful color photos and drawings it discusses the science of how our bodies are electromagnetic fields, and the subtle structures of our being. If you have ever said: "I'm getting a weird vibe from that guy." this book will tell you why. A GREAT value (for the price) and the information.

For many years I was an arch-skeptic when it came to the subtle systems of the body, but then a great deal of personal experience led me to do a U-turn, and for more than twenty years I have been teaching others how to feel, sense and work with these systems, with often remarkable results. Though critics still love to call this "Woo," the tide is turning against them, and this book is a huge help. Any book about the "energetic" or "subtle" systems of the body will always attract a mixture of breathless enthusiasm and mean-spirited criticism. And sadly there are still some who believe that any mention of these systems is somehow New Age or occult, although there are almost one hundred cultures around the world that have recognized and discussed them, including the Fathers of the Christian Church. This book provides a wealth of well-researched evidence for skeptics and enthusiasts alike. Although you can have a look inside the book at the top of this page, and also on the Sounds True website, I think that it is helpful for a potential reader to see a breakdown of the six sections and forty chapters to get a good idea of the contents of the book.

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Part V: Energy Bodies: Chakras and Other "Light Switches"

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38. Scientific Principles Meet Chakra Theory
39. Chakra Systems from Around the World
40. The Jewish Mystical Energy System: The Ancient Kabbalah

Part

VI: Energy Practices Conclusion Notes Bibliography As you will see this book is extremely comprehensive! If you are new to the field it gently leads you by the hand. There is also a wealth of information for the more experienced practitioner or researcher. Despite many years as both a researcher and practitioner of a number of methods that use the subtle systems of the body, I found a lot of new material in this book. Cyndi Dale writes well and I thought that her views and opinions were very fair and balanced. My only small quibble is the use of the word "Energy." I prefer the term subtle "systems" composed of the inseparable twins: First the subtle energies and second, the subtle fields that carry them. Without energy, the fields could not actualize, and without the fields, there would be nothing to carry the energy. The book itself is beautifully produced and easy to navigate. I am delighted that Sounds True is producing ever more high quality books like this. This is the only book on the subtle systems that you need. It is well worth the price, and is not only a reference and textbook, but also a wonderful book to browse through. Very highly recommended. Richard G. Petty, MD, author of *Healing, Meaning and Purpose: The Magical Power of the Emerging Laws of Life*

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