

"THIS BOOK IS A MUST FOR ALL ASPIRING HEALERS AND HEALTH-CARE GIVERS, AN INSPIRATION TO ALL WHO WANT TO UNDERSTAND THE TRUE HUMAN BEING." – ELISABETH KUBLER-ROSS

# HANDS OF LIGHT

*A Guide to Healing Through  
the Human Energy Field*

BARBARA ANN BRENNAN

Illustrated by Jos. A. Smith



## HANDS OF LIGHT

"BARBARA BRENNAN'S WORK IS MIND OPENING. HER CONCEPTS OF THE ROLE DISEASE PLAYS AND HOW HEALING IS ACHIEVED CERTAINLY FIT IN WITH MY EXPERIENCE."

— BERNIE S. SIEGEL, M.D.,  
author of *Love, Medicine and Miracles*

With the clarity of a physicist and the compassion of a gifted healer with fifteen years of professional experience observing 5,000 clients and students, Barbara Ann Brennan presents the first in-depth study of the human energy field for people who seek happiness, health and their full potential.

Our physical bodies exist within a larger "body," a human energy field or aura, which is the vehicle through which we create our experience of reality, including health and illness. It is through this energy field that we have the power to heal ourselves.

This energy body — only recently verified by scientists, but long known to healers and mystics — is the starting point of all illness. Here, our most powerful and profound human interactions take place, the precursor and healer of all physiological and emotional disturbances.

*Hands of Light* is your guide to a new wholeness. It offers:

- a new paradigm for the human in health, relationships and disease.
- an understanding of how the human energy field looks, functions, is disturbed, healed and interacts with friends and lovers.
- training in the ability to see and interpret auras.
- medically verified case studies of healing people from all walks of life with a variety of illnesses.
- guidelines for healing the self and others.
- the author's personal and intriguing life adventure which gives us a model for growth, courage and possibilities for expanded consciousness.

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GUIDE FOR SELF-HEALING. IF YOU INTEND TO FOLLOW  
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DO SO ONLY UNDER THE SUPERVISION OF A MEDICAL  
DOCTOR OR OTHER HEALTH CARE PROFESSIONAL.

HANDS OF LIGHT

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This book is dedicated to all travels on the path homeward.

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Love is the face and body of the Universe. It is the connective tissue of the universe, the stuff of which we are made. Love is the experience of being whole and connected to Universal Divinity.

All suffering is caused by the illusion of separateness, which generates fear and self-hatred, which eventually causes illness.

You are the master of your life. You can do much more than you thought you could, including cure yourself of a "terminal illness."

The only real "terminal illness" is simply being human. And being human is not "terminal" at all, because death is simply transition to another level of being.

I want to encourage you to step out of the normal "bounds" of your life and to begin seeing yourself differently. I want to encourage you to live your life at the cutting edge of time, allowing yourself to be born into a new life every minute.

I want to encourage you to allow your life experience to be lightly dusted with form.

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# FOREWORD

This is a new era and to paraphrase Shakespeare, "There are more things twixt Heaven and Earth unknown to man." This book addresses those who are looking for self-understanding of their physical and emotional processes beyond the framework of classic medicine. It is focused on the art of healing through physical and metaphysical methods. It opens up new dimensions for understanding the concepts of psychosomatic identity first presented to us by Wilhelm Reich, Walter Canon, Franz Alexander, Flanders Dunbar, Burr and Northrup, and many other investigators in the field of psychosomatics.

The contents deal with defining healing experiences and the history of scientific investigations of the human energy field and aura. The book is unique in connecting psychodynamics to the human energy field. It describes the variations of the energy field as it relates to personality functions.

The latter part of the book defines the causes of illness and these are based on metaphysical concepts which are then connected to the energy disturbances of the aura. The reader will, also, find here a description of the nature of spiritual healing as it relates to the healer and the subject.

The book is written from the subjective experiences of the author, who was scientifically trained as a physicist and as a psychotherapist. The combination of objective knowledge and subjective experiences forms a unique method of expanding the consciousness beyond the confines of objective knowledge.

For those who are open to such an approach, the book has extremely rich material from which to learn, to experience and with which to experiment. To those who have major objections, I would recommend opening their minds to the question, "Is there a possibility of the existence of this new perspective which goes beyond logic and objective scientific experimentation?"

I recommend this book very highly to those who are excited about the phenomenon of life on the physical and metaphysical levels. It is the work of many years of devoted effort and represents the evolution of the personality of the author and the development of her special gifts of healing. The reader will be entering a fascinating domain, full of wonders.

Ms. Brennan is to be commended for her courage in bringing her subjective and objective experiences to the world.

John Pierrakos, Md.  
Institute of CORE Energetics  
New York City

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# ACKNOWLEDGMENTS

I wish to thank my teachers who are many, so I will list them in the order in which I studied with them. First there was Dr. Jim Cox and Ms. Ann Bowman, who trained me in bioenergetic bodywork along with many others. I spent many years training and working with Dr. John Pierrakos, whose work in Core Energetics built the foundation for my healing work that followed. He had a great influence on me in training me to connect the auric phenomena I was witnessing to the psychodynamic bodywork. Thank you, John. I am forever grateful to Ms. Eva Pierrakos, who initiated the particular spiritual path I practice, called the Pathwork. I wish also to thank my healing teachers the Rev. C.B., and the Rev. Rosalyn Bruyere. I would also like to thank all my students who, by coming to me to learn, have been my greatest teachers.

In the production of the book itself, I thank all those who helped with the manuscript, and particularly Ms. Marjorie Bair for her editorial comments; Dr. Jac Conaway for use of his computer and Maria Adeshian for typing. I would like to thank Bruce Austin for final word processing. I am deeply grateful to Ms. Marilee Talman for her invaluable help in text editing and guiding the entire production process of this book. I am grateful for the constant personal support given to me by Mr. Eli Wilner, my daughter Miss Celia Conaway, and my dear friend Ms. Moira Shaw, who, when I most needed it, would remind me of my value.

And most of all, I wish to thank my dear spiritual teachers who have guided me every step of the way and who have delivered most of the truth that lies in this book through me.

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## ABOUT THE AUTHOR

Barbara Brennan is a practicing healer, psychotherapist and scientist. She was a research scientist for NASA at the Goddard Space Flight Center following the completion of her M.S. in Atmospheric Physics from the University of Wisconsin. For the past fifteen years she has been studying and working with the human energy field and has been involved in research projects with Drexel University and the Institute for the New Age. She was trained in Bioenergetic Therapy at the Institute for Psychophysical Synthesis, Community of the Whole Person, and in Core Energetics at the Institute for the New Age. She has studied with both American and Native American healers.

Barbara is currently teaching courses and giving workshops on the Human Energy Field, Healing and Channelling. She has given workshops in many areas of the United States, Canada and Europe. She conducts a private practice in New York City and East Hampton, New York. Barbara is a member of the Pathwork Community, Phoenicia, New York.

## ABOUT THE ARTIST

Joseph A. Smith has contributed illustrations to *Time*, *Newsweek* and *Harper's*. He illustrated the book *Witches* written by Erica Jong. A painter and sculptor, he is Professor of Fine Arts at Pratt Institute in New York.

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## PART I

# LIVING ON A PLANET OF ENERGY

"I maintain that cosmic religious feeling is the strongest  
and noblest incitement to scientific research."

Albert Einstein

# THE HEALING EXPERIENCE

During my years of practice as a healer, I have had the privilege of working with many delightful people. Here are a few of them, and their stories, who make the day in the life of a healer so fulfilling.

My first client on a day in October 1984 was a woman in her late twenties named Jenny. Jenny is a vivacious school teacher about 5'5" tall, with large blue eyes and dark hair. She is known to her friends as the lavender lady because she loves and wears lavender all the time. Jenny also has a part-time flower business and makes exquisite floral arrangements for weddings and other festive occasions. At that time, she had been married for several years to a successful advertising man. Jenny had had a miscarriage several months earlier and had not been able to get pregnant again. When Jenny went to her physician to see why she was unable to conceive, she received some bad news. After many tests and opinions from several other physicians, it was agreed that she should have a hysterectomy as soon as possible. There were abnormal cells in her uterus where the placenta had been attached. Jenny was frightened and distraught. She and her husband had waited to start their family until they were more financially sound. Now, there appeared to be no chance of that.

The first time Jenny came to me, in August of that year, she didn't tell me any of her medical history. She just said, "I need your help. Tell me what you see in my body. I need to make an important decision."

During the healing session, I scanned her energy field, or aura, using my "High Sense Perception" (HSP). I "saw" some abnormal cells inside the uterus on the lower left side. At the same time, I "saw" the circumstances around the miscarriage. The abnormal cells were located where the placenta had been attached. I also "heard" words that described Jenny's condition and what to do about it. What I heard was that Jenny needed to take a month off, go to the ocean, take specific vitamins, stay on a specific diet and meditate daily, spending at least two hours a day alone. Then after spending the month healing herself, she should return to the normal medical world and be tested again. I was told that the healing was completed and that she didn't need to return to me. During the healing I received information about her psychological attitude and how that was affecting her inability to heal herself. She blamed herself for the miscarriage. As a result, she was placing undue stress upon herself and was preventing her body from healing itself after the miscarriage. I was told (and this is the hard part for me) that she should not go to another physician for at least a month because the different diagnoses and pressures to have a hysterectomy were adding greatly to the stress. Her heart was breaking because she wanted a child so badly. She was somewhat relieved when she left my office and said she would think about everything that had happened in the healing session.

In October, when Jenny came again, the first thing she did was to give me a big hug and a

sweet little poem thanking me. Her medical tests were normal. She had spent August taking care of friends' children on Fire Island. She kept to her diet, took her vitamins and spent a good deal of time alone practicing self-healing. She decided to wait a few more months and then try to get pregnant again. A year later I heard that Jenny gave birth to a healthy baby boy.

My second client that October day was Howard. He is the father of Mary, whom I treated some time ago. Mary had had a class-three Pap smear (precancerous condition) that cleared up in about six healings. She has had normal Pap smears for several years now. Mary, a nurse herself, founded and directs a nursing organization that gives updates of skills training to nurses and also supplies nurses to hospitals in the Philadelphia area. She became interested in my work and regularly refers clients to me.

Howard had been seeing me for several months. He was a blue-collar worker but had retired. He is a delightful person to work with. When he first came to me, he was gray and had constant heart pain. He had difficulty even walking across a room without getting tired. After the first healing, his complexion was rosy, and the pain went away. After two months of weekly healings, he was dancing again. Mary and I have worked together to combine healing by laying on of hands with herbal medications prescribed by a Naturopathic Physician to clear his arteries of plaque. On that day I continued to balance and strengthen his field. His improvement was obvious to his physicians and his friends.

Another client I saw that day was Ed. He first came to me because he had wrist problems. The joints in his arms and wrist were getting weaker and weaker. He also had pain when he had orgasm during intercourse. He had had a weak back for some time, and now the weakness had progressed so much that he could not carry anything, not even a few dishes. In the first healing I gave him, I "saw" from his auric field that his coccyx (tailbone) had been injured when he was about 12. At the time of the injury, he had a great deal of trouble dealing with the burgeoning sexual feelings he experienced at

puberty. The accident diminished these, and he was better able to cope.

His coccyx was jammed to the left and could not move in its normal way to assist in pumping the cerebral spinal fluid through its normal pathway. This caused a great imbalance and debility in his whole energy system. The next step in this degenerating process was a weakening of the lower back, then the middle and then the upper back. Each time he would weaken from lack of energy flow in one part of his body, another part would try to compensate for this weakness. He started carrying a lot of tension in the joints of his arms, and finally they gave way and became weak. This entire weakening process took years.

Ed and I had a successful healing process over several months' time. First we worked with energy flow to unjam the coccyx, realign it, and then increase and balance the energy flow through his system. Little by little all his strength had come back. That afternoon the only symptom he had left was a little weakness in his left wrist. But before I attended to that, I again balanced and strengthened his whole energy field. Then I spent extra time allowing healing energy to flow into his wrist.

The last client I saw that day was Muriel, an artist and the wife of a well-known surgeon. This was her third appointment with me. Three weeks earlier she had appeared in my office with a greatly enlarged thyroid. In that first appointment, I again used my High Sense Perception (HSP) to gather information about Muriel's condition. I could see that the enlarged thyroid was not due to cancer and that with just two healings combined with the medication her doctors had prescribed for her, the enlargement would disappear. I saw that no surgery would be needed. She confirmed that she had already been to several physicians, who had given her medication to shrink the thyroid. They said the medication would reduce it some, but she would still need surgery, and that there was a chance it was cancer. Surgery was scheduled the week after our second appointment. I gave her the two healings a week apart. By the time she got to surgery, there was no need for the opera-



tion; the physicians were very surprised. She came back that day to make sure everything was restored to normal health. It was.

How do these seemingly miraculous events take place? What am I doing to help these people? The process I use is called *laying-on of hands, faith healing or spiritual healing*. It is not at all a mysterious process, but very straightforward, although many times very complicated. It is a procedure that involves rebalancing the energy field, which I call the Human Energy Field that exists around each of us. Everyone has an energy field or aura that surrounds and interpenetrates the physical body. This energy field is intimately associated with health. *High Sense Perception* is a way of perceiving things beyond the normal ranges of human senses. With it one can see, hear, smell, taste and touch things that cannot normally be perceived. High Sense Perception is a type of "seeing" in which you perceive a picture in your mind without the use of your normal vision. It is not imagination. It is sometimes referred to as clairvoyance. HSP reveals the dynamic world of fluid interacting life energy fields around and through all things. For most of my life I have been in a dance with the living sea of energy in which we exist. Through this dance I have discovered that this energy supports us, nourishes us, gives us life. We sense each other with it; we are of it; it is of us.

My clients and students ask me when I first saw the energy field around people. When did I first realize that it was a useful tool? What is it like to have the ability to perceive things beyond the normal ranges of human senses? Is there something special about me, or is it something that can be learned? If so, what can they do to broaden their own perception ranges, and of what value is it to their lives? To answer these questions well I must go back to the beginning.

My childhood was a very simple one. I grew up on a farm in Wisconsin. Since there were not a lot of playmates in my area, I spent a great deal of time alone. I would spend hours in the woods alone, sitting perfectly still and waiting for small animals to come up to me. I practiced blending in with my surroundings. It was not until much later that I began to understand the

significance of those times of silence and waiting. In those quiet moments in the woods I entered into an expanded state of consciousness in which I was able to perceive things beyond the normal human ranges of experience. I remember knowing where each small animal was without looking. I could sense its state. When I practiced walking blindfolded in the woods, I would feel the trees long before I could touch them with my hands. I realized that the trees were larger than they appeared to the visible eye. Trees have life energy fields around them, and I was sensing those fields. Later I learned to see the energy fields of trees and the small animals. I discovered that everything has an energy field around it that looks somewhat like the light from a candle. I also began to notice that everything was connected by these energy fields, that no space existed without an energy field. Everything, including me, was living in a sea of energy.

This was not an exciting discovery to me. It was simply my experience, as natural as seeing a squirrel eating an acorn on the branch of a tree. I never formulated these experiences into any theories about how the world worked. I accepted it all as perfectly natural, assumed everyone knew it, and then I forgot about it.

As I grew into adolescence, I stopped going to the woods. I began being interested in how things worked and why things are the way they are. I would question everything in a quest to find order and to understand the way the world worked. I went to college, received a Master of Science degree in atmospheric physics, and then worked for NASA doing research for a number of years. Later I trained and became a counselor. It wasn't until I was counseling for a number of years and I began seeing colors around people's heads that I remembered my childhood experiences in the woods. I realized, then, that those experiences were the beginnings of my High Sense Perception, or clairvoyant vision. Those delightful and secret childhood experiences ultimately led me to the diagnosing and healing of the critically ill.

As I look back, I can see the pattern of development of my abilities starting from birth. It is

as if my life has been guided by some unseen hand that brought me to and led me through each experience in a step-by-step fashion, very much like going through school—the school we call life.

The experience in the woods helped broaden my senses. Then my university training helped develop my logical thinking mind. My counseling training opened my eyes and heart toward humanity. Finally, my spiritual training (which I will discuss later) gave enough credibility to my unordinary experiences to open my mind to accepting them as “real.” I then began to create a framework with which to understand these experiences. Slowly, High Sense Perception and the Human Energy Field became integral parts of my life.

I firmly believe they can become part of anyone’s life. To develop HSP, it is necessary to enter into an expanded state of consciousness. There are many methods for doing this. Meditating is fast becoming the most well-known. Meditation can be practiced in many forms; it is important to find the form that best suits you. I will offer some suggested meditations, from which you may want to choose, later in this book. I have also found that you can enter an expanded state of consciousness by jogging, walking, fishing, sitting on a sand dune and watching the waves roll in, or sitting in the woods, as I did as a child. How are you already doing it, whether you call it meditation or reverie or something else? The most important thing here is to give yourself time to listen in to yourself—time to silence the noisy mind that constantly talks about what you need to do, how you could have won that argument, what you should have done, what is wrong with you, etc., etc. When that incessant babble is turned off, a whole new world of sweet harmonious reality opens up to you. You begin to blend in with your surroundings, as I did in the woods. At the same time your individuality is not lost, but enhanced.

The process of blending in with our surroundings is another way to describe experiencing expanded awareness. For example, consider the candle and its flame again. We normally identify ourselves as a body (the wax and wick)

with consciousness (the flame). When we enter a state of expanded consciousness, we perceive ourselves also as the light coming from the flame. Where does the light begin and where does the flame end? There seems to be a line there but where exactly is it when you look more closely? The flame is completely penetrated by the light. Does the light in the room that is not from the candle (sea of energy) penetrate the flame? It does. Where does the light in the room begin and the light from the candle end? According to physics, there is no boundary to a candle’s light; it reaches out to infinity. Where, then, is our ultimate boundary? My experience of HSP, resulting from an expanded consciousness, is that there is no boundary. The more I expand my consciousness, the more my HSP expands, the more I am able to see a reality that already is there but was earlier outside my perception range. As my HSP expands, more of reality comes into my view. At first I was able to see only the coarser energy fields around things: it reached only about an inch or so beyond the skin. As I became more proficient, I could see that the field reached further out from the skin but was apparently of a finer substance or less intense light. Each time I thought I had found the boundary, I would, at a later date, perceive beyond that line. Where is the line? I have concluded that it would be easier to say that there are only layers: the layer of the flame, then the flame’s light, then the light of the room. Each line is harder to distinguish. The perception of each outer layer requires a more expanded state of consciousness and a more finely tuned HSP. As your state of consciousness expands, the light you previously saw as dim brightens and becomes more sharply defined.

As I slowly developed High Sense Perception over the years, I compiled my observations. Most of these observations took place during my 15 years as a counselor. Having originally been trained in physics, I was rather skeptical when I first started “seeing” the energy phenomena around people’s bodies. But since the phenomena persisted, even if I closed my eyes to make it go away or moved around the room, I began to observe it more closely. And so my personal

journey began, taking me into worlds that I didn't know existed before, completely changing the way I experience reality, people, the universe and my relationship to it.

I saw that the energy field is intimately associated with a person's health and well-being. If a person is unhealthy, it will show in his energy field as an unbalanced flow of energy and/or stagnated energy that has ceased to flow and appears as darkened colors. In contrast, a healthy person shows bright colors that flow easily in a balanced field. These colors and forms are very specific to each illness. HSP is extremely valuable in medicine and psychological counseling. Using HSP, I have become proficient in diagnosing both physical and psychological problems and in finding ways to resolve those problems.

*With HSP, the mechanism of psychosomatic illness lies right before your eyes.* HSP reveals how most diseases are initiated in the energy fields and are then, through time and living habits, transmitted to the body, becoming a serious illness. Many times the source or initiating cause of this process is associated with psychological or physical trauma, or a combination of the two. Since HSP reveals how a disease is initiated, it also reveals how to reverse the disease process.

In the process of learning to see the field, I also learned to interact with it consciously, as with anything else I can see. I could manipulate my own field to interact with another person's field. Soon I learned to rebalance an unhealthy energy field so the person might be returned to a state of health. Moreover, I found myself receiving information about the source of a client's illness. This information seemed to be coming from what appeared to be an intelligence higher than myself or what I normally considered to be myself. This process of receiving information in this way is popularly called *channelling*. Channelled information would come in the form of words, concepts or symbolic pictures that would enter into my mind when I was rebalancing the client's energy field. I would always be in an altered state of consciousness when doing this. I

became proficient in receiving information in a combination of ways using HSP (i.e., channeling or seeing). I would correlate what I received in either a symbolic picture in my mind, a concept or a direct verbal message with what I saw in the energy field. For example, in one case I heard directly, "She has cancer," and I saw a black spot in her energy field. The black spot correlated in size, shape and location with results from a CAT scan taken later. This combination of receiving information with HSP has become very efficient, and I have a very high accuracy in any particular description of a client's condition. I also receive information as to what self-help actions the client should take during the course of the healing process. This process usually entails a series of healing sessions that last over several weeks or months, depending on the seriousness of the disease. The healing process includes rebalancing the field, changing the living habits and dealing with the initiating trauma.

It is essential that we deal with the deeper meaning of our illnesses. We need to ask, what does this illness mean to me? What can I learn from this illness? Illness can be seen as simply a message from your body to you that says, *Wait a minute; something is wrong. You are not listening to your whole self; you are ignoring something very important to you. What is it?* The source of the illness needs to be searched for in this way, either on the psychological or feeling level, on the level of understanding or simply by a change in one's state of being, which may not be conscious. A return to health requires much more personal work and change than simply taking pills prescribed by a doctor. Without personal change you will eventually create another problem to lead you back to the source that caused the disease in the first place. I have found that the source is the key. To deal with the source usually requires a life change that ultimately leads to a personal life more connected to the core of one's being. It leads us to that deeper part of ourselves that is sometimes called the high self or the spark of divinity within.

# HOW TO USE THIS BOOK

This book is written primarily for those who are interested in self-understanding and self-revelation and the new healing method that is sweeping across this country, the healing art of laying-on of hands. The work presents an in-depth study of the human aura and its relationship to the healing process, both psychological and physical. It presents a comprehensive view of a way of life towards health and growth. It is written for health care professionals, therapists, clergy, and all those who consider themselves aspirants to better physical, psychological and spiritual health.

If you wish to learn self-healing, this book will be a challenge, for as outlined here, self-healing means self-transformation. Any illness, whether it be psychological or physical, will lead you on a journey of self-exploration and discovery that will completely change your life from the inside out. This book is a handbook for that journey, both in self-healing and in the healing of others.

For professional healers, in whatever discipline of the health care field they practice, it is a reference book to be used throughout the course of years. For the student, it serves as a textbook to be used in classes with or under the supervision of an experienced healer. There are questions at the end of each chapter. I suggest that the student of healing answer them without looking back at the text. This means studying the text and doing the exercises that are included in the text. These exercises focus not only on healing and seeing techniques, but also

on self-healing and self-discipline. They are focused on balancing your life and silencing the mind to broaden your perceptions. This book is not a substitute for classes in healing. It should be used with a class or in preparation for classes in healing. Do not underestimate the amount of work it takes to become proficient in perceiving the energy fields and learning to work with them. You will need direct hands-on experience and verification of those experiences by a qualified teacher-healer. Perceiving the Human Energy Field (HEF) not only takes study and practice, but also requires personal growth. It takes internal changes that increase your sensitivity so that you can learn to differentiate between internal noise and subtle incoming information that can only be perceived by silencing the mind.

If, on the other hand, you have already begun to perceive beyond the normal sense perceptual ranges, this book can be used as verification of those experiences. Although each person's experience is unique, there are general common experiences people have when going through the process of broadening perceptions, or opening their channel, as it is often called. These verifications will serve to encourage you along your way. No, you are not going crazy. Others are also hearing noises from "nowhere" and seeing lights that aren't there. It is all part of the beginning of some very wonderful changes taking place in your life in a perhaps unusual but most natural way.

There is abundant evidence that many hu-

man beings today are expanding the usual five senses into super-sensory levels. Most people have High Sense Perceptions to some degree, without necessarily realizing it. Most can develop them much further with earnest dedication and study. It is possible that there is already a transformation in consciousness taking place and that more people are developing a new sense in which information is received on a different and possibly higher frequency. I did. So can you. This development in myself was a slow, very organic process that led me into new worlds and changed my personal reality almost entirely. I believe that this process of developing *High Sense Perception is a natural evolutionary step for the human race, leading us into the next stage of development* where, because of our newly gained abilities, we will have to be deeply honest with others. Our feelings and private realities will no longer be hidden from others. They already are automatically communicated through our energy fields. As everyone learns to perceive this information, we will see and understand each other much more clearly than we do now.

For example, you may already know when someone is very angry. That is easy. With HSP, you will be able to see a red haze around the angry person. To find out what is happening with her on a deeper level, it is possible to focus on the cause of the anger, not only in the present, but also on how it relates to childhood experience and to her relationship with her parents. Under the red haze will appear a gray, thick, fluid-like substance that conveys a heavy sadness. By focusing in on the essence of the gray substance, you will probably even be able to see the childhood scene that caused the deeply rooted pain. You will also see how that anger is harming the physical body. You will see that the person habitually reacts in anger to certain situations, when perhaps crying is a more useful emotion to release in order to bring the situation to a solution. Using HSP you will be able to find the words that will help that person let down, connect to the deeper reality, and help her find a solution. In another situation, however, you may see that expression of anger is exactly what is needed to heal the situation.

Once we have come to this experience, nothing is ever again the same. Our lives begin to change in ways we never expected. We understand the relationship between cause and effect; we see that our thoughts affect our energy fields, which in turn affect our bodies and our health. We then find we can redirect our lives and our health. We find that we create our own experience of reality through this field. The HEF is the medium through which our creations take place. It can then be the key to finding how we help create our reality and how we can change that reality if we so choose. It becomes the medium through which we find ways to reach inside to our deepest being. It becomes the bridge to our soul, to our inner private life, to that spark of the divine within each of us.

I want to encourage you to change your personal "model" of who you are, as I lead you through the world of High Sense Perception into the world of the Human Energy Field. You will see how your actions and belief systems affect and help create your reality for better and for worse. Once you see this, you realize you have the power to change the things you don't like and enhance the things you do like about your life. That takes a lot of courage, personal search, work and honesty. It is not an easy path, but it is unquestionably a worthwhile one. This book will help show you that path, not only through a new paradigm for your relationship to your health, but also for your relationship to your entire life and the universe you find yourself in. Give yourself some regular private time to experience this new relationship. Allow yourself to be the light of that candle that expands into the Universe.

I have divided the book up into sections that focus primarily on an area of information about the Human Energy Field (HEF) and its relationship to you. As you have been reading, this first section deals with the place of the auric field in your life. What does this phenomenon that has been described by mystics for so long have to do with you? Where does it fit in your life? Of what, if any, use is it? Case histories have shown how knowledge of this phenomenon can change the face of our reality. Jenny, for example, real-

ized that she needed to take significant healing time for herself before she could bear children. Jenny took her health and her life into her own hands (where it always was anyway) and changed a possibly unpleasant future into the much happier one that she preferred. This kind of knowledge can lead us all into a better world; one of love born out of deep understanding; one of sisterhood and brotherhood where those considered enemies become friends because of that understanding.

Part II deals more specifically with the energy field phenomena. It describes the phenomena from the point of view of history, theoretical science and experimental science. After these are dealt with thoroughly, I then proceed to describe the HEF from my own view, which is a mixture of observation and theory combined with those conclusions of others found in the literature. From this information is developed a model of the HEF to use for both psychological work and spiritual healing work.

Part III presents my findings on the relationship between the HEF and psychodynamics. Even though you may not have been interested in psychotherapy or personal process in the past, you will find this section very enlightening in terms of self-discovery. It will help you understand not only what makes you tick, but also how you tick. This information is very useful to those who want to go beyond the normal bounds of psychology and body psychotherapy into broader views of us as human beings and of our energetic and spiritual reality. These chapters give specific frames of reference for integrating the Human Energy Field phenomena into practical psychodynamics. Drawings of HEF changes during the counseling process are presented. For those interested in self-discovery this chapter will introduce you to a new realm where the reality of your energy-field interactions in daily life will take on new and deeper meaning. After you read the book, you can find practical ways to make use of energy-field dynamics in your relationships with loved ones, children and friends. It will help you understand more of what is going on in the office in interactions with those you work with. Parts of

this section are very technical, and the general reader may want to skip some of the material (Chapters 11, 12, 13). You may want to go back when you have more specific questions about the functioning of the HEF.

Part IV of this book deals with the whole issue of increasing our perceptual ranges—what that means on a personal level, on the practical level and on a broader level in terms of changing the society we live in. I give clear explanations of the areas in which perceptions can be broadened, of the experience of that broadening in each area and how to do it. I also give a theoretical framework in which to place these experiences and the broad-scale implications for humankind as we as a group move into these changes. These changes not only affect us as individuals, but they change the entire fabric of human life as we know it.

Part V deals with the process of spiritual healing. I call it spiritual healing because it is always linked to our innate spiritual nature. This part presents healing experiences and techniques in relationship to the HEF. It contains drawings of the auric field changes during healings. It clearly delineates techniques of healing on the different layers of the HEF. It combines the information on broadened perceptions, given in Part IV, with healing, to enable the healer very effectively to initiate the healing process in self and others.

Because most of these techniques are not simple to learn, you will probably have to study them in a class. Written explanations of something this specialized serve to help the student to become familiar with the subject material but do not claim to teach the techniques. You must have personal instruction from someone who knows how to do this healing before you will become proficient in it. Verification of your experience by a qualified healer is very important. To become a professional healer takes a lot of training in didactic, practical, and personal work. Everyone who really wishes can become proficient in healing and channelling. You need to study and practice to develop your skills as in any other profession. I am sure that someday in the not too distant future there will be certified

training programs in laying-on-of-hands healing and channelling. If you wish to become a professional healer now, you must find one and become an apprentice.

Part VI gives a detailed case study of the healing of David, in which the client takes an active role in his own healing. It shows how client becomes healer. Part VI then focuses on

practical self-healing methods and suggests the next steps for those who want to practice healing, showing how to reestablish health and balance in your life, and how to maintain it. The personal developmental stages of becoming a healer are described, which then lead to the questions: What is health? Who is the healer?

# A NOTE ON TRAINING AND THE DEVELOPMENT OF GUIDANCE

I believe it is very important for the healer to have a lot of technical training: counseling methods, anatomy, physiology, pathology, and massage technique, as well as some knowledge of acupuncture, homeopathy and nutritional and herbal cures. These other counseling methods are almost always combined with the laying-on of hands, either by the healer or other health care professionals who are working on the case. The healer must have some knowledge of these methods to understand how they dovetail to make a healing a whole one, and to be able to communicate with the other people involved in the case. Various other health care methods may be indicated through the channel of the healer. The healer will need to know anatomy and physiology to help interpret the information she is receiving. Above all, the healer should be able to work with other medical professionals to help a client heal herself.

My training included a normal B.S. in physics and an M.S. degree in atmospheric physics from a state university. I did research with weather satellite instrumentation for NASA for five years. I completed two years of training in bioenergetic counseling, one year in massage therapy, two years of anatomy/physiology, two years of specialization in altered states of consciousness, specifically in deep relaxation techniques, one year of homeopathy, three years of Core Energetic training, five years of Pathwork Helpership Training and several years studying

with various healers around the country both privately and in workshops. I also practiced working with people and their energy fields privately and in groups for more than 15 years. Since I was already a practicing counselor, the means by which people could see me for healing was set up. People just made appointments with me. More and more people requested healing rather than therapy, and the counseling practice slowly became a healing practice. I finally had to leave the psychological counseling work to others who focused on that, and I began to accept people only for healing.

During these years, I was also involved in various experiments to measure the Human Energy Field. Only after all of that did I feel qualified to practice healing in New York City and to begin to teach classes and workshops myself.

To become a healer is no easy task, just as it is no easy task to do anything well. One needs spiritual as well as technical training. One must go through self-initiated tests that challenge the weak parts of one's personality and develop one's creative focus, longing, and intent. The healer may experience these tests as coming from the outside, but in reality that is not true. The healer creates them to see if she/he is ready and able to handle the energy, power, and clarity that she/he is developing in her/his own energy system as she/he grows as a healer. This energy and power must be used with integrity, honesty and love, for cause and effect are al-



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