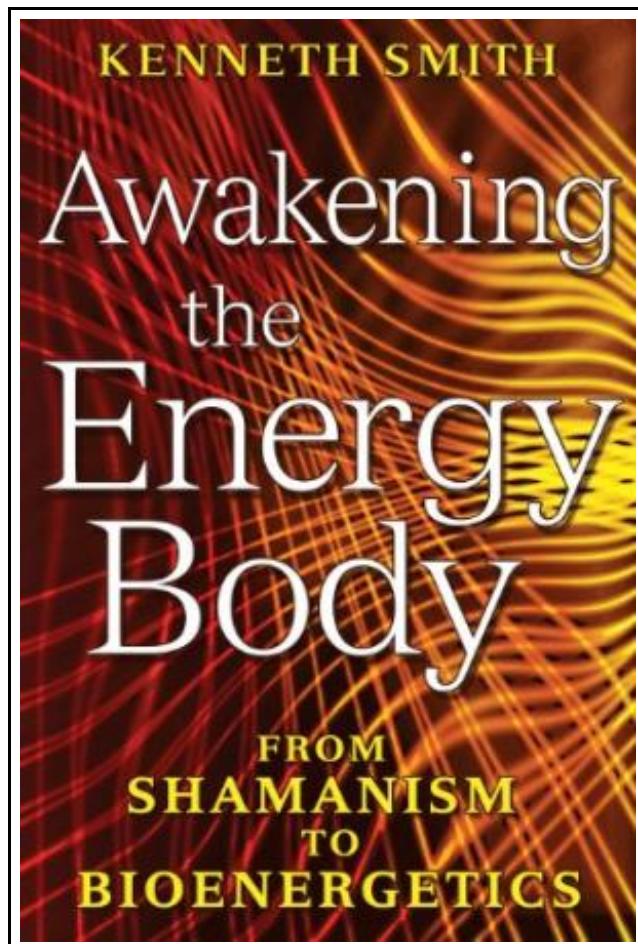


## Awakening the Energy Body: From Shamanism to Bioenergetics



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Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Awakening the Energy Body: From Shamanism to Bioenergetics, Kenneth Smith, Each of us inhabits an energy body whose interactions are the principal determinant of all we see, feel, think or otherwise perceive. Even as modern science is establishing the uncertainty of physical matter, it is asserting the reality of our existence as interconnecting quantum energy fields. For over 5,000 years, shamans of the Toltec tradition have studied and worked with the energy body, learning to recognise and understand its structure and perceptual capacities as well as mapping it as an objective, measurable part of our anatomy. In AWAKENING THE ENERGY BODY, Kenneth Smith's thorough grounding in the Toltec tradition allows him to bring forth an instructive overview for non-Toltec adherents of the latent possibilities available to the energy body and how to bring awareness and objective form to it. Using evidence from the emerging scientific discipline of bioenergetics, which studies the flow and exchange of energy, Smith shows that conscious awareness not only creates our reality but enhances the functionality of the human energy body, allowing it to navigate the myriad realities of our world. He offers a specific set of strategies to manage the energy body in ways that are beneficial to both material existence and spiritual development. He also discusses the ethical considerations of developing consciousness and how one can quicken personal evolution in order to live a full and complete life, while revealing where the worlds of ancient tradition and modern science meet.

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