The Subtle Body An Encyclopedia Of Your Energetic Anatomy


"We have relied on science to tell us what happened in ancient times, it is time for research that is connected to Source."

Sonja Grace "Spirit Traveler: Unlocking Ancient Mysteries and Secrets of Eight of the World's Great Historic Sites" takes a unique approach to analyzing why famous historic sites, including the Great Pyramids, Stonehenge, and Tiwanaku, hold such significance. Scientists and archaeologists have written thousands of books about these sites. While this information is crucial to our knowledge today, much of the mystery about these places remains unsolved and questions surrounding their purpose have lingered throughout the centuries. "Spirit Traveler," the companion book to the documentary film with the same title, offers a completely different perspective on why these sites were erected and what purpose they served. Only Sonja Grace, the internationally known mystic healer, is able to reveal the secrets of these ancient buildings in this new and fascinating way. Sonja is a Spirit Traveler deeply devoted to the protection of our beautiful Earth. She has spent a lifetime working in the realms with angels and guides. She sheds light on what the people and cultures of the past were doing at these sites and why, offering a brand new understanding of the events that took place there centuries ago. Sonja Grace brings her unique understanding of the truth to history. In Spirit Traveler, Sonja travels back through time to reveal history as it happened. She answers the questions that have puzzled historians and archaeologists for hundreds of years: What was the purpose of Stonehenge? How were the Great Pyramids built, and why is their particular geometry so significant? Why was Skellig Rock so important to the monks? Have our beliefs about these great sites been wrong all along? Is their importance something other than what we have always thought? Sonja brings a whole new light on our historical understanding of these places and on their relationships to the Earth. Sonja Grace aims to bring a new spiritual perspective to these questions and to fulfill her purpose in the awakening of humanity. Spirit Traveler is a powerfully structured book. Sonja discusses eight specific historic sites: Skellig Michael (Ireland) Tiwanaku - The Gate of the Sun (Bolivia) Stonehenge (England) Hagar Qim (Malta) West Rice Chichen Itza and Temple of Kukulkan (Mexico) The Great Khafre Pyramids (Egypt) the Rock of Cashel (Ireland). Each chapter tackle the scientific and historical information available about each site up to this point in time. Sonja addresses the questions that continue to puzzle archaeologists and historians. The second half of each chapter is devoted to Sonja's Spirit Traveler experience, what she learned, and the answers to some of those longstanding questions. Few people possess the gifts of Sonja Grace. Her heritage (part Native American, part Norwegian) provides her with the extraordinary ability to transport anywhere. She sees, hears, smells and feels the places she visits. In Spirit Traveler, Sonja shares every single detail of her riveting travels through space and time. Her work is marked by her distinct understanding of the dimensions and realms along with the convergence of Divine and Earth energies, which allows her to travel through the realms and gather historical information. Rich explores powerful and largely unknown energy structures—never before covered in-depth—to explain to readers the practical, proven methods to see, feel, and use energy while they master the use of energy structures to heal themselves and others physically, spiritually, mentally, and emotionally. Explore the Energetic Dimension of Your Health—In Living Color! When it comes to the subtle body, coloring is more than just an enjoyable way to learn about the energy systems that govern our health—it's also an effective practice to help awaken your intuitive connection to your chakras, meridians, and more. With The Subtle Body Coloring Book, Cyndi Dale joins illustrator Richard Wehrman to bring you an illustrated resource on healing modalities from a variety of traditions, inviting you to... Embark on a coloring tour through the major energy structures of the subtle body—fields, channels, and centers. Explore the body's aura and electromagnetic biofield. Illuminate the meridians—the body's chi channels as identified by Traditional Chinese Medicine. Awaken the gifts and wisdom of each chakra color. Take journey through your acupuncture points, organs, and the subtle energy centers that empower health and wellness. Learn the special qualities and healing properties of each color you use. Filled with practical guidance for students, teachers, and holistic practitioners, this information-rich book is a perfect educational tool, memory aid, and a great way to relax and explore the energetic dimensions of our health. The original comprehensive guide to energetic healing with a new preface by the author and updated resources. * More than 125,000 copies sold. * Explores the actual science of etheric energies, replacing the Newtonian worldview with a new model based on Einstein's physics of energy. * Summarizes key points at the end of each chapter to help the serious student absorb and retain the wealth of information presented. * Vocational Medicine has gained widespread acceptance by individuals and institutions nation-wide as a school's book of choice for the study of alternative medicine. Trained in a variety of alternative therapies as well as conventional Western medicine, Dr. Gerber provides an illustrated treatment of energetic healing, covering subtle-energy fields, acupuncture, Bach flower remedies, homeopathy, radionics, crystal healing, electrotherapy, radiology, chakras, meditation, and psychic healing. He explains current theories about how various energy therapies work and offers readers new insights into the physical and spiritual perspectives of health and disease. Renowned author Cyndi Dale invites you into the world of subtle energy, where you'll explore auras, chakras, intuition, and the basics of her groundbreaking energy techniques. Whether your goals are physical, psychological, or spiritual, these methods can help you achieve your desires, heal your wounds, and live an enlightened life. As just as our physical body is protected by our skin, our psyche and spirit have energetic boundaries that keep out harmful influences. These energetic boundaries, invisible to the naked eye, are more than just defenses—according to Cyndi Dale, these "spiritual borders" are our soul's way of communicating to the universe what we do and don't want to experience in life. With Energetic Boundaries, this renowned intuitive and energy-medicine expert presents a definitive guide for maintaining this essential aspect of our health and personal integrity, including: Our four energetic boundaries that define the health of your physical, emotional, relational, and spiritual borders Self-diagnosis instructions for determining where your boundaries are weakest—and practical ways you can strengthen them How to signal the world that you are ready for success and prosperity Special guidance for healers, sensitives, and people whose work regularly exposes them to strong emotional forces How healthy boundaries allow us to balance intimacy and personal autonomy in relationships and parenting "Strong and flexible energetic boundaries allow us to share who we truly are with the world," teaches Cyndi Dale. Filled with insights, practical guidance, and easy-to-learn techniques, Energetic Boundaries is an indispensable tool for staying protected and connected in every aspect of life—in our relationships, career, and on our spiritual journey. "Energetic Boundaries is must-reading for everyone who wants to get and stay healthy. Understanding the role of boundaries and applying them is how one creates health at the most basic level."

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The Subtle Body An Encyclopedia Of Your Energetic Anatomy

The Subtle Body is an encyclopedia of the human energetic anatomy. It covers the subtle energies that flow through the body and affect health and well-being. The book includes information on chakras, the energy centers within the body, and how to use these energies for healing. It is a valuable resource for anyone interested in holistic health and wellness.

The book is organized into sections covering different aspects of the energy system, including:

- Chakras
- Energy centers
- Subtle energies
- Energy healing techniques
- Energy diagnosis practices
- Energy practices and exercises
- Energy transformation techniques

The book also includes case studies and personal stories to illustrate the use of energy healing in real-life situations. It is a comprehensive guide for anyone interested in exploring the subtler dimensions of the human body and its energy system.

Overall, The Subtle Body is a valuable resource for anyone seeking to deepen their understanding of the energetic body and its role in health and healing.

Access Free The Subtle Body An Encyclopedia Of Your Energetic Anatomy
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 energy fields 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 more. For professionals, 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.

The Ultimate Guide to Chakras and Energy Systems As powerful centers of subtle energy, the chakras have fascinated humanity for thousands of years. Llewellyn’s Complete Book of Chakras is a unique and empowering resource that provides concrete insights into these foundational sources of vitality and strength. Discover what chakras and chakra systems are, how to work with them for personal growth and healing, and the ways of understanding chakras has transformed throughout time and across cultures. Lively and accessible, this definitive reference explores the science, history, practices, and structures of our subtle energy. With an abundant of illustrations and a wealth of practical exercises, Cyndi Dale shows you how to use chakras for improving wellness, attracting what you need, obtaining guidance, and expanding your consciousness. Praise: “In one thoroughly researched and beautifully written book you can learn what it took ancient seekers a lifetime to uncover.”—Steven A. Ross, PhD, CEO of the World Research Foundation and author of And Nothing Happened But You Can Make It Happen “A shining constellation of timeless wisdom and brilliant insights on chakras. This book is an essential conduit to whole-self healing.”—Dr. Deanna M. A. Mitchell, founder of Food & Spirit “Expertly researched, well written, and easy to understand. The go-to guide for understanding subtle energy systems.”—Madsyn Taylor, bestselling author and editor-in-chief of DailyOM “Cyndi’s exploration of cross-cultural systems is stunningly complete and very impressive.”—Margaret Ann Lembo, author of Chakra Awakening

What is the use, in the resurrection, of a body of flesh, blood, sinews, and bones, of limbs and organs for functions of the flesh, such as eating and drinking, excretion and excretion? Are we to continue to do all these things for eternity? From “The Resurrection-Body” The concept that the physical body is but a manifestation of a more numerous expression of the soul sounds very Eastern to modern ears, but in fact it was one of the foundations of the Christianity that the tradition abandoned long ago. In this short but profound study, first published in 1919, one of the greatest thinkers on the origins of Christianity and an expert on Gnostic and Hermetic literature reconnects us with an ancient belief in the divine within us all that is, surprisingly, powerfully reflected in modern ideas about psychology and biology. No mystic himself, Mead instead finds a middle-ground between superstitions of old and the oddities of advanced scientific thinking. Also available from Cosimo Classics: Mead’s The Hymn of Jesus and Did Jesus Live 100 B.C.? is a rich scholar and philosopher.

H. STOWE, M.D. (1836–1933) was educated at Cambridge University. He served as editor of Theosophical Society’s Theosophical Review, and later formed the Theosophical Society Press and edited its Journal, The Quest. He is also the author of Notes on Niran (1893) and an 1896 translation of The Unvanishes.

Discusses the mythological properties assigned to geometric forms, and covers the Golden Section, gnomonic spirals, music, and the squaring of the circle. Over 1 million copies sold in this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be “perfect” all the time so that we can truly become better, happier people. For decades, we’ve been told that positive thinking is the key to a happy, rich life. “F**k positivity.” Mark Manson says. “Let’s be honest, shit is F**k and we have to live with it.” In his wildly popular Internet blog, Manson doesn’t sugarcoat or equatevocate. He tells it like it is—a dose of raw, honest, truth that is refreshingly him today. The Subtle Art of Not Giving a F**k is his antidote to the coddling, let-s-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—“not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault.” Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can do to try about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, The Subtle Art of Not Giving a F**k is a refreshing slap for a generation that help them lead contented, grounded lives. Escape the humdrum of daily life and reawaken your true essential Self with Stephen Sturgess’ sensational Yoga and meditation techniques. Learning about subtle bodies, chakras, nadis, and kundalini with the in-depth section on Yogi philosophy, then follow Stephen’s variety of practices and techniques for removing any obstacles that may be standing in the way of you uniting with your true nature. The book includes a wealth of Hatha Yogi techniques using asanas, mudras, bandhas, pranayama, and kriya purification, as well as Raja and kriya Yogi techniques – mantras, concentration and meditation. A global study of the psychospiritual body and its central role in the esoteric and spiritual traditions of the world. Explains the nature, purpose, and functions of the subtle body. Explores the role of the subtle body in such traditions as Alchemy, Aurveda, Tantra, Qi Gong, and Yoga. Shows how the various layers of the subtle body provide a map for various levels of consciousness. Ancient traditions of both the East and West have long maintained that the human being is a complex of material and nonmaterial systems, or energy bodies. The “subtle body” is an energetic, psychospiritual entity of several layers of increasing subtlety and metaphysical significance through which the aspirant seeks knowledge of the self and the nature of God. In many traditions, the component parts of the subtle body serve as a map of the different layers of consciousness. The practices and disciplines that evolved from an awareness and understanding of the subtle body, and how the material and nonmaterial work together, form a coherent system of psychospiritual transformation that is central to numerous and extremely diverse spiritual practices—including those of the Gnostics, Sufis, Native Americans, Vedic seers, Chinese, and Greeks. The subtle body plays an essential part in more recent traditions such as Anthroposophy and Gurdjieff’s Fourth Way and the cutting-edge science of Ervin Laszlo’s research into the Akashic field. But the benefits of understanding the role of the subtle energy body are not confined solely to the spiritual plane. The energetic bodies provide a coherent system of life-affirming principles and practices for the diagnosis and treatment of the whole person that is not only part of many traditional healing systems, such as Acupuncture and Ayurveda, but also is forming the basis for a synthesis of traditional and contemporary healing practices that could lay the foundation for the medicine of the future. In the Subtle Body, Stefanie Myfanwy explains the surprising transformation from a centuries-old spiritual discipline to a multibillion-dollar American industry. Yoga’s history in America is longer and richer than even its most devoted practitioners realize. It was present in Emerson’s New England, and by the turn of the twentieth century it was fashionable among the leisure class. And yet when Americans first learned about yoga, what they learned was that it was a dangerous, alien practice that would corrupt body and soul. A century later, you can find yoga in gyms, malls, and even hospitals, and the arrival of a yogi studio is a signal of cosmopolitanism. How did it happen? It did so, Stefanie Myfanwy explains, through a succession of charismatic yoga teachers, who risked charges of charlatanism as they promoted yoga in America, and through generations of yoga students, who were deemed unbalanced or even insane for their efforts. The Subtle Body tells the stories of these people, including Henry David Thoreau, Pierre A. Bernard, Madam Jean Harrod Wilson, Christopher Wallis, Sally Kempton, and Indra Devi. From New England, the book moves to New York City and its new suburbs between the wars, to colonial India, to postwar Los Angeles, to Haight-Ashbury in its heyday, and back to New York.
York City post-9/11. In vivid chapters, it takes in celebrities from Gloria Swanson and George Harrison to Christy Turlington and Madonna. And it offers a fresh view of American society, showing how a seemingly arcane and foreign practice has become deeply rooted in our culture. This epic account of yoga’s rise is absorbing and often inspiring—a major contribution to our understanding of our society. Cyndi Dale’s New Chakra Healing established a new standard for healers, intuitives, and energy workers worldwide. It expanded the seven-chakra system to thirty-two, including twenty spiritual points serving as catalysts for dynamic change. This comprehensive expanded edition of her groundbreaking classic guides readers through 150 pages of new information, features an abundance of original material and illustrations. — A new introduction with true stories from Cyndi Dale’s healing practices — Illustrations of the energetic nature of diseases, so they can be better understood and addressed — Detailed descriptions of energetic bodies and fields found nowhere else, such as the energy egg, zones of energy, a three-part kundalini system, and dozens of others — A wealth of information on healing the earth as you heal yourself The Complete Book of Chakra Healing will help you integrate the powerful forces of the subtle body for your highest good, eventually increasing your overall happiness and health. In this book you’ll learn the spiritual and physical benefits of practicing yoga, the translation of ancient wisdom into a modern approach, and how the chakras affect every aspect of your life. The merging of Eastern and Western medicine in this text is a simple way to help you understand the body’s energy systems and how to promote healing. The Little Book of Energy Medicine is one of the most powerful alternative health practices in existence today, from world-renowned healer Donna Eden. In this book, Eden draws on three decades of experience to offer readers a simple introduction to the exercises she recommends for feeling rejuvenated, happier, more alert, and less anxious. Featuring a Five-Minute Daily Energy Routine for restoring the body’s natural energy flow, in addition to information on specific energy medicine exercises that can help combat a host of health conditions from headaches and nausea to insomnia and the common cold, The Little Book of Energy Medicine is essential reading for anyone looking to improve general health and well-being. Kundalini has been called the energetic key to enlightenment and the secret to well-being and wisdom. Complex and powerful, this mysterious energy is often linked to sacred sex and our spiritual mission. Kundalini is one of the most discussed, but least understood, forms of divine energy. So what is it, really? Renowned intuitive healer Cyndi Dale presents concise yet comprehensive guidance to help you understand kundalini energy and how to use it to transform your life spiritually and physically. Recognizing and integrating this sacred energy is essential to achieving health, becoming a lover and more meaningful relationships, and finding your life’s authentic purpose. Featuring this latest scientific research, this guide also explores mystical practices such as breathwork, tantra, and mantras, and offers illuminating first-hand accounts from Cyndi’s healing and teaching practice. Praise: “A informative read for anybody who has been curious about one of yoga’s lesser-known forms.” — IASP A magazine comprehensive guide to emotional blockages in the body and their physical manifestations • Details how emotional trauma, long-term stress, and environmental influences cause energy blockages in the subtle body that affect the physical body • Explores more than 30 specific physical ailments, detailing the energetic origins of each condition and which meridians, chakras, and points are affected • Explains how to interpret and work with energies released in massage and during yoga practice In this comprehensive guide to subtle energy and its associated physical manifestations, Robert Henderson comfort and peace you carry in your physical body is related to the energies of the life you have experienced. The author explains the eight types of subtle energy: Emotional, which carries anger, fear, love, and other emotions; Mental, which affects patterns of behavior, beliefs, actions, and memories; Spiritual, which influences intuition, inspiration, and transcendent states; Sexual, which affects creativity, spontaneity, and excitement; Environmental, which arises from stress at work, tension at home, and other outside influences; Interpersonal, which comes from interactions with family, lovers, and friends; A neural, the energy of the lives of your parents up to the time of your conception; and Karmic, the energy of your past lives. Detailing how these energies are drawn in by the chakras and distributed throughout the body by the meridians, the author explains how suffering acute emotional trauma or long-term stress causes negative energies to accumulate in the body energy much like fat deposits. Our physical body reacts to these energy blockages, leading to physical conditions such as closed hips, tight hamstrings, digestive distress, chronic pain, and persistent tension in areas like the shoulders. The author explores more than 30 specific physical ailments, providing the energetic origins of each condition, the exact location of the corresponding energy blockage, and which meridians, chakras, and points are affected. He covers sexual energy in depth, explaining how to handle repressed energy as it is released during yoga or massage. As the author shows, physical ailments caused by the energies of harmful life events can be healed through massage and yoga, allowing you to become open to the free and spontaneous circulation of energy through the subtle body. Atract more of what you love into your life, travel between lifetimes, connect with the deceased or a child yet to be born, and much more by using your clairvoyant talents. Renowned author Cyndi Dale reveals the secrets of clairvoyant energy and provides step-by-step instructions for six different clairvoyant styles. From healing and manifesting to clearing blocks, using future sight, and understanding the chakras, this wonderful guide helps you explore many topics and grow through the power of your energetic abilities. With the clarity of a physicist and the compassion of a gifted healer with fifteen years of professional experience observing 5,000 clients and students, Barbara Ann Brennan presents the first in-depth study of the human energy field for people who seek happiness, health, and their full potential. Our physical bodies exist within a larger “body,” a human energy field or aura, which is the vehicle through which we create our experience of reality, including health and illness. It is through this energy field that we have the power to heal ourselves. This energy body — only recently verified by scientists, but long known to healers and mystics — is the starting point of all illness. Here, our most powerful and profound human interactions take place, the precursor and healer of all physiological and emotional disturbances. Hands of Light is your guide to a new wholeness. It offers: • A new paradigm for the human, in health, relationship, and disease • An understanding of how the human energy field looks, functions, is disturbed, healed, and interacts with friends and lovers. • Training in the ability to see and interpret auras • Medically verified case studies of healing people from all walks of life with a variety of illnesses. • Guidelines for healing the self and others. • The author’s personal and intriguing life adventure which gives us a model for growth, courage and possibilities for expanded consciousnessThe Science of 114 Chakras in Human Body is a guide book written by Dr. A.M. Ray in 2015. Ray identified, located and named each of these 114 chakras in the body and the brain in his deep meditation in the Himalayas. In the book he explained the details of these 114 chakras in human body. The hierarchy, the network, and the topology of the chakras are explained in a scientific way. Ray relates the human emotions, behaviors, inner experiences and the deep
spiritual experiences in the rich frameworks of 114 hierarchical and intelligent energy vortexes in the brain and the body. Ray discovered the details of the brain-body-behavior and consciousness dynamics including immunity, diseases, perception, attention, language, memory, thinking, behaviors, and consciousness in this rich frameworks of 114 chakras. "Where Body Meets Soul" is a jargon-free, clear guide to the subject of subtle energy and physical-spiritual self-healing. It will be a long-time gem.--Elmer Green, Ph.D.A guide to energetic healing features illustrations, terminology, and information about how energetic biology relates to physical well-being, covering such topics as acupuncture, the chakras, reflexology, and magnetism.A comprehensive and in-depth discussion of the human energy centers known as chakras. The book offers a unique understanding of how these centers, also referred to as “subtle bodies” can be identified and experienced, along with how they are related to personal transformation and health. In this volume, Osho gives an overview of the Eastern science of the subtle energy centers in the human body that are sometimes known as "chakras." It is a science that underlies traditional Chinese medicine, Indian A-yurveda, and the practice of kundalini yoga, among other disciplines that recognize the deep connection between mind and body. Osho also shows how these same principles apply to human psychological growth and maturation, and the evolution of consciousness. Self-help, Spirituality, Psychology, Meditation, Esoteric, New Age, Health, Yogi. The title will especially of interest to the large group of people involved with Y yoga, as the book describes in simple terms, using everyday experiences as examples, what underlies the Kundalini Yoga approach to the human energy system. The Chakra Book delivers the “esoteric science” and understanding in the context of personal growth and transformation. The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful whenever he may be. It also contains information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race. #1 NEW YORK TIMES BESTSELLER • Now a major motion picture directed by Steven Spielberg. "Enchanting . . . Willy Wonka meets The Matrix."—USA Today • "As one adventure leads expertly to the next, time simply evaporates."—Entertainment Weekly • A world at stake. A quest for the ultimate prize. Are you ready? In the year 2045, reality is an ugly place. The only time Wade Watts really feels alive is when he's jacked into the OASIS, a vast virtual world where most of humanity spends their days. When the eccentric creator of the OASIS dies, he leaves behind a series of fiendish puzzles, based on his obsession with the pop culture of decades past. Whoever is first to solve them will inherit his vast fortune—and control of the OASIS itself. Then Wade cracks the first clue. Suddenly he's beset by rivals who'll kill to take this prize. The race is on—and the only way to survive is to win. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Entertainment Weekly • San Francisco Chronicle • Village Voice • Chicago Sun-Times • iOS • The A.V. Club "Delightful . . . the grown-up's Harry Potter."—HuffPost "An addictive read. . . part intergalactic scavenger hunt, part romance, and all heart."—CNN "A most excellent ride. . . Cline stuffs his novel with a cornucopia of pop culture, as if to wink to the reader."—Boston Globe "Ridiculously fun and large-hearted. . . . Cline is that rare writer who can translate his own dorky enthusiasms into prose that's both hilarious and compassionate."—NPR "[A] fantastic page-turner . . . starts out like a simple bit of fun and winds up feeling like a rich and plausible picture of future friendships in a world not too distant from our own."—iOSintroduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapiesThis ancient Indian system of healing focuses on vortices of energy that originate in seven centers of the body. When they become blocked, a variety of ailments can manifest themselves. This book discusses various practical ways to work on chakras, using archetypal and animal associations, crystals, meditation, visualization, affirmations, and physical exercise. It starts by familiarizing the reader with how this mystical, ancient art works as a holistic and spiritual system that promotes harmony and health, and then proceeds to the root chakra. A chart of correspondences includes everything from color and key element to physical and mental functions, and compatible fragrances. It includes a detailed list of suggested activities to stimulate the chakra, such as dining on healing foods, listening to restorative music, and learning from inspirational case histories. Equally exhaustive information is given for the other six chakras: Sacral, Solar Plexus, Heart, Throat, Brow (Third Eye), and Crown. A final section focuses on how other healing disciplines, such as yoga and reiki, incorporate the chakra therapies to restore the optimal physical, emotional, and spiritual self. Mancies of Book and Body is the first book to explore the interaction of two key genres of sacred literature in medieval Japan: sutras, or sacred Buddhist texts, and setsuwa, or "exploratory tales," used in sermons and collected in written compilations. For most of East Asia, Buddhist sutras were written in classical Chinese and inaccessible to many devotees. How, then, did such devotes access these texts? Charlotte D. Eubanks argues that the medieval genre of "exploratory tales" illuminates the link between human body (devotee) and sacred text (sutra). Her highly original approach to understanding Buddhist textuality focuses on the sensual aspects of religious experience and also looks beyond Japan to explore pre-modern book history, practices of preaching, miracles of reading, and the Mahayana Buddhist "cult of the book."