



## THE SUBTLE BODY An Encyclopedia of Your Energy Anatomy

Cyndi Dale

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*"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* and *The*  
*Wisdom of Menopause*

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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 spirit, psyche, and consciousness that influence every aspect of our well-being. Whether you are looking for the right complementary medicine to enhance our 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. Compiled by energetic healer and scholar Cyndi Dale, *The Subtle Body* examines:

- Energy-based therapy principles from the world's healing traditions—including Ayurveda, Qigong, Reiki, Kabbalah, and may more
- The science of subtle anatomy: the ancient models and the newest research on 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
- The role of intention in healing: how the beliefs of a healer, patient, and everyone involved affect the outcome of a treatment

With *The Subtle Body*, you 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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