

**THE
SUBTLE BODY
PRACTICE MANUAL**

A Comprehensive Guide to Energy Healing

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CYNDI DALE

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INTRODUCTION

We face the extraordinary possibility
of fashioning a health care system
that emphasizes life instead of death,
and unity and oneness instead of
fragmentation, darkness, and isolation.

LARRY DOSSEY, MD

Whether licensed or layperson, we are all healers. Our roles shift and change depending on a myriad of factors, such as our state of health, the health of those around us, the season of our lives, and whether we have chosen healing as a vocation. But at one time or another, each of us takes our turn as healer and self-healer, as practitioner and patient.

Looking deeper, we can observe that we are *all* self-healers *all* the time. Even when we are helping others under the aegis of being a trained practitioner, every training program and each client session is another opportunity to work on ourselves, to detoxify and rebuild in body, mind, and spirit so that we might be clearer conduits for subtle energies.

It was this understanding that led to the writing and publication of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, my compendium outlining the subtle energy anatomy. A detailed accounting of the invisible energies that underpin physical reality and our physical bodies, *The Subtle Body* is a comprehensive resource from which healers of all persuasions and experience levels can build a strong knowledge base. It lays a solid foundation for comprehending the intricacies of subtle energy medicine and understanding the modalities and tools that are used around the world to evoke our innate healing abilities.

This book, *The Subtle Body Practice Manual*, is the natural extension of that original resource guide—a hands-on companion about putting subtle energy medicine to work with ease, elegance, and effectiveness. You can use it alone or in conjunction with *The Subtle Body*. *The Subtle Body* provides you with the what, and *The Subtle Body Practice Manual* provides you with the how. And because *The Subtle Body* is so rich with scientific and spiritual research, I have limited such discourse here in *The Subtle Body Practice Manual*. Unless otherwise noted, references to research and scientific data can be found in *The Subtle Body*.

Every day, our human family contends with minor ailments, major illnesses, emotional distress, mental upsets, and sometimes the need for a simple energy boost. There are many ways to address our issues when we get off balance. This book's carefully chosen tools and techniques can be immediately useful to both the self-healer and the experienced healing professional. As healing is the purpose and goal of this information, it is useful to examine what healing really is, especially when it's viewed through the lens of subtle energy practices.

WHAT DOES HEALING MEAN?

“What is the true nature of healing?” is one of the most important questions we can contemplate as practitioners or self-healers working with subtle energy. In effect, all practitioners, whether their approach is conventional or holistic, are energy healers, and so we must all ask this question at some point. The answer will prove to be our North Star, guiding the way through all kinds of terrain along the healing journey (whether that journey is a one-hour session or a years-long partnership between healer and client).

As we venture into the subtler realms, one of the most important distinctions we can make is between healing and curing. To cure is to focus on the eradication of symptoms, whereas to heal is to emphasize and support a person's inherent state of wholeness. The subtle energy practitioner starts from the premise that a person is always whole at the deepest level, no matter what—even if they are missing a limb, wrestling with depression or cancer, or trying to shake off a nasty cold. A practitioner of any type who is focused on curing is likely to place an emphasis on diagnostics and relieving symptoms. A subtle energy practitioner, on the other hand, will work with a person to gain relief—and possibly release—from the *cause* of their symptoms.

Subtle energy healers work to help themselves or others recognize and embrace their innate wholeness, regardless of appearances or even the outcome of treatment. Instead of achieving wholeness, healing is a matter of remembering and recovering the wholeness that already *is*. Whether we are working with

others or on ourselves, it is incumbent upon us that we not attempt to make all supposed frailties disappear. Subtle energy tools and techniques are far more effective when we understand that wholeness doesn't equal perfection. I have been fortunate to see with my own eyes the remarkable shifts that can take place—the movement toward wellness—when people feel supported in an environment of compassion and acceptance.

Understanding and believing in wholeness is a deeply optimistic state, one that we may encounter with our podiatrist *or* our reflexologist, and one we seek to acknowledge within ourselves. The trust in our natural ability to return to balance just may be the invisible bridge (the subtle energy bridge) that connects the best of allopathic medicine with the brilliant field of healing that used to be called, not so very long ago, “alternative.”

THE BEST OF BOTH WORLDS: COLLABORATIVE AND COMPLEMENTARY METHODS OF HEALING

An acupuncturist steps back and nods his head. “Your problem is caused by an energy block in the liver,” he says, pointing out the “stagnant liver chi” in your toe.

A physician peers at the x-ray and nods her head. “See what’s going on here?” She points to the picture of the organ just under your ribs. “That’s your liver. That’s where your issue lies.”

Who is right? Is it the acupuncturist, whose perspective of the liver is linked to an intricate flow of energy throughout your body, one that somehow mysteriously involves your toes? Or is it the conventional doctor, who views your liver as a single organ unto itself, one that sits quietly beneath your ribs, minding its own business?

Well, both of them are right. Our organs—in fact, many parts of us—anchor somewhere physically. But they are also energetic, which means that they connect to other parts of ourselves in ways that are hard to measure, see, or prove. The subtle aspects of our organs are part of the energy anatomy that we will explore in part 1, a complex set of the fast-moving energy channels, organs, and fields that compose what I think of as the “you underneath or around yourself,” the energies that establish the rules and foundation for physical health and wellbeing. This energy anatomy and its systems are the basis of subtle energy medicine. And while subtle energy practitioners often work with energy systems that transform *sensory* or physical energy into *subtle* energy (and vice versa), one of the subjects of chapter 1, they can also work with concrete systems, like those in the physical body.

Because of our Western cultural conditioning, most people don’t typically think of their general practitioner, gynecologist, or dermatologist as subtle energy practitioners. (The doctors may not think of themselves this way either.) Contrary

to popular opinion, allopathic medicine—or what we often call Western medicine or conventional medicine—is actually an energy-based practice. Surgery and prescription medicines work on our physical energy systems, while x-rays and ECGs (electrocardiograms) measure the energetic patterns present in our bodies. Since our bodies are made up of energy, any practice or method that involves the body is a subtle energy practice. Subtle energy medicine can't be claimed by holistic practitioners, naturopathic doctors, and “alternative” healers alone. Therefore, we in the helping and healing professions can officially let go of the “us and them,” dualistic perspective and join forces. Knowing that all medicine is really subtle energy medicine can result in greater benefits and brighter outcomes for everyone concerned—practitioners, physicians, healers, patients, clients, and those who love them.

When it comes to healing modalities and types of practitioners, there is an overflowing cornucopia of options available. The following is a list of broad categories and how they're typically used:

Allopathic medicine, also known as Western or conventional medicine, is absolutely necessary for critical or chronic care, diagnostic needs, surgery, physical intervention, trauma, physical therapy, prescription medicine, or if you are ever in any doubt about a situation.

Mental health therapy is often essential for treating depression, anxiety, stress, emotional trauma, or abuse.

Meridian-based therapies, such as acupuncture, acupressure, and Eastern massage styles, are ideal for stress or pain, addictions, emotional issues, and broad physical categories like ear, nose, and throat conditions; heart-related issues; muscle problems; common ailments like infections; skin conditions; and more. (See chapter 3.)

Chakra-based therapies aid in physical, emotional, mental, and spiritual issues of all sorts. (See chapter 4.) They are typically recommended as a complement to allopathic care or other subtle energy practices.

Field-based therapies assist in resolving physical, emotional, mental, and spiritual issues of all varieties. They are also recommended for issues involving boundaries, for protection, and for environmental sensitivities. (See chapter 2.) They are typically recommended as an adjunct to allopathic care or other subtle energy practices. Examples include aura clearing and balancing, aromatherapy, and sound healing.

Natural healing supports allopathic care, in addition to balancing body, mind, and soul through low-impact treatments. The use of herbal medicine, supplements, hands-on healing, spiritual healing, homeopathy, aromatherapy, flower essences, Ayurveda, guided imagery, holistic dentistry, diet/nutritional medicine, exercise, and other forms of natural care all bring about healing. (See all chapters in part 3.)

Bodywork reduces stress and alleviates bodily pain from chronic conditions, as well as supporting allopathic care. Massage, chiropractic treatments, osteopathy, colon therapy, and reflexology are all forms of bodywork. (See chapter 12 for specific hands-on healing techniques.)

Certain forms of subtle energy medicine, such as Healing Touch, Reiki, color healing, and sound healing, fall into several categories. For instance, Healing Touch and Reiki use the hands to clear, balance, and energize the energy system, but they also achieve the same results as bodywork. Color and sound healing can effectively calm the nerves and therefore be adjuncts for mental health therapy, but they also shift the energetic field. You'll discover that many types of subtle energy medicine achieve several goals.

There are so many ways that modalities from the different categories can—and do—complement each other. For example, a person going through an extended period of anxiety and depression may work with a massage therapist and a psychiatrist. At one point in their process, they might also add the Emotional Freedom Technique (EFT, see page 15) to their healing plan. A pregnant woman, in addition to seeing her obstetrician-gynecologist (ob-gyn) and midwife, might discover that working with a healer who specializes in aromatherapy (see page 274) and sound healing (see page 287) exponentially increases her energy level and sense of emotional equilibrium.

Undoubtedly, you are someone who mixes and matches some of the best of both worlds yourself. I know that I do. I eat organic, whole foods; walk daily; and utilize my own energy balancing and healing techniques in one way or another just about every day. And I also employ the services of allopathic practitioners and medicines when I deem necessary. I believe it's important to not rely on a single modality. We are complex beings, and our health needs are complex as well. I suggest that you select modalities and therapies as part of an overall wellness plan that supports your highest goals. Because our needs change over time, it's also important to “never say never” or dismiss a modality out of hand—especially allopathic modalities. A broken bone will require allopathic care; homeopathy won't hold that bone in place. Serious depression can be treated in many ways; you

don't want to rule out prescription medicine. All medicine is energy medicine and, if properly dispensed, can boost and bolster your health.

TOPICS IN THIS BOOK

This book gives you a wealth of information about subtle energy healing. In part 1, you will learn about energy medicine and the energetic anatomy, which is made of energy fields, channels, and centers. Part 2 prepares you for serving as a subtle energy healer, whether you are a layperson or a well-decorated professional.

Subtle energy practitioners have special considerations that self-healers do not, and we cover these unique concerns in part 2. For instance, in order to build and maintain a thriving practice as a subtle energy healer of any stripe, we must foster trust and confidence with clients and patients. We need to be well informed about modalities other than our own and be whole-heartedly willing to recommend complementary options when a situation calls for it. We must also follow a code of ethics that incorporates the sometimes unusual considerations of working with subtle energy, such as the use of intuition or spiritual energies. I'll give you an array of philosophies and tools that can help you with trust and ethics; using intuition, intention, and prayer; setting energetic boundaries; and even setting up an office and conducting a client session. As well, this section features the tools I have developed over nearly thirty years of subtle energy studies and professional service. These are techniques I couldn't live without. They provide energetic safety and ease when paired with nearly any other subtle energy modality.

The ideas and techniques in part 2 are certainly vital to the subtle energy professional, but they're also applicable to the layperson. Every time we wipe a child's crying eyes and reach for a homeopathic remedy to heal the "owie," we are serving as a subtle energy practitioner. To hand out advice on herbs to our friends is to wear the mantle of subtle energy practitioner. And so we are all beholden to learn as much as we can about subtle energy protocol as well as the methods available for self- and other care.

Part 3 is where the rubber meets the road, featuring hundreds of techniques available to the subtle energy healer for healing body, mind, and soul. This is the how-to reference for your healing work, showcasing techniques from ancient to contemporary times, developed around the world. From homeopathy to gemstone healing, from meditation to using food as medicine, it's all here and ready to be used. This section will not only expand your understanding of the art and science of subtle energy medicine, but will also show you how to apply that understanding using methods and techniques that are practical, accessible, effective, and fun.

MOVING FORWARD WITH THE TORCH

As a subtle energy healer, you are essentially a torch-bearer. If we are all healers—and we all are—we participate in our own Olympic Games, carrying forward and passing on the most important torch of all: that of hope. Only by working with subtle energies, in addition to the physical body, can we shift medicine, healing, and this world out of its current constrictions into the truth of wholeness. Indeed, as a subtle energy healer, you are a bridge between the past and the future, a collaborative healer who values more than the healing process—a healer who values life. As you discover the bounty and the beauty of the methods and tools offered herein, where East meets West and heaven meets earth, you will understand why you have been called to the practice and process of healing. *You* are a light. *Your* light is needed.

PART I

MAKING SUBTLE ENERGY MEDICINE WORK FOR YOU

Albert Einstein, amongst other great scientists, shattered the Newtonian universe by asserting that human beings are not isolated islands unto themselves. We are composed of energy and energy fields, which interconnect us to all things.

Energy is information that moves. This short sentence is hugely complicated. It means that everything about us, even our inaudible thoughts, secret desires, and the pulse of the tiniest atoms within us, communicates onto a grander stage. It also implies that whatever occurs in the known and unknown world around us creates change inside us.

The information covered in part 1 reflects the fact that everything is energy. Subtle energy practitioners are specialists in noticing, tracking, diagnosing, and moving energy—the noticeable and the less concrete energy that composes disease and leads to imbalance, but also is the building block of wellbeing and health.

In part 1, we will explore the tenets of subtle energy medicine, which involves diagnosing and solving problems with energy—in other words, analyzing the information or vibration of energies causing harm, as well as administering information and vibration to restore balance. You will also be introduced to your energetic anatomy, the beautiful kaleidoscope of energetic systems that compose your subtle energy body. These three systems are made of your energy fields, which emanate from and flow around you; energy channels, rivers of light that carry energy through you; and energy centers, bodies of energy with transformational functions.

You can return to the data in part 1 when conducting any of the exercises throughout this book, as this information is the basis of many of the techniques.

SUBTLE ENERGY MEDICINE

Miracles . . . rest not so much upon
faces or voices or healing power
coming suddenly near to us from afar
off, but upon our perceptions being
made finer, so that for the moment
our eyes can see and our ears can
hear what is there about us always.

WILLA CATHER

Fundamentally, subtle energy medicine involves the study and application of the body's relationship to electric, magnetic, and electromagnetic fields, as well as light, sound, and other forms of energy. The body produces these energies and also responds to these energies that are in the outer environment. Regardless of the method used, the primary purpose is to change the frequency of the body's energetic fields, channels, and centers, the three main aspects of the energetic anatomy.

In practice, subtle energy medicine is healthcare that detects and analyzes energy imbalances; it is medicine that treats the whole person. The philosophy that underlies subtle energy medicine is based on an ideal of a balanced life—not necessarily one that is perfectly balanced in every moment, but one that values the physical, emotional, mental, relational, financial, creative, and spiritual aspects of life. Generally speaking, people tend to turn to subtle energy medicine when they want complete care, when they want to look at all sides of a problem. Often, they arrive at the office of a subtle energy practitioner when their old methods of addressing a persistent physical-, emotional-, or mental-health challenge are simply not working. In that sense, I would say that individuals often choose to explore subtle energy medicine when they want to feel hopeful again about their health, their happiness, and their future.

These days, the term *energy medicine* is becoming widely known, which signifies the exciting evolution taking place in the vast field of healthcare. Although the term *subtle energy medicine* may sound rather mysterious to some (a rarified form of medicine that's practiced by an exclusive group of secretly trained adepts), the truth is far more accessible and *inclusive*: subtle energy medicine includes *all* forms of medicine, even allopathic medicine. Whether they are MDs with a holistic focus or Reiki practitioners specializing in working with cancer patients, subtle energy practitioners are trained to look for the energetic imbalances that lead to disease and to rebalance our energies to restore our natural state of health.

Many terms are used to refer to healing methods that focus on the subtle energies of the body—or the subtle body as a whole—including *energetic healing*, *biofield healing*, *bioenergetic healing*, *energy work*, *energy anatomy*, *vibrational medicine*, *spiritual healing*, and of course, *subtle energy healing*. Each of these labels refers to subtle energy medicine, which is any practice that analyzes the subtle energies underlying a health condition in order to determine its true cause and to find effective solutions. Some of these practices, such as feng shui, qigong, and chakra healing, you may already be well acquainted with, while some, such as ThetaHealing, assemblage-point balancing, or acu-yoga, may be relatively new to you.

In any case, whether you are exploring the phenomenon of the subtle body for the first time or a practitioner with years of training, getting grounded in the basic science underlying subtle energy medicine will help to put this book's many tools and techniques to use.

ENERGETIC DISTINCTIONS: FROM PHYSICAL TO SUBTLE

There are two kinds of energy: *sensory energy*, which is physical energy, and *subtle energy*, which involves thoughts, feelings, intuition, and other energetic information. Sensory or physical energy moves more slowly than the speed of light and has to obey natural law, or the rules proposed by classical scientists like Isaac Newton. When we're talking about germs "causing" a cold, we're talking about sensory energy. Subtle energy moves at speeds faster than the speed of light. This complex energy follows the rules of quantum physics and may also be thought of as spiritual energy.

Although our primary focus in this book is on the subtle energies, it's important to emphasize the interconnection between the two types of energy. We sometimes need to do something physical to stimulate the subtle energies, but we also need to stimulate the subtle energies to find a physical balance. Chiropractic work is an example of a practice where physical adjustments affect both