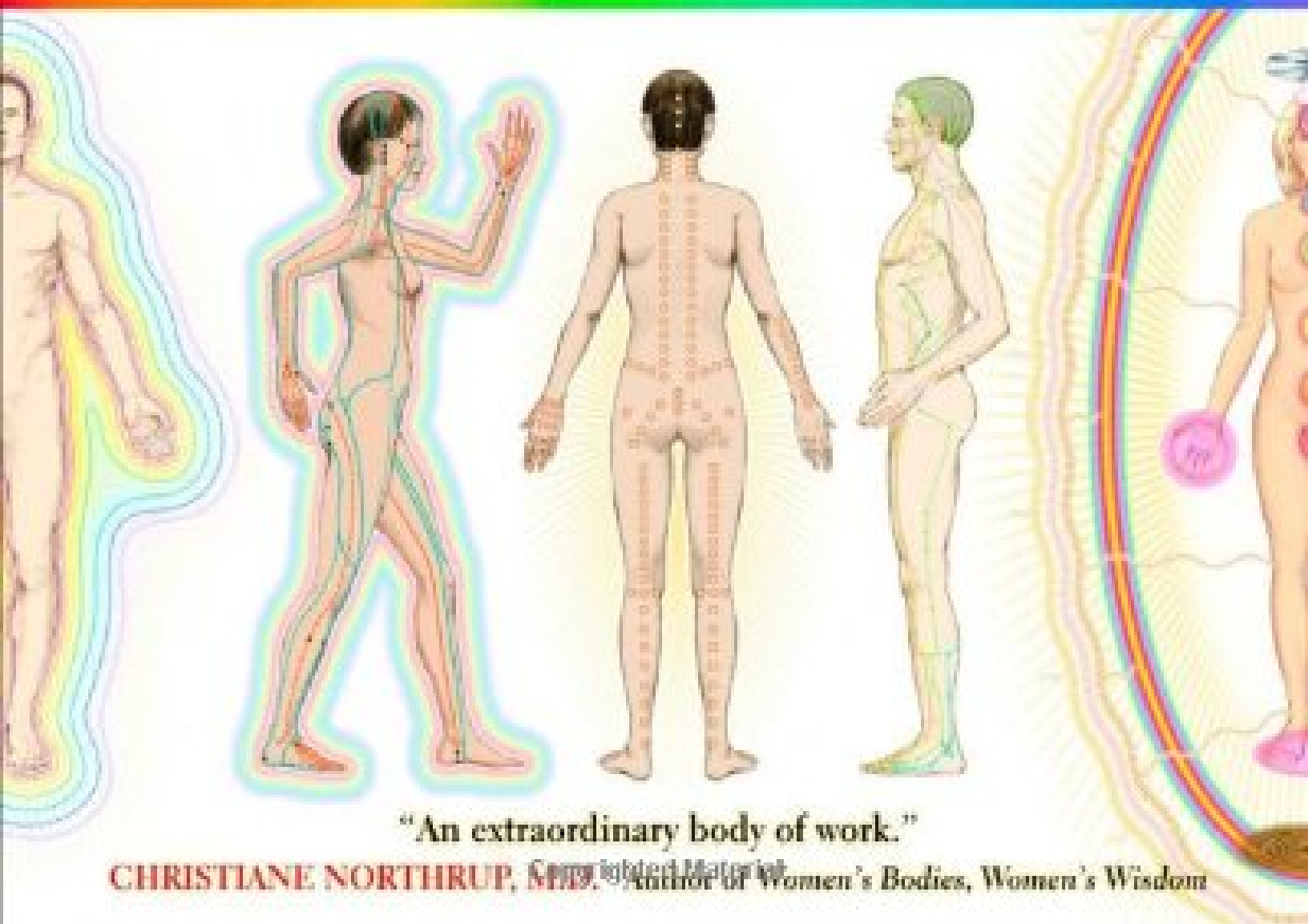




# THE SUBTLE BODY

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*

# Resumo de The Subtle Body: An Encyclopedia of Your Energetic Anatomy

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**  
Energy is Unlimited  
Being an Energy Healer

**Part II: Human Anatomy**  
The Cells  
DNA  
The Skeletal System  
The Muscular System  
The Nervous System  
The Skin  
The Circulatory System  
The Respiratory System  
The Endocrine System  
The Digestive System  
The Excretory System  
The Reproductive System  
Metabolism  
The Immune System  
The Senses

**Part III: Energy Fields**  
A Primer on Energy Fields  
Two Unified Field Theories  
The Natural Fields  
The Radiant Shine of Molecules: Lost and Found Research  
L-Fields and T-Fields: The Partners Composing Reality?  
Field Pollution: Geographic Stress  
The Power of Magnetism  
Hands-On and Distant Healing: Proving Subtle Fields and a Nonlocal Reality  
Sacred Geometry: Fields of Life  
Human Energy Fields

**Part IV: Channels of Energy**  
Channels of Light  
The History of Meridian-Based Therapy  
An Overview of the Meridian System  
Theories of the Existence, Purpose, and Functioning of the Meridian System  
The History of Meridian Science  
The Major Meridians  
The Basic Acupuncture Points  
Five-Phase and Related Diagnostic Theories  
The Seven Emotions and the Corresponding Organs

**Part V: Energy Bodies, Chakras and Other Light Switches**  
Energy Bodies  
Kundalini, the Unifying Force  
Scientific Principles Meet Chakra Theory  
Chakra Systems from Around the World  
The Jewish Mystical Energy System: The Ancient Kabbalah "

[Acesse aqui a versão completa deste livro](#)