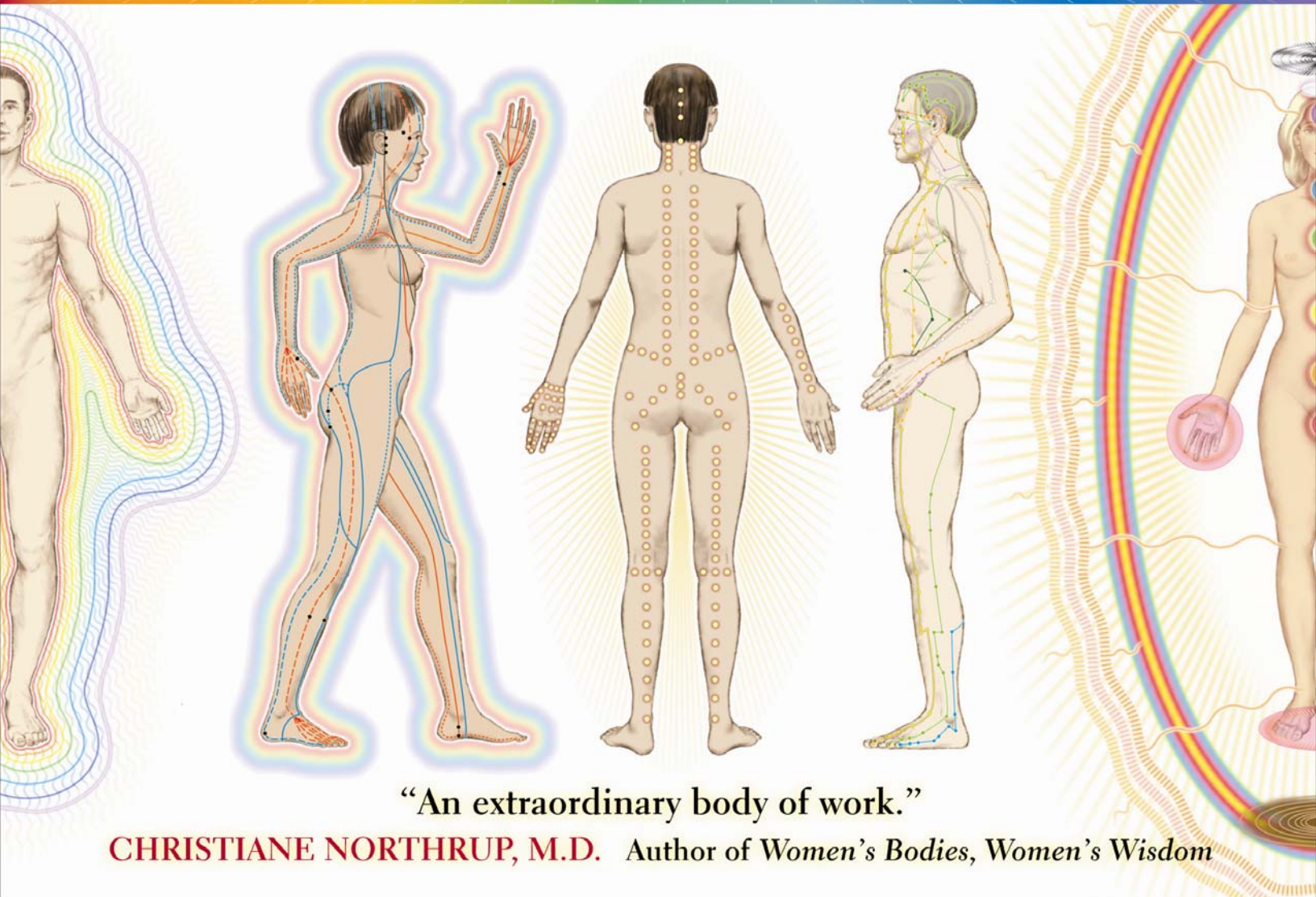


THE SUBTLE BODY

An Encyclopedia of Your Energetic Anatomy

CYNDI DALE



“An extraordinary body of work.”

CHRISTIANE NORTHRUP, M.D. Author of *Women's Bodies, Women's Wisdom*

INTRODUCTION

“The day will come when, after harnessing space, the winds, the tides and gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, we shall have discovered fire.”

— Pierre Teilhard de Chardin

How does a dedicated health care professional become the best healer possible? How might a patient become fully informed—and therefore receive optimum treatment? The answer doesn't entirely lie in following the established routes of a medically based education. We have only to look at the increasing rates of cancer, heart disease, mental illness, and stress-related conditions to know that the boundaries of healing have to stretch further. The well-worn path of Western allopathic medicine, which relies on measurable evidence of disease, and treatments that can be demonstrated in the lab—relying, in essence, on things that are readily apparent—does not hold all the answers we need. To achieve excellence, we must also consider and work with what is not apparent, with what cannot be seen. We must journey into the complex world of subtle energies.

This book is for anyone who seeks to positively engage with the health care profession. This group includes us all, for each of us will participate in the world of healing at some point in our lives, personally or professionally. The primary goal is to help healing professionals who wish to make the leap from being “good” healers to being “great” ones. Just as important, however, is the need of the

contemporary “consumer,” the person afflicted with or affected by dis-ease—a lack of ease in body, mind, or soul. The truth is that we *all* need to understand the information in this book, for it speaks to the self and reality behind the obvious, the stuff that composes the material world.

This book is an encyclopedia of subtle energy anatomy, the structures of the energies that underpin physical reality and our physical bodies. It is also a compendium of subtle energy tools and techniques: energy-based methods for making a difference. The goal of this work is to enable energetic shifts—those that affect change in the flow of energy—to create true healing.

All medicine is essentially energy medicine, for energy composes the world. And it is important to remember that all known and observable medical phenomena once dwelled in the subtle, or immeasurable, realms. X-rays, bacteria, and even the biochemical effects of aspirin were once unobservable. Many of the subtle energies you will encounter in this book have recently been measured, and we can fully expect that many of those yet to be measured will be one day. In the meantime, we must not let lack of scientific evidence constrain us from working with subtle systems; lack of “proof” has not impeded the effectiveness of the subtle energy practices that have been devised through the ages.

To save a patient’s life, to calm the uneasy, or to put a smile back on a child’s face, today’s healers need to draw upon more than conventional wisdom. They need to learn to see into, through, and beyond the obvious to the true causes of health issues. The answers to questions about life and death lie in the unseen, and so all professional healers, no matter their professional affiliations, should strive to become subtle energy professionals as well.

What is subtle energy? Underlying physical reality are subtle, or indiscernible, energies that create and sustain all matter. The so-called real world—the one you can touch, smell, taste, hear, and see—is constructed entirely from these energies, which are imperceptible through the five senses. *In fact, all of reality is created from organized and changeable systems of subtle energy.* To most effectively help someone heal—to aid the sick, alleviate suffering, and bring hope where there is darkness—we must acknowledge and work with the subtle energies that create imbalances and disease. We must work causally, not just symptomatically. When we do, we expand the field of medicine to include the entire picture of the forces at work in illness and health.

Until a few years ago, modern medicine was divided into two main categories: Western and Eastern. Western health care, also called *allopathic medicine*, is mechanistic; Western practitioners seek to alleviate symptoms through scientifically documented methods. We must honor and revere this approach: where

would we be without antibiotics or cardiac pacemakers? At the same time, Western medicine has been on the scene for a relatively short time. For thousands of years, what we now call *Eastern medicine* was dominant.

Eastern medicine is devoted to holistic care, which treats the total person—mind, body, and spirit—not just his or her symptoms. In the West, we use terms like *complementary* or *alternative* medicine to describe this approach. Elsewhere in the world, Eastern medicine is called *traditional* medicine. It is the medicine of the culture.

Western and Eastern methods seemed diametrically opposed, and the schism between them seemed unsurpassable, until practitioners and patients noticed that the two approaches enhance one another. With this discovery, a new health care process was born, termed *integrative care*: the marriage between West and East.

Western, Eastern, and integrative medicine are all vital paths to healing. But there is another component to truly full-spectrum health care. It is called *energy medicine*—specifically, *subtle energy medicine*. With knowledge of it, healing professionals can attain a new level of medical excellence. This is because all diseases are energetic, or related to the flow of energy. The optimum health care approach, therefore, encompasses energy issues.

Everything is made of energy: molecules, pathogens, prescription medicines, and even emotions. Each cell pulses electrically, and the body itself emanates electromagnetic fields. The human body is a complex energetic system, composed of hundreds of energetic subsystems. Disease is caused by energetic imbalances; therefore, health can be restored or established by balancing one's energies.

We can't see all the energies that keep the body healthy, however. Those we can see are called physical, or measurable, energies. Those that we can't yet perceive are called subtle energies. Subtle doesn't mean delicate. In fact, science is beginning to suggest that the subtle—the as yet immeasurable—actually directs the measurable and forms our physical framework.

The idea of subtle energies is not new, although the term itself is relatively recent. Its roots are embedded in human history. Thousands of years ago, our ancestors developed systems to work with these energies. Over time, they continued to codify and develop these systems, and the healing methods that were based on them, for a very important reason: *the systems worked*.

While subtle energy knowledge began intuitively, some of the most exciting work in the field today is happening in laboratories, clinics, institutes, and universities around the world, where *history* meets *research* to yield *proof*. Groundbreaking studies using leading-edge equipment, physics, and processes have developed a new set of subtle energy “mystics”: scientists unveiling the mysteries of the energy

system. For this reason, each section of this book emphasizes the scientific evidence substantiating the existence of subtle energy structures.

This book offers information on many different treatment methods based on subtle systems. At first glance, some of these methods might seem “nonmedical.” What do color and sound have to do with healing? What might taste, gemstones, and numbers mean to the contemporary healer? The answer is—a lot. The treatments are doorways, modalities to help a healer gain access to the subtle energy realms and deliver healing. And they can serve as adjuncts to standard treatments.

Of course, all professional healers—Western, Eastern, or integrative—must follow a moral code to assure that they are of highest service. Conscious subtle energy healers, however, must address additional areas including boundaries, ethics, and intuition, a topic covered in Part I.

Part I also includes a lexicon of terms necessary to comprehend subtle anatomy and explanations of both traditional and cutting-edge energy concepts. Although subtle energy and physical energy operate in slightly different ways and under different rules, they are interconnected, and the subtle energy healer must have a good grasp of both.

Along these same lines, understanding subtle anatomy depends upon knowledge of physical anatomy, the topic of Part II. These anatomical lessons may remind you of your high school biology studies, but here we will emphasize the energetic aspects of the body’s systems. The physical body, you will learn, is in fact an extension of the subtle energy system.

The remainder of the book is an exploration of subtle energy anatomy, beginning with the three main subtle energy structures: *fields*, *channels*, and *bodies*.

In Part III we investigate energy fields. Each cell, organ, and organism—including our planet—emanates hundreds of fields. Part III also introduces us to the concept of “geopathic stress,” an emerging field of study emphasizing the adverse effects of certain natural and artificial fields on our well-being.

Part IV discusses the flowing systems of subtle energy: the channels. You will find an in-depth examination of meridian science and the various experiments that have recently validated and explained the existence of these subtle structures.

Part V features the subtle energy bodies such as the chakras, Kabbalah sephiroth, and a variety of other energetic units. We will spend the most time on the best-known chakric system, the Hindu, but we will also examine other systems of energy bodies, from Egyptian to African to South American traditions. We will also explore the “river” or subtle energy channels that connect the chakras to each other and the body, the nadis. (While the nadis can properly be categorized as channels, they are so inextricably linked to the chakra system that we will discuss them together.)

Finally, in Part VI, we will explore some of the hundreds of integrative healing systems that are in use today—those that employ at least two of the three main subtle structures (fields, channels, and bodies). Many of these, including Ayurveda and Reiki, may be familiar to you; others may not. This section also includes a representative list of additional subtle energy practices not covered in the book for your reference.

It is important to understand that these subtle systems have been shared between peoples and cultures for thousands of years. There are many, many theories about meridians, chakras, and energetic fields—and from expert to expert, they differ greatly. This book strives to offer the most traditional understanding of the energy structures, as well as a sampling of others. You are encouraged to do your own research and evolve your own understanding of the subtle energies and their healing traditions.

The information in this book has been culled from many sources: esoteric manuscripts, sacred texts, long-recognized medical authorities, active practitioners, scientific manuals, research laboratories, government agencies, associations, and information-specific journals. It draws from disciplines including quantum physics, bioenergetic science, sacred geometry, and books related to the specific healing areas covered. I have diligently recorded and cited these sources to help you in your own research.

You may discover, however, that some of this information has never before been cited in a contemporary book. In fact, various authorities over the centuries have actually repressed some of this research because it has presented such compelling evidence of the energy systems we are exploring; such information has been perceived as threatening to the established medical practice of the time.

How did I obtain this “hidden information”? Writing this book was its own odyssey. People appeared from out of nowhere to provide content or direction. The most vital contribution was made by one particular individual: Steven Ross, PhD, of the World Research Foundation Library (WRF). Dr. Ross has collected over thirty thousand volumes of research on health therapies and philosophies. Some of this work has not been available to the general public until now.

Regarding how to use this book, please understand that the information collected here cannot substitute for in-depth study or training. For example, you will be introduced to the meridians and a variety of meridian-based therapies, but not with the thoroughness necessary to prepare you for treating a patient. Instead, this material is intended to help you understand the meridians and the possibilities that in-depth learning can provide.

The book has been organized so that you do not have to learn the material in sequence—or even read all of it. You can concentrate on each section independently or on a stand-alone part of each section. I recommend that you use the index to cross-study the universality of certain topics. In fact, you will probably discover that the index is indispensable. To fully understand an idea, it is helpful to perceive it in different contexts, and many concepts—from mitochondria to geometry to spin theory—appear in nearly every section. Because you might choose to study only a particular topic or two, certain universal ideas are briefly redescribed in each section.

Above all, the book is organized to serve as a resource—a guidebook that verbally and visually presents information about the subtle energy systems. While there is a wealth of information between these two covers, there is much more knowledge available, and still to be discovered, about the subtle energy world. What is here can serve to guide you in further research, and in learning from the best source of all: you.

In the end, you must become your own “best authority” on subtle energies. You will sense and recognize the information that is pertinent to you and your practice, as well as which data may not apply to your goals. You will begin to recognize yourself—your own subtle energy systems—within these pages. That is because we all share the same energy systems. We share the gifts and abilities that enable us to draw upon the subtle—to work with the invisible—to help ourselves and others. And we share our place in the universe, our experience of being human on this planet. Each of us is poised to contribute to the growing knowledge of subtle body healing.