

For Immediate Release

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The Path of Energy *Embodying Changing Consciousness*

San Francisco, CA (June 15, 2011) — Advances in quantum physics are telling us the new paradigm is an awakening to the awareness that there is no separation between the seen and unseen domains – between the material world and the world of subtle energy.

The Path of Energy: Awaken your Personal Power and Expand Your Consciousness, is unique handbook of principles, practices and exercises for achieving expanded consciousness of these unseen realms.

The author, a veteran naturopathic physician with thirty years experience as a massage and energy practitioner and teacher, Dr. Synthia Andrews lays out thirteen meditations that activate patterns of light within the energy body to awaken specific abilities and levels of awareness. Each meditation includes benefits and purpose, step-by-step written directions augmented with line drawings, and an interpretive illustration of the completed energy pattern.

“Subtle energy” as described in the book is more than life force—it is the substance of reality and the vehicle of consciousness. Our bodies are wired to navigate this domain and we are equipped with everything needed to engage this world of energy and creatively change our lives. Within *The Path of Energy*, readers will find techniques that:

- *Build energy awareness*
- *Deepen the spiritual path*
- *Develop intimacy in relationships*
- *Align with earth energy*
- *Clear space, create protection, manifest goals*
- *Facilitate healing, and much more*

Dr. Andrews will be offering web-based support for the techniques in *The Path of Energy*, and guided audio meditations at www.thepathofenergy.com, to be launched with the publication of the book.

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About the Author: Dr. Synthia Andrews maintains a private practice, teaches classes and workshops, and lectures around the world. She has graduated from the College of Naturopathic Medicine at the University of Bridgeport, taught at Connecticut Center for Massage Therapy, and founded and co-directed the Shoreline Center for Wholistic Health. She currently teaches at the Kripalu Yoga Institute and is an authorized teacher of the Jin Shin Do® Foundation. Andrews is co-author of:

The Complete Idiot's Guide to 2012

The Complete Idiot's Guide to the Akashic Record

Acupressure & Reflexology for Dummies

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