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The Subtle Body Practice Manual: A Comprehensive Guide to Energy Healing

Cyndi Dale

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The Subtle Body Practice Manual: A Comprehensive Guide to Energy Healing Cyndi Dale
Cyndi Dale is clearly the 21st century expert on energy medicine-she takes the reader to the leading edge of this emerging, exciting field with her brilliant insight and intuition. This is the perfect encyclopedic guide to harnessing the energetic wisdom of both ancient and modern traditions in a hands-on way. Everyone-patients and practitioners-would benefit by having this book on their shelves for reference and for everyday living. - Deanna Minich, PhD, health expert and author of Chakra Foods for Optimum Health With over 50,000 copies sold, Cyndi Dale's *The Subtle Body* (Sounds True, 2009) has become the go-to resource for anyone who wants to learn about the many varieties of energy healing. Now with *The Subtle Body Practice Manual*, Dale offers an equally valuable book: a practical instruction guide for putting energy healing into action. Filled with lucid information, step-by-step instruction, diagrams, and key insights, here is an expansive how-to reference that covers practices from a vast range of holistic healing and energy medicine traditions.

Readers will learn about:
.The six core energy techniques that every healer should know
.Guidance for finding an energy healer who suits your needs
.Self-diagnosis practices to determine which kind of modality will be most effective for specific health issues
.Dozens of practices for healing through the chakras, the meridians, chi, breathwork, auric fields, sacred geometry, acupressure, music, and much more

The use of energy medicine is on the rise-both as a complementary form of treatment for health care professionals and for individuals seeking new tools for taking care of their own well-being. Presented with Cyndi Dale's thorough scholarship and clear writing style, *The Subtle Body Practice Manual* provides professionals and laypersons alike with an indispensible resource on the many varieties and applications of energetic care-so you can learn which practices are right for you.

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