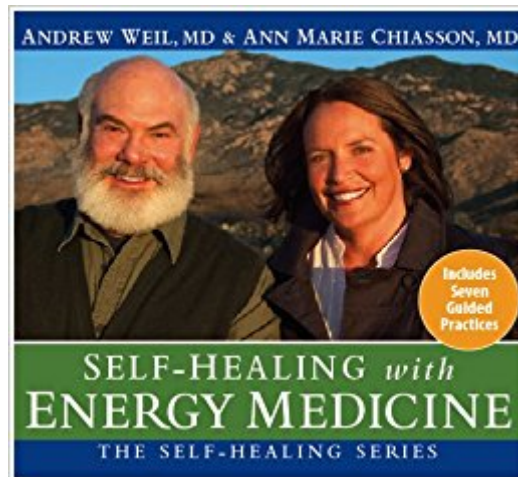




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Self-Healing With Energy Medicine



Synopsis

We can help take care of ourselves with diet, exercise, and regular check-ups, but is there more that we can do to optimize our overall health? Dr. Andrew Weil, pioneer of integrative medicine, believes so: "An integrative approach to health means addressing not only our physical body, but our energetic body as well." Now on *Self-Healing with Energy Medicine*, this bestselling author teams up with Dr. Ann Marie Chiasson to offer insights and expert guidance about how to clear blockages to healing, enhance your longevity, and increase your vitality. On session one, Dr. Weil shares his thoughts on the scientific investigation of energy medicine, plus his personal story about learning to utilize energy modalities for healing. On session two, Dr. Chiasson shares guided practices to help restore the body's natural energy flow and create your own daily energy wellness routine. *Self-Healing with Energy Medicine* offers a practical portal into the transformative and life-giving forces around us.

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Customer Reviews

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include *Spontaneous Healing* and *Natural Health and Eight Weeks to Optimum Health*.

I did Anne Marie's 2.5 days intensive course at the Wake-Up Festival in August. I really had no clue what I was getting into, but without a doubt this was one of the most rich, fun and valuable things I've ever done. I am 63, and many (not all, but give me time) of the body exercises she taught me have easily been integrated into my daily schedule. The toe-tap is wonderful, as it is the only exercise I know that can be done in my bed, flat on my back, both morning and evening. And it one of the most helpful in calibrating the energy in the body. What a great thing!! We used really loud, percussive music in the live course, and I have been scouring my CD collection for music that works with the exercises. She use some James Asher, and I'm finding that certain tracks on Banco de Gaia are perfect (e.g. Kuos & Heliopolis). Yes, not only is my body more alive, but my taste in music has migrated to something more primal. What fun!! Anne Marie was a super instructor in person, and was more fun and engaging as each day passed. May be hard to capture her personal energy on the CD set, but you will probably feel it. If you want more you can get her full kit (Without Weil) from her own Website. Currently about about \$65.00. (5 CD, 1 DVD, Workbook and study cards.) Her work, and her fun way of teaching, are changing my life at multiple levels - and it hasn't come a moment too soon!! I'm a believer, and I am grateful.

Famous alternative medicine doctor and author Andrew Weil introduces Ann Marie Chiasson, who in these CD's, discusses some theories of alternative medicine, what they call "energy medicine". She also gives exercises. "Energy med" is as good a term as any, this refers to medicines or techniques that we sense are working, but considering the materialist bent of conventional (and allopathic) medical establishment, these energies are undetectable by the current, empirical "scientific" technology. Drs. Weil and Chiasson discuss on CD one, ideas like vital force, that we are composed of an energy which is causal to our mental, emotional and physical body. When we get sick, the first place this happens is a blockage or derangement in the flow of the vital force, or chi. The more sensitive among us feel something is wrong. Later the illness which conventional doctors can measure, manifests itself. The idea is if we can detect or treat the vital force, we can perhaps heal an illness before it starts in earnest. They point out that chronic illness, like cancer, has many indicators before it bursts upon us. They talk about Homeopathy, Reiki, Tai Chi, taoist, chakras, "sacred" touch and various energy medicine modalities. Particularly they discuss importance of touch and the tendency of the body to hold a "proto-illness" (my words) within it. The first CD (theory), the listener will probably play once or twice. In the more important second CD Dr Chiasson guides the listener through eight exercises. These are intended to be practiced over and over.

Some manipulate the dan tien (taoist) some the chakras (hindu or yogic), some use visualization. They come with pleasant new age music background. Most of these are touch or movement, but they seemed effective. Dr Chiasson says various exercises will help, "anxiety, Restless leg syndrome, insomnia, depression, low energy, chronic fatigue, hypertension, chronic pain, anger" etc, etc. Personally, I tend to be openminded but a bit skeptical to the theories. I "believe" in what I have experienced to heal, regardless of theory. I have never, for example, been treated by a Reiki "master" who offered any benefit (that's my experience, no letters or comments, please). I have seen Homeopathy, another energy medicine, produce miraculous cures. I did the exercises on the CD only twice before writing this. I felt calm, warm and with a buzzy, energized feeling all over my body. There may well be more long term benefits, which I have yet to verify. The over-credulous will believe everything, the skeptical materialists among us believe nothing (and this negativity tends to prevent their healing). So try it! It can't hurt, it might help. It may not work overnight, but it's probably better for you than those prescription pills and shots! Keep an open mind. Your primary doctor should be you. Remember, conventional medicine is really in it's infancy! Just because they can't detect it, measure it, or put it in a test tube, doesn't mean chi/vital force isn't there!

The course begins as a very Basic Energy Healing Course, but then progresses. Good material, this is a 2009 release with 2 CDs, covering about 2 ½ hours of material in the entire program. There is also a 21 page booklet included to help you review the material on the CDs. In disk 1, tracks 1 - 5, Dr Weil talks about some very basic energy stuff. Dr Ann Marie Chiasson comes in on track 6 and gets into a more extensive explanation of energy medicine. She continues throughout the remainder of Disc 1 and for all of Disc 2. Disc 1 mentions several times that there are exercises to explore in Disc 2. You can listen to Disc 1 in the car, because it is the informational disc. Disc 2 is your practice disc and is NOT suitable for the car.

Disc 1/Session 1 (Total Time: 74:45) Energy Medicine: An Ancient Alternative for Self-Healing

1) Introduction (0:40) Energy medicine is both conventional energy testing and treatments, such as X-rays and Subtle Energy, a range of therapies and treatments, such as Reiki, crystals, Therapeutic Touch, light/color/sound therapies, chanting, etc. Sensing energy blockages and transmitting energy inward toward healing and/or maintaining your health. This program speaks mainly of the more subtle energy treatments.

2) The Scope of Energy Medicine (12:44) - explains a bit about sending energy through the hands and that it is present in many cultures. Dr Weil explains some of his personal experiences with this type of vibrational energy and his positive experiences with it. He also believes you can use this on yourself or receive it from another, especially one trained in these arts.

3) Subtle energy experiences (7:13) - Dr Weil

begins by explaining the flow of energy he felt from certain rocks. How electromagnetic fields are likely contained in everything as well as everyone, with fields defined in specific ways (a specific field for a dog, a field for a rock, etc.)> He explains how some people have stronger energy receptors than others.4) Detecting imbalances: (8:10)Conventional medicine appears to be more matter/material related (medicine). There is much research now being done on the subtle energy medicine and it may well be the wave of the future. Integrative medicine seeks to find a less costly alternative to xxx. He believes we should accept the aging process but try to xxxxxx. How do you feel around certain people? (drain energy). Conserve your vital energy/chi as you grow older.5) Harnessing your Life Energy (7:59)Yogic breathing technique (bellows technique)--He shows you how to perform the technique and to experience the energy vibration change within your body. He then speaks of places where you can experience changes, using sound, flowers, etc to affect your energy. Creating your special space.6) The anatomy of the subtle body (13:53)--Dr Ann Marie begins in this track. Her specialty is energy/healing touch/reiki, as well as conventional medicine. Her approach has been how conventional medicine and energy medicine work together. She mentions meridian systems and chakras and various cultural aspects of these systems of the energy bodies and how she believes different healers perceive the energy systems. She talks about pain as blocked energy and the importance of a balanced body and being grounded.7) Clearing your body (4:42)Conflict housed in the body and mind - chakra meditation vs asking the mind, and finding which chakra the conflict is in and working on that part. Clearing experiences out of the body instead of holding on to them. She explains the theory that a problem manifests in the energy body usually before it manifests in the physical body.8) Chronic Pain and Illness (6:11) - working on ourselves, taking pills, believing and taking the baby steps to work on themselves. "Touch" as a potent healer and making use of it. Laughter as a healer. Sacred Touch and watching its effect. Exploring the pain. Changing the filter to explore why the pain is there.9) Working with specific illnesses (8:27) - such as anxiety (training the body when it is not anxious), depression, chronic pain, neuropathy, restless leg syndrome, chronic fatigue, fibromyalgia, cancer and chemotherapy10) Perceiving and moving energy (4:42) - moving energy different ways. Anything that has energy can move energy (sound, smells, hands, voices, etc.) Not all people perceive energy the same way (seeing, feeling, etc) You have to find your own way into the energy and it usually happens very slowly. Explore intuition also.Disk 2/Session 2 (Total Time 73:28)Dr Ann Marie guides you through exercises to ground you, clear the energy field, work with heart centering, full-body healing, Sacred Touch and Earth energy and explore the states of awareness within your own body. If you get hooked on the music used in disc 2, track 4, the music credits are listed in the

back of the booklet so you can probably order the CDs or album track downloads from .com.1) Introduction (0:21)2) Preparing for Practice (1:20)3) Toe tapping (10:03) Dr Ann Marie shows you how to "toe tap" and you do it for awhile to some East Indian type music. She also guides you through the exercise and explains what it does for your body.4) Shaking the Bones (12:39)--some pretty lively music here as you shake your bod as if you were hanging from a string.5) Sacred Touch (3:08)--Dr Ann Marie runs you through using your hands to send energy to yourself through touch.6) Heart-Centered Meditation (15:23)--More than a center of love and compassion, she considers this area to be the center of Divine healing. She runs you through a meditational-type exercise within this center.7) Full-body energy connection (14:39)--She directs you to send energy through your hands to your body parts.8) Connecting to the Earth (8:04)--This is a lay-on-the-floor/ground exercise. I'm not much into laying on the floor, but, in my opinion, you could do it by sitting down or laying on a couch or bed and directing your thoughts into the Earth. The seasoned meditators already know that you can "go" anywhere and everywhere with focused intention.9) Awakening the Body Response (7:48)--going into the dan tien system to integrate the mind/body/heart. I would say the biggest bang for the buck in this CD package would be for the energy medicine beginner, but it could still provide some info, reminders, and practice for the more seasoned energy medicine person as they practice the meditations with Dr Ann Marie. If you are an energy teacher/practitioner, you could run your students through some of the Disc 2 exercises. There are some really good guided meditations on Disc 2. Note: If you are a beginner and can't get a feel for sending energy through your hands yet, as in disc 2, might I suggest you consider taking a local Reiki class. A New Age type store can usually point you to several Reiki teachers or you might find one on-line. (If you are in the Baltimore, MD area, I can recommend someone.) Some people need the practice of a formal class to open their senses and begin to feel the flow of energy. I can honestly say that Reiki changed my life (for the positive and in a very big way). For those who do not already know, alternative therapies and subtle energy therapies can have a profound effect on your life, but first, you must let go of your dis-belief and be at least open to the possibilities. (How many miracles have we seen, when people told themselves I CAN instead of I CANNOT?) As Yoda said, "DO or DO NOT. There is no "TRY." Namaste'

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