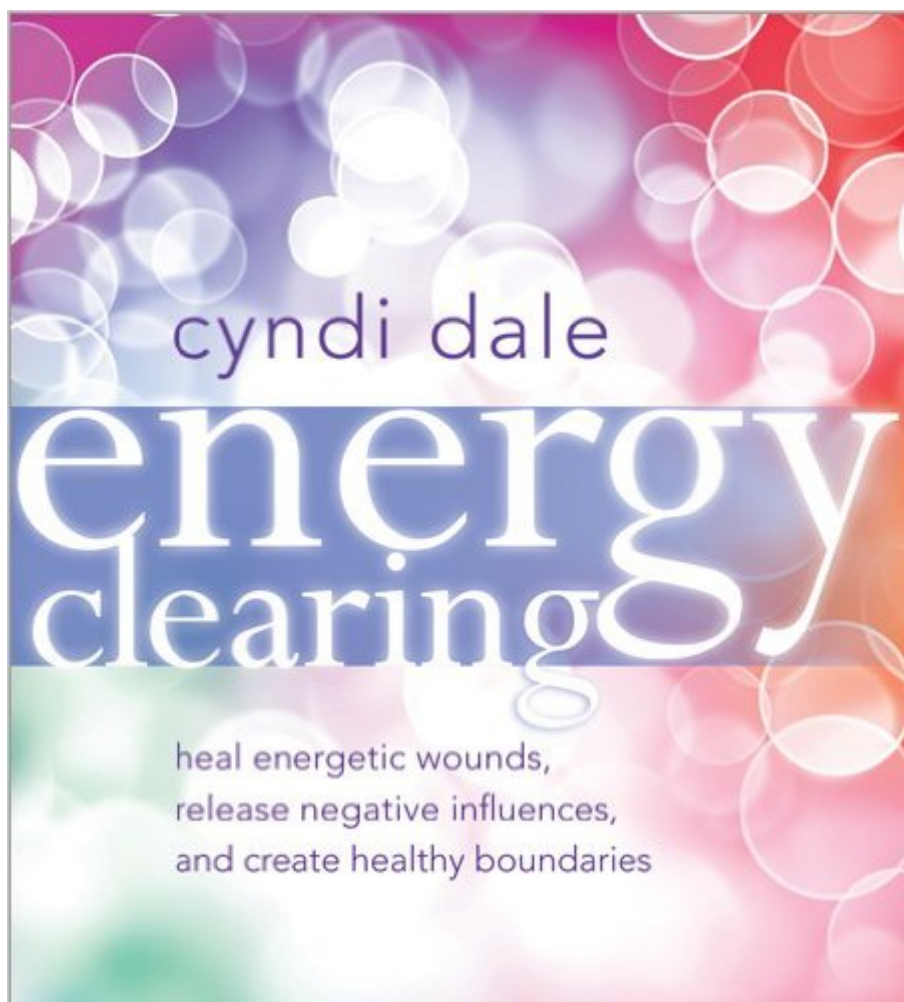


The book was found

# Energy Clearing



## Synopsis

You take vitamins, work out, and watch your diet, but at the energetic level, what are you doing to maintain your well-being? Your energetic body needs to be kept in shape too, and with *Energy Clearing*, acclaimed author and chakra expert Cyndi Dale brings you the key practices and techniques for maintaining and enhancing the health of your subtle anatomy. "Our energy fields affect more than our health," Dale explains. "They control our happiness, our prosperity, our decision making—every facet of life." On her new audio program, this world-renowned teacher presents a complete regimen of energy practices, including: How to scan your subtle body and diagnose specific problems and imbalances. Techniques for creating energetic boundaries to protect yourself from harmful influences. Guided meditations for clearing your internal blockages and increasing your natural strengths. Daily practices to invigorate yourself in the morning, deal with real-life situations during your day, and cleanse your energy field at night. Even though the subtle body is invisible, it has as much impact on your overall well-being as any aspect of your physical self. With *Energy Clearing*, Cyndi Dale provides all the tools you need to develop a vital energetic lifestyle best suited to your own needs—for a lifetime of improved health, happiness, and mental clarity.

## Book Information

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## Customer Reviews

With the start of a new year, it signals a time when an individual should set goals towards self help and fulfillment. A remarkable new healing theory can be found in Cyndi Dale's *Energy Clearing*. In this audio, you will discover the way to clear your body of negative energies. Approximately 80% of

all individual problems can be traced back to negative thoughts they encounter each day. It is essential individuals learn how to develop energy boundaries to help combat these life threatening forces. Energy Clearing is one of the most fascinating audios I have yet to discover. I learned so much in time I took to listen to its wealth of knowledge. One of the things Cyndi explains in the beginning is defining an energy boundary which is an invisible boundary where an individual has control over what enters into their body. Often many health problems can be traced back to being exposed to a person with negative energy. Their body acts as a magnet and picks up the unhealthy energy from a negative person. The healing exercises in Energy Clearing allow your body to release all the negativity it has been keeping bottled up. This audio is the perfect way to jump start any new year. It will allow you a means to release the negativity that is blocking your path to well being. I highly recommend this audio and any of Cyndi Dale's work to anyone who wishes to change their life for the better. With each offering I discover of this talented artist I become more impressed with her skill as a healer and a writer.

I found this audio CD to be very informative and interesting on the subject of energy fields, chakras etc. As I am new to this study this CD answered many questions. However, I think a seasoned student of this field will find the author, Cyndi Dale, to be expert on the subject and just as interesting, as I. Her voice is very easy to listen to and the information in the CD is fascinating. She seems to have no trace of arrogance-Just a very down-to-earth way of describing what others may perceive as a less than down-to-earth subject. I just did one of the meditations once and found it useful; I plan to do again. I think that as these beliefs become better accepted that our whole medical system and methods of healing people will radically change. I also like the authors Dr. Judith Orloff and Sonia Choquette.

There are a few speech issues such as hesitations and it feels like she is reading from a script and is trying a bit too hard not to put the listener to sleep, but overall it was okay. She explains the energy system as the 7 major body chakras and the 8th through 12th chakras off the body, and the role each chakra plays. Dale says the aura or auric field is the energetic boundary. She explains how it affects us when boundaries are invaded or damaged. Dale goes into possible causes for damaged energy boundaries, energy wounds, and damaged or malfunctioning chakras. She also discusses some topics not usually covered in these type of self-help discussions such as bindings, curses and haunting. Guided meditations are used to cleanse and reestablish healthy energy boundaries. Guided meditations are aimed at taking you into your subconscious, a journey into your

past where you visit a circumstance that "damaged" your energetic boundary and change the storyline to establish the parameters you need to repair the damage (Dale instructs it may take more than 1 visit to repair the damage), and a 5 step meditation (ground, center, protect, open, and close). She explains each of the 5 steps and how the meditations can be used to heal, manifest, set tasks, answers to questions, etc. Overall I found this an easy and straightforward CD set running about 2.5 hours.

Some interesting things are being said here the problem is the pronunciation of certain words becomes very distracting. The word "especially" does not begin with ACK therefore it does not sound like "ACKSPECIALLY". Like fingernails on a chalkboard this word alone is repeated at least three times, making a meditative state all but impossible.

I like to use guided meditation for stress reduction/relaxation and have listened to quite a few people. Cyndi Dale imparts a lot of knowledge on these two compact discs and that's sort of the problem for me. Blah, blah, blah - one disc is a lecture on the subject and the other disc a rehash. There is very little guided meditation. I found her voice too perky and it goes up at the end of a sentence, which makes whatever she is saying kind of a question, which engages the mind and makes me feel like I have to formulate a response - absolutely exhausting. Don't get me wrong, she seems to know her subject well but I wish she would have hired a voice over person. My preference is Anna Wise or Eli Bay, both possess hypnotic voices that guide you down a path. Yoga Nidra is also a good choice.

Concise, easy to understand, helpful to hear a voice walking you through the steps.

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