



The Subtle Body: An Encyclopedia of Your Energetic Anatomy

By Cyndi Dale

Download now

Read Online ➔

The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale

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.

Contents

Part I: Energy and Energy Healing

1. Energy is Unlimited
2. Being an Energy Healer

Part II: Human Anatomy

1. The Cells
2. DNA
3. The Skeletal System
4. The Muscular System
5. The Nervous System
6. The Skin
7. The Circulatory System
8. The Respiratory System
9. The Endocrine System
10. The Digestive System
11. The Excretory System
12. The Reproductive System
13. Metabolism
14. The Immune System
15. The Senses

Part III: Energy Fields

1. A Primer on Energy Fields
2. Two Unified Field Theories
3. The Natural Fields
4. The Radiant Shine of Molecules: Lost and Found Research
5. L-Fields and T-Fields: The Partners Composing Reality?
6. Field Pollution: Geographic Stress
7. The Power of Magnetism
8. Hands-On and Distant Healing: Proving Subtle Fields and a Nonlocal Reality
9. Sacred Geometry: Fields of Life
10. Human Energy Fields

Part IV: Channels of Energy: Channels of Light

1. The History of Meridian-Based Therapy
2. An Overview of the Meridian System
3. Theories of the Existence, Purpose, and Functioning of the Meridian System
4. The History of Meridian Science

5. The Major Meridians
6. The Basic Acupuncture Points
7. Five-Phase and Related Diagnostic Theories
8. The Seven Emotions and the Corresponding Organs

Part V: Energy Bodies, Chakras and Other “Light Switches”

1. Energy Bodies
2. Kundalini, the Unifying Force
3. Scientific Principles Meet Chakra Theory
4. Chakra Systems from Around the World
5. The Jewish Mystical Energy System: The Ancient Kabbalah

 [Download The Subtle Body: An Encyclopedia of Your Energetic ...pdf](#)

 [Read Online The Subtle Body: An Encyclopedia of Your Energetic ...pdf](#)

The Subtle Body: An Encyclopedia of Your Energetic Anatomy

By Cyndi Dale

The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale

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.

Contents

Part I: Energy and Energy Healing

1. Energy is Unlimited
2. Being an Energy Healer

Part II: Human Anatomy

1. The Cells
2. DNA
3. The Skeletal System
4. The Muscular System
5. The Nervous System
6. The Skin
7. The Circulatory System
8. The Respiratory System
9. The Endocrine System
10. The Digestive System
11. The Excretory System
12. The Reproductive System
13. Metabolism
14. The Immune System
15. The Senses

Part III: Energy Fields

1. A Primer on Energy Fields
2. Two Unified Field Theories
3. The Natural Fields
4. The Radiant Shine of Molecules: Lost and Found Research
5. L-Fields and T-Fields: The Partners Composing Reality?
6. Field Pollution: Geographic Stress
7. The Power of Magnetism
8. Hands-On and Distant Healing: Proving Subtle Fields and a Nonlocal Reality
9. Sacred Geometry: Fields of Life
10. Human Energy Fields

Part IV: Channels of Energy: Channels of Light

1. The History of Meridian-Based Therapy
2. An Overview of the Meridian System
3. Theories of the Existence, Purpose, and Functioning of the Meridian System
4. The History of Meridian Science
5. The Major Meridians
6. The Basic Acupuncture Points
7. Five-Phase and Related Diagnostic Theories
8. The Seven Emotions and the Corresponding Organs

Part V: Energy Bodies, Chakras and Other “Light Switches”

1. Energy Bodies
2. Kundalini, the Unifying Force
3. Scientific Principles Meet Chakra Theory
4. Chakra Systems from Around the World
5. The Jewish Mystical Energy System: The Ancient Kabbalah

The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale Bibliography

- Sales Rank: #9310 in Books
- Brand: Brand: Sounds True
- Published on: 2009-02-01
- Released on: 2009-02-01
- Original language: English
- Number of items: 1
- Dimensions: 10.50" h x 8.50" w x 1.25" l, 3.14 pounds
- Binding: Paperback
- 516 pages

 [Download The Subtle Body: An Encyclopedia of Your Energetic ...pdf](#)

 [Read Online The Subtle Body: An Encyclopedia of Your Energetic ...pdf](#)

Download and Read Free Online The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale

Editorial Review

Review

"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*

From the Publisher

Praise for *The Subtle Body*

"*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*

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:

George Nygaard:

As people who live in the actual modest era should be change about what going on or information even knowledge to make all of them keep up with the era which is always change and advance. Some of you maybe will update themselves by looking at books. It is a good choice for you but the problems coming to anyone is you don't know what type you should start with. This The Subtle Body: An Encyclopedia of Your Energetic Anatomy is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and need in this era.

Herman Nelson:

Are you kind of active person, only have 10 or 15 minute in your day to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short space of time to read it because all of this time you only find publication that need more time to be examine. The Subtle Body: An Encyclopedia of Your Energetic Anatomy can be your answer mainly because it can be read by you actually who have those short free time problems.

Miriam Normandin:

With this era which is the greater individual or who has ability in doing something more are more precious than other. Do you want to become one of it? It is just simple method to have that. What you should do is just spending your time very little but quite enough to get a look at some books. One of the books in the top collection in your reading list is usually The Subtle Body: An Encyclopedia of Your Energetic Anatomy. This book which can be qualified as The Hungry Hillside can get you closer in turning into precious person. By looking upwards and review this publication you can get many advantages.

Kelley Hardy:

Publication is one of source of knowledge. We can add our know-how from it. Not only for students but native or citizen have to have book to know the up-date information of year for you to year. As we know those textbooks have many advantages. Beside we add our knowledge, could also bring us to around the world. From the book The Subtle Body: An Encyclopedia of Your Energetic Anatomy we can acquire more advantage. Don't one to be creative people? For being creative person must prefer to read a book. Only choose the best book that suited with your aim. Don't possibly be doubt to change your life with this book The Subtle Body: An Encyclopedia of Your Energetic Anatomy. You can more appealing than now.

Download and Read Online The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale #H6ZUD5S0BIN

Read The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale for online ebook

The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale books to read online.

Online The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale ebook PDF download

The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale Doc

The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale Mobipocket

The Subtle Body: An Encyclopedia of Your Energetic Anatomy By Cyndi Dale EPub