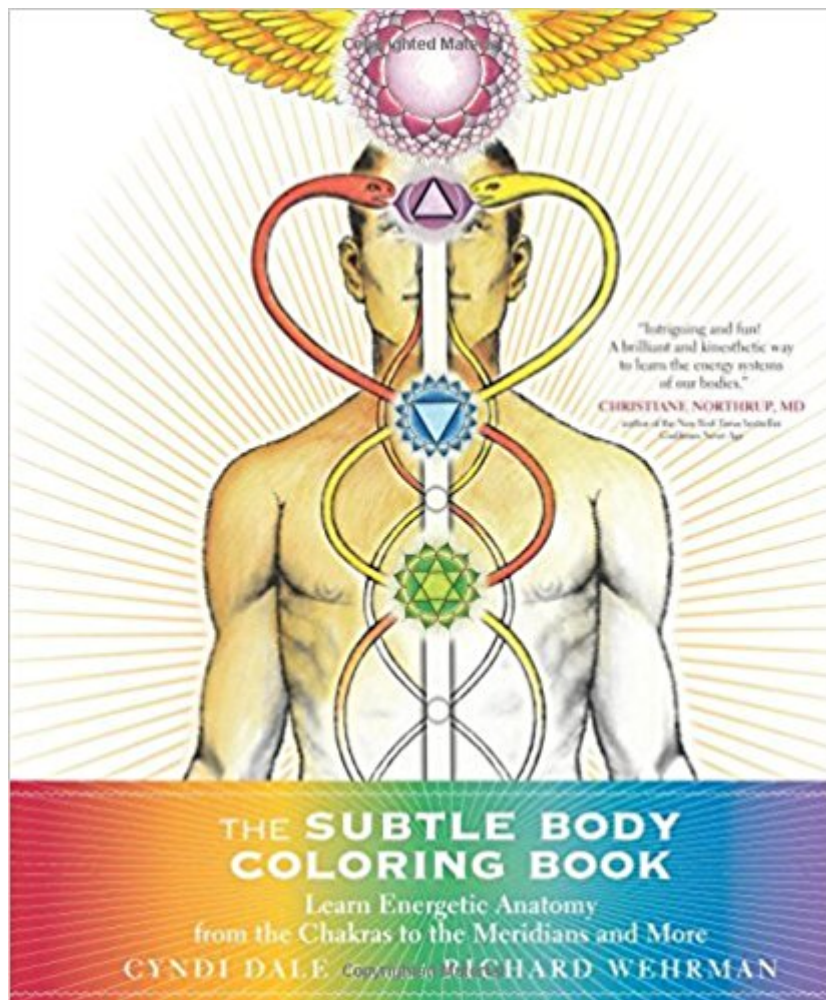


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The Subtle Body Coloring Book: Learn Energetic Anatomy--from The Chakras To The Meridians And More



Synopsis

Explore the Energetic Dimension of Your Health • In Living Color! When it comes to the subtle body, coloring is more than just an enjoyable way to learn about the energy systems that govern our health—it's also an effective practice to help awaken your intuitive connection to your chakras, meridians, and more. With *The Subtle Body Coloring Book*, Cyndi Dale joins illustrator Richard Wehrman to bring you an illustrated resource on healing modalities from a variety of traditions, inviting you to:

- Embark on a coloring tour through the major energy structures of the subtle body
- fields, channels, and centers
- Explore the body's aura and electromagnetic biofield
- Illuminate the meridians
- the body's chi channels as identified by Traditional Chinese Medicine
- Awaken the gifts and wisdom of each chakra as you color them
- Journey through your acupuncture points, organs, and the subtle energy centers that empower health and wellness
- Learn the special qualities and healing properties of each color you use

Filled with practical guidance for students, teachers, and holistic practitioners here is an information-rich book that serves as an educational tool, memorization aid, and a great way to relax and explore the energetic dimensions of our health.

Book Information

Spiral-bound: 148 pages

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Best Sellers Rank: #20,888 in Books (See Top 100 in Books) #12 in Books > Religion & Spirituality > Hinduism > Chakras #22 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #37 in Books > Self-Help > Art Therapy & Relaxation

Customer Reviews

"The Subtle Body Coloring Book is intriguing and fun. It provides all of us with a brilliant and kinesthetic way to learn the energy systems of our bodies while also relaxing and enjoying ourselves."

—Christiane Northrup, MD, author of the New York Times bestsellers

Goddesses Never Age; Women's Bodies, Women's Wisdom, and The Wisdom of Menopause

"When we live with an awareness of color, we live a more colorful life • we go from bland to vibrant, from lackluster to vital. Let yourself go full-spectrum through the conduit of creativity with this exciting Subtle Body Coloring Book!"

Dr. Deanna Minich, author of Whole Detox

"Cyndi Dale once again brings highly esoteric and very subtle energy into the realm of play and learning. What better way to learn about these powerful systems than to engage the unconscious directly by means of art: colors, shapes, and play. Although the energy systems she describes transcend easy-to-categorize shapes and contours, Dale offers a way to begin to imagine these systems and begin to feel and sense them within ourselves by leading us into the creative, imaginal realm. From there, our inner artist can begin to sense what exists all around us, but is very difficult to pin down. This is a gift to students and teachers of subtle energy, and to anyone whose inner child is yearning for both advanced knowledge and a simple way to get there."

Lauren Walker, author of Energy Medicine Yoga and The Energy Medicine Yoga Prescription

"All those who need to understand the critical issue of energy anatomy can benefit from this great workbook."

C. Norman Shealy, MD, PhD, founder and CEO, International Institute of Holistic Medicine

"Wow! Such a beautiful way to deeply learn about the subtle energy systems of humanity: meridians, chakras, and colors. Live, love, and learn with this experiential coloring book!"

Brigitte Mars, coauthor of The Country Almanac of Home Remedies and The Home Reference to Holistic Health and Healing

"The Subtle Body Coloring book is a wonderful, engaged way to learn more about the energy body and energy fields. I love that Cyndi Dale included so much information on auric fields as it is key to healing work, distance healing work, and everyday interaction in the world. I am a huge fan of this coloring book and will use it with my energy students."

Dr. Ann Marie Chiasson, Arizona Center for Integrative Medicine at the University of Arizona and author of Energy Healing

"The field of energy medicine has become a legitimate and serious focus of study within physics and health care. We are happy for this! And thanks to Cyndi Dale, we now have a new creative option for study and integration of the fascinating concepts of the human energy system beyond scientific articles and textbooks. A lovely complement between the art texts of Alex Grey's Sacred Mirrors and the intellectually oriented scientific literature, Cyndi and her artist colleague, Richard Wehrman, offer us both a FUN and a meaningful method to further integrate our understanding of the mystery of our human being-ness! Through this fascinating and well done coloring book, one

finds a lovely balance between “just enough” text to whet our left brain’s appetite for information and an artistic plethora of black and white figures with their energy anatomy, which satisfies the right brain and awaits your colored pencils and individual creativity! I will happily share this with students, colleagues, friends, and kids of all ages!

• Cynthia Hutchison DNSc, RN, HTCP/I, Educational Program Director, Healing Touch Program; owner of Boulder Healing Touch

“Cyndi Dale’s The Subtle Body Coloring Book makes the learning of energy into a fun and adventurous journey! She uses different healing modalities from a variety of traditions, which provides us with wonderful interactive overview and are cross-information between each other. I strongly recommend this unique book!”

• Robert Peng, author of The Master Key

“Exploring subtle realms of healing brings together multiple ways of knowing and being. This coloring book allows us to learn and engage our imaginations in ways that embrace our expanded consciousness and in turn invites us to harness the furthest reaches of our healing capacities. Now, sharpen your colored pencils and have fun.”

• Marilyn Schlitz, MA, PhD

“I am excited about sharing this book with my students and clients. It is a game-changer for those people looking to upgrade how they dance through this life, as it is a master playbook. True healing takes place in our subtle bodies where the deepest development of our souls can emerge. Coloring is a therapeutic, harmonic practice that naturally creates an unfolding of all aspects of our mind, body, and spirit. I love this tool!”

• Dr. Light Miller, Ayurvedic College for Well-Being

Cyndi Dale Cyndi Dale is an internationally renowned author, speaker, intuitive healer, and visionary. She is president of Life Systems Services, a corporation that offers intuitive-based healing, destiny coaching, and corporate consulting. Cyndi has been trained in multiple healing modalities, including shamanism, intuitive healing, Lakota medicine, and Reiki. She has written several groundbreaking books on the chakras, including Advanced Chakra Healing, Attracting Prosperity Through the Chakras, and New Chakra Healing, and her work has been translated into nine languages. Cyndi Dale has received the following awards for The Subtle Body: 2010 Gold Nautilus Award - Health/Healing/Energy Medicine 2010 Silver Living Now Award - Health/Wellness 2010 Bronze IPPY - New Age (Mind-Body-Spirit)

I returned it as soon as opening it. I have the book which I really enjoy but this wasn't a good COLORING book. I'm not a prude but the first page I opened was the Male Anus and I did not want to color that, I'll read about it but... don't need to color it in. I was disappointed at all limited amount

of female figures and actual coloring pages. If you would like to really drill what all the aruas are it would be beneficial to color them all in individually but I found it very boring as far as a creative endeavor goes. Normally I would keep my personal opinion to myself but based on the photos in the listing and the cover of the book I was expecting a lot more than what I recieved and I want to save other from my mistake.

I love that I can learn as I color...and on one of my favorite subjects.Customer service is great...the deliver was prompt and the product was well packaged...I am excited to begin learning and coloring in this book...the quality of this book is amazing as are the pages, details and information. I will venture to a few of their other books in time. I highly recommend this coloring book...It's better than a science class for me.

What a wonderful way to learn!! My memory is so poor when I read words... using color and creativity really brings the information to life! Cyndi is such a blessing and a wonderful source of wisdom for anyone who wants to grow as a person and an energetic being.

I teresting

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