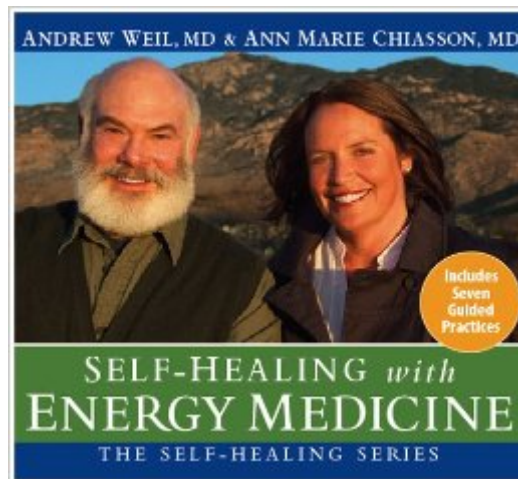


The book was found

Self-Healing With Energy Medicine



Synopsis

We can help take care of ourselves with diet, exercise, and regular check-ups, but is there more that we can do to optimize our overall health? Dr. Andrew Weil, pioneer of integrative medicine, believes so: "An integrative approach to health means addressing not only our physical body, but our energetic body as well." Now on Self-Healing with Energy Medicine, this bestselling author teams up with Dr. Ann Marie Chiasson to offer insights and expert guidance about how to clear blockages to healing, enhance your longevity, and increase your vitality. On session one, Dr. Weil shares his thoughts on the scientific investigation of energy medicine, plus his personal story about learning to utilize energy modalities for healing. On session two, Dr. Chiasson shares guided practices to help restore the body's natural energy flow and create your own daily energy wellness routine. Self-Healing with Energy Medicine offers a practical portal into the transformative and life-giving forces around us.

Book Information

Series: Self-Healing

Audio CD: 2 pages

Publisher: Sounds True, Incorporated; Com/Bklt edition (October 1, 2009)

Language: English

ISBN-10: 1591797160

ISBN-13: 978-1591797166

Product Dimensions: 6.3 x 0.5 x 5.1 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (22 customer reviews)

Best Sellers Rank: #1,487,336 in Books (See Top 100 in Books) #7 in Â Books > Books on CD > Authors, A-Z > (W) > Weil, Dr. Andrew #157 in Â Books > Books on CD > Health, Mind & Body > Fitness #388 in Â Books > Books on CD > Health, Mind & Body > Meditation

Customer Reviews

Famous alternative medicine doctor and author Andrew Weil introduces Ann Marie Chiasson, who in these CD's, discusses some theories of alternative medicine, what they call "energy medicine". She also gives exercises. "Energy med" is as good a term as any, this refers to medicines or techniques that we sense are working, but considering the materialist bent of conventional (and allopathic) medical establishment, these energies are undetectable by the current, empirical "scientific" technology. Drs. Weil and Chiasson discuss on CD one, ideas like vital force, that we are

composed of an energy which is causal to our mental, emotional and physical body. When we get sick, the first place this happens is a blockage or derangement in the flow of the vital force, or chi. The more sensitive among us feel something is wrong. Later the illness which conventional doctors can measure, manifests itself. The idea is if we can detect or treat the vital force, we can perhaps heal an illness before it starts in earnest. They point out that chronic illness, like cancer, has many indicators before it bursts upon us. They talk about Homeopathy, Reiki, Tai Chi, taoist, chakras, "sacred" touch and various energy medicine modalities. Particularly they discuss importance of touch and the tendency of the body to hold a "proto-illness" (my words) within it. The first CD (theory), the listener will probably play once or twice. In the more important second CD Dr Chiasson guides the listener through eight exercises. These are intended to be practiced over and over. Some manipulate the dan tien (taoist) some the chakras (hindu or yogic), some use visualization. They come with pleasant new age music background. Most of these are touch or movement, but they seemed effective.

The course begins as a very Basic Energy Healing Course, but then progresses. Good material, this is a 2009 release with 2 CDs, covering about 2 ½ hours of material in the entire program. There is also a 21 page booklet included to help you review the material on the CDs. In disk 1, tracks 1 - 5, Dr Weil talks about some very basic energy stuff. Dr Ann Marie Chiasson comes in on track 6 and gets into a more extensive explanation of energy medicine. She continues throughout the remainder of Disc 1 and for all of Disc 2. Disc 1 mentions several times that there are exercises to explore in Disc 2. You can listen to Disc 1 in the car, because it is the informational disc. Disc 2 is your practice disc and is NOT suitable for the car. Disc 1/Session 1 (Total Time: 74:45) Energy Medicine: An Ancient Alternative for Self-Healing 1) Introduction (0:40) Energy medicine is both conventional energy testing and treatments, such as X-rays and Subtle Energy, a range of therapies and treatments, such as Reiki, crystals, Therapeutic Touch, light/color/sound therapies, chanting, etc. Sensing energy blockages and transmitting energy inward toward healing and/or maintaining your health. This program speaks mainly of the more subtle energy treatments. 2) The Scope of Energy Medicine (12:44) - explains a bit about sending energy through the hands and that it is present in many cultures. Dr Weil explains some of his personal experiences with this type of vibrational energy and his positive experiences with it. He also believes you can use this on yourself or receive it from another, especially one trained in these arts. 3) Subtle energy experiences (7:13) - Dr Weil begins by explaining the flow of energy he felt from certain rocks.

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