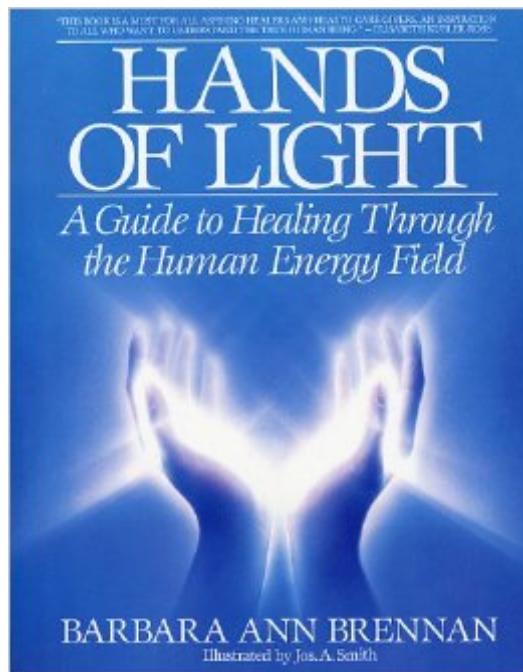


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# Hands Of Light: A Guide To Healing Through The Human Energy Field



## **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**

I consider *HANDS OF LIGHT* to be an essential reference book for anyone who is seriously interested in exploring energy healing. I am impressed with the way author Barbara Ann Brennan

describes her early childhood experiences of sensing energy fields around trees and all living things, and even more impressed that after many years of training in physics and western ways of scientism, she never lost her inner sense of knowing. HANDS OF LIGHT includes many pictures of auras and chakras, which serve to illustrate her points about how to identify common personality types and relationship types based on her in-depth personal healing experiences. Brennan also proceeds to explain how to help improve one's health by working on one's energy field. Full enjoyment of HANDS OF LIGHT requires that the reader either have an open mind regarding the fact that many people can see auras and chakras, or the ability to see these things oneself. Brennan provides exercises to help people learn how to see energy fields, so any reader with a sincere interest in the subject of energy healing will most likely be very satisfied with this classic book.

This book is a must for anyone interested in laying on hands and in understanding the human energy field in general. Barbara Brennan gives substantial background information concerning the disease process and how disturbances and imbalances in the aura manifest in the physical body. She then gives in-depth techniques for correcting these problems on a holistic level, including lucid examples of the ongoing process of healing. My only complaint about this book is that it fails to address the highly subjective nature of higher perception, but those who are aware of auras should be able to relate her way of seeing with their own. Although it may not be the best introduction for the beginning healer, overall, this book is an excellent addition to the shelves of intermediate to advanced healers, and it will serve them for years as their practice of the healing arts continues.

If you are interested in self-healing of ANY part of your person or are involved in the medical field, alternative medicine, hands on healing...etc, then buy this book! (Buy "Light Emerging" also!) Most books on healing using the human aura are flaky nonsense. In fact, most (not all) "New Age" books are nonsense in my opinion. This book is a strong exception. I honestly believe that this book will one day be considered a revolutionary text in modern medicine - that the techniques outlined in this text will one day become standard practices in modern medicine. I might add, I'm a very skeptical reader when it comes to non-traditional thought. I'm not some flake running around with crystals on my neck "sucking up bad energy." I'm a practicing mechanical engineer with a strong traditional educational background (incl. grad degree) in critical analysis. I should also mention I've attended one of her healing workshops and saw things that completely amazed me and also some things that seemed a bit odd. However, overall I would certainly recommend going to one of her workshops. If

interested, you may wish to search for her web site under "Barbara Brennan School of Healing"

I, like many, was blown away when I first read 'Hands of Light'. It is a very good book, even if channeling is over-emphasized (be careful just what it is you are channeling and do you really need to channel anyway...) but there are many books out there now that include things left out of 'Hands of Light'. For example, I have found that 'Energetic Anatomy' by Mark Rich (hard to find; [energeticanatomy.com](http://energeticanatomy.com) is the only way I found) is just as mind-blowing and has details that other books like Hands of Light leave out. So, this book is good, but it is not the be-all end-all. Multiple sources is the best way to go in this field.

Barbara Brennan has written one of the best illustrated books on Energy Healing I have seen yet. As a Reiki Master / Teacher, when trying to explain what the human aura is or the chakras or what negative energy could be, I us this book. The illustrations are excellent as well as the written explanations.

I am a devote Christian and I am frustrated of how the church, and I mean born-again denominational churches, treat "hands-on" healing as just like a "miracle". This book taught me that it is not just a "miracle". WE ARE A MIRACLE OURSELVES LIVING ON A MIRACULOUS BLOB OF ENRGY CALLED EARTH. WE ARE CAPABLE OF HEALING OURSELVES BECAUSE GOD IS IN US-EACH AND EVERY ONE OF US-HE IS IN US. HE CREATED A REAL UNIVERSE-MATTER AND ENERGY-INTACT and Barbara Brennan-a human form of love and compassion, a scientist and a healer-is an instrument of God who is being used to explain this (not so called) 'mysteries' of our cosmos thru this book. I am learning from her book and I am delighted to be enlightened. I can tell all here that COMPASSION AND LOVE WORKS. I can tell you that I can see auras and chakras now after reading her book but I sill have to deal some issues with myself that when I know it has been dealt with, I know I will be able to heal myself and heal others. You too can...

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