



# **Energetic Anatomy: An Illustrated Guide to Understanding and Using the Human Energy System**

*Mark Rich*

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## **Energetic Anatomy: An Illustrated Guide to Understanding and Using the Human Energy System** Mark Rich

There is far more to the Human Energy System than the "aura" and the "chakras". In this book, you will explore powerful and largely unknown energy structures, never before covered in-depth, in any book. In addition you will learn practical, proven methods to see, feel and use energy and master the use of these energy structures. Heal yourself and others on every level - physically, spiritually, mentally and emotionally through the use of the many simple and effective exercises in this book. By understanding the structures of the Human Energy System, and their function, it becomes easier to identify and transform core issues, rapidly change negative emotional states and create greater certainty about your relationship to spiritual reality. The beautiful, accurate illustrations by award winning artist, Gosha Karpowicz, help you to gain a visual perspective which empowers your ability to use your imagination to assist you in developing conscious use of the Human Energy System. You will develop the ability to clearly see and feel where your energy comes from and where it goes, and to know just how intimately all of life is bound together. This new understanding will lead to a much greater evolution of your awareness, until you can consciously use these powerful structures to significantly improve your health and benefit others. Ultimately, the life-affirming tools developed in this book can be used as an effective bridge into the boundless and timeless world of spirit. This book is a must have for energy healers, bodyworkers, physicians using the Human Energy System in their practices and those interested in maximizing their performance in any area of life.

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