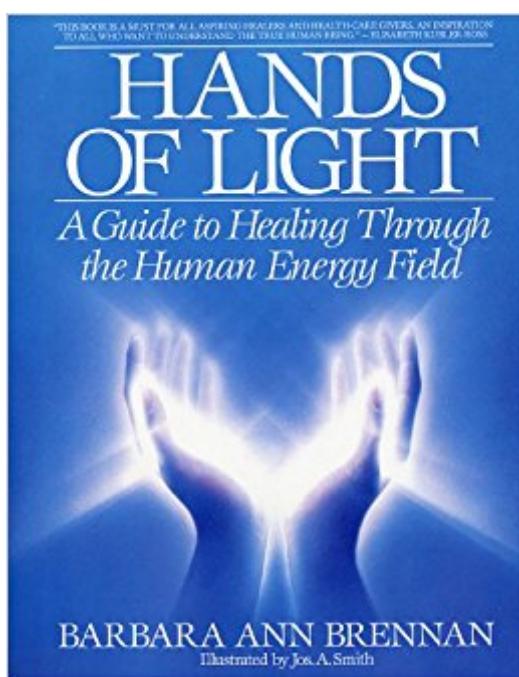


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# Hands Of Light: A Guide To Healing Through The Human Energy Field



## **Synopsis**

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 consciousness

## **Book Information**

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## **Customer Reviews**

*Hands of Light: A Guide to Healing Through the Human Energy Field*, by Barbara Ann Brennan, is a

scientist's look at the field of bioenergetic healing, offering specific techniques towards expanding perceptual tools of healing, seeing auras, understanding psychodynamics and the human energy field, and spiritual healing. Trained as a physicist and psychotherapist, Brennan has spent the last 15 years studying the human energy field and working as a healer. *Hands of Light* goes beyond conventional, objective knowledge while retaining scientific clarity. It details a study of the human energy field and how it is intimately connected to a person's health and well being and contains essential information for anyone involved in healing and conscious health care, including people seeking to heal themselves. Science and spirituality may currently be at odds, but fortunately there will always be scientists who are spiritual seekers, and it is in the mingling of the two worlds where wisdom is born. --Jodie Buller

"Barbara Brennan's work is mind-opening. Her concepts of the role disease plays and how healing is achieved certainly fit in with my experience."-- Bernie S. Siegel, M.D., author of *Love, Medicine, and Miracles*

Excellent information to healing and understanding spirit energies.

Great book which arrived without difficulty. Thank you.

A great book it has a lot to take in but I thought it was worth it . Great book

The breakdown of the Auric layers, mixed with the wonderful exercises in the book make this a must-have! I've learned more from this book then I have from any of the books in my metaphysical Library. Spectacular!

I love this book. I use it a lot as a reference for information that other healing books do not included, such as the scientific part.

This book has transformed my life in a very deep way. Discover that you have your Source of Joy within, and how to access it. The book made me join the school of Healing from Barbara Brennan, and I am on a new path ever since. I highly recommend it.

thanks

Barbara Brennan's books are amazing. This was a replacement for one that was very used. Her research and experience add greater depth to the healing methods. She gives new definitions to old methods with a much greater perspective to the reasons behind illness.

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