



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

By Cyndi Dale

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

Cyndi Dale's *The Subtle Body* has become the go-to reference guide for anyone who wants to learn about the many varieties of energy healing. With *The Subtle Body Practice Manual*, she offers an equally valuable resource: a practical instruction manual for putting energy healing into action. Filled with lucid information, step-by-step guidance, diagrams, and key insights, here is an expansive how-to manual that covers practices from a vast range of holistic healing and energy medicine traditions, including:

- The six core energy techniques that every healer should know
- Energetic diagnosis practices to determine which kind of modality will be most effective for specific health issues
- Setting strong and flexible energetic boundaries, with special guidance for those in the healing professions
- Techniques for working with the subtle aspects of the body, emotions, and the subconscious mind
- Dozens of practices for healing through the chakras, the meridians, chi, breathwork, auric fields, sacred geometry, acupressure, music, and much more

As Cyndi Dale writes, all medicine is energy medicine—which is why subtle energy practices can be used to complement and enhance any approach to healing or self-care. Presented with Cyndi Dale's thorough scholarship and clear writing style, *The Subtle Body Practice Manual* provides professionals and laypersons alike with an indispensable resource on the many varieties and applications of energetic care—so you can begin using these powerful practices in your own life.

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Editorial Review

Review

"Spiritual scholar Dale (*The Subtle Body*) offers a comprehensive guide for practitioners of energy healing. There's a cornucopia of healing modalities and practices, she explains, ranging from Eastern and Western medicine to field-based healing and bodywork . . . Written in a clear and compassionate yet businesslike tone, this work will be a go-to guide for anyone considering energy healing as a vocation or avocation."

—Publishers Weekly, June 2013

"The *Subtle Body* is truly an encyclopedia that covers the field far more comprehensively than anything I have seen."

—C. NORMAN SHEALY, MD, PHD, author of *The Creation of Health*

"Cyndi Dale has accomplished something that I haven't yet seen done by any other author for this genre. She masterfully presents a very personable, understandable, and comprehensive exploration of the science and practice of energy medicine from ancient times through now. This is one of the most understandable explanations of how energy medicine therapies work that I have ever read."

— Cynthia Hutchison, Director of the Healing Touch Program

"*The Subtle Body Practice Manual* is pure, healing treasure—and everyone from doctors and healthcare practitioners to parents and teachers will find life-changing information and practices in these pages. An invaluable resource."

—Christiane Northrup, MD, OB/GYN physician and author of the *New York Times* bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*

"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*

About the Author

Cyndi Dale

Cyndi Dale is an internationally renowned author, speaker, intuitive healer, and visionary. She is president of Life Systems Services, a corporation that offers intuitive-based healing, destiny coaching, and corporate consulting. Cyndi has been trained in multiple healing modalities, including shamanism, intuitive healing, Lakota medicine, and Reiki. She has written several groundbreaking books on the chakras, including *Advanced Chakra Healing*, *Attracting Prosperity Through the Chakras*, and *New Chakra Healing*, and her work has been translated into nine languages.

Cyndi Dale has received the following awards for *The Subtle Body*:

2010 Gold Nautilus Award - Health/Healing/Energy Medicine
2010 Silver Living Now Award - Health/Wellness
2010 Bronze IPPY - New Age (Mind-Body-Spirit)

Users Review

From reader reviews:

Maria Hernandez:

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