



Hands of Light: A Guide to Healing Through the Human Energy Field

By Barbara Brennan

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Hands of Light: A Guide to Healing Through the Human Energy Field By Barbara Brennan

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

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Editorial Review

Amazon.com Review

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

Review

"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*

From the Inside Flap

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Users Review

From reader reviews:

Leslie Marcellus:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the particular Mall. How about open or maybe read a book entitled Hands of Light: A Guide to Healing Through the Human Energy Field? Maybe it is to become best activity for you. You already know beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with the opinion or you have some other opinion?

Rosa Nguyen:

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Clara Demoss:

Now a day those who Living in the era everywhere everything reachable by interact with the internet and the resources within it can be true or not require people to be aware of each information they get. How people have to be smart in receiving any information nowadays? Of course the answer is reading a book. Reading through a book can help people out of this uncertainty Information particularly this Hands of Light: A Guide to Healing Through the Human Energy Field book since this book offers you rich information and knowledge. Of course the info in this book hundred per-cent guarantees there is no doubt in it everbody knows.

Pete Plaisance:

A lot of people always spent their particular free time to vacation or go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that's look different you can read a book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a publication. The book Hands of Light: A Guide to Healing Through the Human Energy Field it doesn't matter what good to read. There are a lot of people who recommended this book. These were enjoying reading this book. Should you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

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