



THE PATH OF ENERGY

By Synthia Andrews

Story Angles

New Age Spirituality

Learning to interact in the realm of subtle energy is the next step in personal and planetary transformation. We are at a unique time in history where the expansion of human consciousness may be the solution to the challenges we face. Many believe this expansion is being facilitated by an increase in frequency that is shifting old patterns and opening people to their innate human potential. *The Path of Energy* provides methods for perceiving and using subtle energy, shifting awareness and activating inner abilities. It provides tools for the transformation underway.

The many challenges associated with transformation are also addressed in the book. Transmutation of personal limitations, old beliefs and outmoded practices can be stressful. New frequencies can take a toll on the physical body. The practices in this book help smooth the transition into the world of energy and provide direction in navigating the new terrain.

Personal growth and Self empowerment

Most people want to transform some aspect of their life. They may be seeking more joy, a more fulfilling career, looking for greater spiritual connection, desiring deeper, more committed relationships, or simply craving a more authentic life. The conditions of a person's life are held in place by patterns of energy that are created through the person's attitudes and beliefs. When the flow of energy shifts, the conditions shift as well.

This book provides practical guidance in contacting the energy level of reality and changing flows of energy to release old patterns and create new opportunity. It provides guidelines in using energy awareness for demonstrating empowerment in daily activities such as manifesting, developing intuition, removing obstacles, building relationships, clearing space, and so forth.

Body, mind and spirit

The field of health and wellness recognizes the role of subtle energy in maintaining health as can be seen by the variety of energy modalities and the insurgence of integrative health care.

Health care providers are becoming more receptive to energy as a means to optimal health as methods to balance the flow of energy are becoming mainstream, taught in yoga classes, tai chi and mediation.. The exercises in this book balance internal flows of energy, guide the reader in feeling subtle energy in self and others, and provide methods for healing practices.

Intuitive and Psychic Development

People are fascinated with developing intuitive and psychic capacity and developments in Quantum physics provide a theoretical basis for understanding paranormal abilities. Subtle energy provides a medium that enhances these abilities. Many training centers have emerged to specifically meet this niche, such as the Monroe Institute in Virginia, The Association for Research and Enlightenment (Edgar Cayce's institute) in Virginia Beach, The Theosophical Society in New York City and many more. *The Path of Energy* provides practical exercises to enhance psychic skills using subtle energy. It affirms the innate ability to access subtle energy and the natural capacity for psychic function.