



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

Cyndi Dale

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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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