



Hands Of Light

Barbara Ann Brennan , Jos. A. Smith (Illustrator)

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With the clarity of a physicist and the compassion of a gifted healer with more than twenty 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 and health, and who wish to achieve 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 or 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 an illness. Here, our most powerful and profound human interactions take place, the precursor and healer of all physiological and emotional disturbances. Hands of Light offers:

- * a new paradigm for the human in health, relationships and disease
- * an understanding of how the human energy field looks and functions
- * 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

Hands Of Light Details

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Monica says

This book contains a wealth of information, which is wonderful especially if you have already gone through basic text books such as William Rand's Reiki. But it is was not easy for me to absorb so much new information in one sitting as some parts are too far removed from my current level of experience and understanding (centre portion of the book). So I feel there is no need to plough through every detail but that a browse-through would suffice for certain portions to gain a general idea.

What I especially like are the starting and ending portions of the book. The book begins many references of investigations done by scientists and physicists on the universal and human energy fields. This gave me a better perspective of the meeting points between what modern science now know, and what the spiritual masters past and present already knew through experience. The studies cited makes for interesting further reading for those keen to explore further.

These studies combined, seem to tell me this - that the universe and all its objects (animate or inanimate) and all the spaces in between are part of a whole, a soup of universal energy field where a part represents the whole. All are intimately connected, and these connections are synergistic, and communication can be instant and non-local. As such, there is infinite possibilities and potential to create and transform into higher forms.

I find it interesting that the book depicts chakras as 3 dimensional vortises that come in pairs (one in front of the body and other other behind). This is different from my prior understanding where chakras are seen as flat round spots as normally depicted in traditional drawings. Like cyclones, each pair of chakra spins in a balanced way in a clockwise direction if it is open and healthy, and would take in energy from the outside to replenish body. Chakras that are closed (spin counter-clockwise) or are torn would result in ill health, and that there is always a spiritual-psycho-emotional-mental dimension linked to a poorly functional chakra. This makes me seechakras in a totally new way!

I also find that the exercises at the end of the book to help prepare the healer for opening of his own acupuncture lines and to open and charge his chakras are very similar to what yoga already teaches. Which is a very good thing since I do not have to learn entirely new things, but continue with my yoga practise with renewed understanding on it's impact on the chakras.

I did not absorb the centre portion of the book much, as it contains more technical healing methods and visualisation requirements (eg for chelation) which I find difficult to fathom in real practise at the moment. For the moment, I would stick to the simpler method taught by my Reiki Master, which follow's William Rand's and the International Centre for Reiki Training's approach. If and when I develop greater sensitivity towards the human energy field in future, I would consider returning to this book for it's wealth of information. But for a novice, I think common sense and a simple approach should suffice for the moment.

I happy to have read this book, and would return to it in future if the need arises.

Melanie The Medium says

This book is intense. It is the most thorough, complex, detailed guide to energy healing I've read. I haven't

even finished it yet because there's so much to take in! If you're interested in energy healing, chakras, and viewing/working with the aura, this is the book to have. I recommend buying this book and her other manual, Light Emerging, if you're interested in these topics.

Carl says

This is a work on healing and energy work which has been around for years. They just don't get any better. The book is encyclopedic in its wealth of information and takes you through the course of energy education at your own pace. Everything is covered, nothing missed. This book is timeless as is the information contained in the numerous pages. A definite must have for the idle curious to the dedicated hands on healer. It will make you a believer if you are not already.
Barbara is simply amazing!

Leighton Durney says

This is a great book. Barbara shares her in-depth knowledge and understanding in this field of healing. The book has helped me to further understand the human energy fields (aura) and provided an insight into healing practices along with exercises and techniques that I can practice to enhance my abilities. In addition to her books, Barbara has set up the Barbara Brennan School of Healing, with campus' in Miami, United States and Japan. She is seen as world renowned expert in her field. So if this is an area of interest for you, then you absolutely need to read this book.

Satia says

I am not finishing this book because my body is clearly not responding to the text. In all other books I have read on energy work, whether about Qigong or prana or yoga, my hands, my scalp, my body responds. I can literally feel the energy within me stirring.

While reading this book I felt nothing which tells me that this book is not meant for me. Maybe it is simply a matter of bad timing and later I will return to it to find it inspiring. I doubt it. The author really emphasizes that the book is best used in a classroom environment or at least with the guidance of another. Under the circumstances, one has to wonder why the book has been released for general publication and isn't clearly defined as a textbook on the cover, front and/or back.

I have no doubt that other people will read and benefit from the content. After reading the first two parts (over 50 pages) and skimming the rest, I don't think there's anything the author presents that I haven't read somewhere else or haven't already experienced in my own healing practice.

Sky Feather says

Δεν έχω σκοπ? να προσθ?σω το δικ? μου λ?γο υπ? μορφ? «κριτικ?ς», σε αυτ? το θε?σταλτο δ?ρο που ε?ναι η αν?γνωση και των 333 σελ?δων αυτο? του βιβλ?ου, παρ? μ?νο για να επισημ?νω π?ως

στην ελληνική αυτή έκδοση λέγουν δυστυχώς κάποιες εικόνες και πολλές είναι ασπράχμαρες. Και είναι κρίμα διότι βοηθούν σημαντικά.

Αντί «κριτικής» για το βιβλίο ως προσθήκη να σημαντική απήσπασμα από τις τελευταίες σελίδες: «Ο θεραπευτής πρέπει να θυμάται ότι εργαζόμαστε για να θεραπεύσουμε την ψυχή. Είναι πολύ σημαντικό οι θεραπευτές να κατανοούν το θάνατο κατά την γνώση αυτή και να ασχολούνται με το θέμα ως σύνολο και όχι μόνο με τη σημερινή του ενσώκωση. Ότι δεν θα πρέπει να εγκαταλείψουμε τη θεραπευτική κποιου επειδή αυτή συμβαίνει να πεθαίνει στο φυσικό κόσμο. Είναι σημαντικό να έχουμε στο νου μας δύο πράγματα όταν προσπαθούμε να καταλάβουμε τι ακριβώς κνουμε ως θεραπευτές. Το ένα είναι ότι υπάρχει βαθιά σημασία στην εμπειρία που αποκτά ο καθένας με την ασθένειά του, και το δεύτερο ότι ο θάνατος δεν συνεπάγεται αποτυχία, αλλά πιθανώς θεραπεία. Για να το θυμάται αυτό ο θεραπευτής πρέπει να ξέρει μσα σε δύο κόσμους, στον πνευματικό και στον υλικό. Μόνο όταν είναι εστιασμένος εντός του εαυτού του και εντός του σμπαντος μπορεί να περσει μσα από την εμπειρία του να είναι συνεχώς μέρτυς του βαθύτατου πένου, ο οποίος είναι τόσο πολύ απλωμένος στην ανθρωπότητα.»

Κλείνοντας, να προσθήσω, πως το βιβλίο αυτό το έχω αγοράσει πολλές δεκάδες πριν από αυτό την πλήρη ανήγνωση και ενδοσκόπησή του. Τέτε έχω διαβάσει μλεις το πρώτο κεφάλαιο αλλά δεν επδράσε πώς επδράσε εντός μου αυτό την περσοδο, αυτό την περσοδο που έχω στραφέ παντέλς προς τα ενδτέρα σαφτέρα.. προς τα επουρήνια ~

Shasta McBride says

A must read, basic 101 for everyone interested in energy. I really loved this section, Heyoan On Death:

We have already died in forgetting who we are. Those parts of us that we have forgotten are walled off from reality, and we have come into incarnation to retrieve them. So although we fear death, we have already died, and in the incarnation process of reintegrating with our greater being, we actually find more life. The only thing that dies is death.

During our life we wall off experiences that we wish to forget. We do this so effectively that we do not remember many of them. We begin this walling off experience early in childhood and continue it through our life. These walled-off pieces of our consciousness can be seen in the auric field in terms of blocks and will be discussed in the chapter on psychodynamics. The real death has already occurred in the form of that internal wall.

"As you know, the only thing that separates you from anything is yourself. And the most important thing is that death has already occurred in those portions of yourself that are walled-off. That would be perhaps from our vantage point the most clear definition of what the human being considers to be death. It is being walled-off and separate from. It is forgetting. It is forgetting who you are, that is what death is. You have already died. You have in fact incarnated to bring to life those pieces of you that are already in what you call death, if we should ever use that word. those parts have already died.

Windy Spring says

I read (or I should say I studied)this book years ago and I loved it.
This is one of those life changing books 4 me.
I just reacently reaquired it and I am enjoying reading it a second time
I am working the meditations into my Yoga routine and daily living.

Sandra Baši? says

Uvijek nau?im nešto novo i to je super

♥ Ibrahim ♥ says

The author is honest and straightforward from the very beginning: healing techniques are not simple to learn; you will probably have to study them in a class. She only aims at helping you be familiar with the subject material (p. 11). I am fascinated with the author's scientific knowledge of physics and she ties in all that with her field of healing, energy field, etc. With her we can't help but admit that we are composed of fields (p. 22), and we sense the presence of a person in the room without seeing or hearing (field interaction); we speak of good and bad vibes, of sending energy to others or of reading each other's thoughts. All this is great, but why does the title say on the cover "a guide" to healing through the human energy field? I kept reading and looking for that supposed "guide" and I have yet to find it. All I am reading is chakras, and more chakras, and the anatomy of chakras, etc. but where in the world is that guide that teaches us that we get to heal by the laying on of hands? Isn't the title here misleading?

Cathy says

This book was fantastic! As a layperson, what has stayed with me the most is 1)the author's history of science and the naming of major periods or influential people, and 2)an explanation of research done to prove that color has vibrational frequency(ies) and wave band(s). I love it that she combined psychology with the study of the Human Energy Field and higher sensory perception. Yes, there is so much more that could stay with me; but the simple wonderment and appreciation for expressing the big picture before delving into the detail helped me immensely. The task of documenting auras and chakras is immense, then to explain it as eloquently as she did leaves me speechless. This book is one in which new things are discovered with every reading of it. The artist's renderings were most helpful in my understanding what the author was communicating - such talent.

Emily says

I read both barbara ann books. I chose them both, at the book sellers. They reinforced the independent studies, encouraged in my upbringing years, that is, went right along with my findings, as encouraged to explore and activate/do,by my folks.I consider her work and works to be beautiful...there is a place or two, where I see that she might have taken a more explanatory direction -- still, she didn't...and, for someone practiced, her approach works (I am only considering that those not already informed/experienced might not 'get' it, or might be wondering a thing or two -- again, for me, I feel joyfully lucky, blessed, that I have spent

time with her methods, including her illustrations. I am always ready for more, terrific illustrations.

Raina says

UPDATE: I came back to this book after a psychic woman told me my chakras were blocked. I read it for an hour last night. This book is dense-- definitely not a reference book. I went to look up specific chakras and how/ why they are blocked, and that information is spread throughout the entire book! every chapter is about chakras. It is designed for people who want to learn about energetic healing and the entire human spiritual experience.

Serious, old school woo-woo. Brennan is an energetic healer who writes about BIG picture things like how spirit comes into form on earth, our calling/ work we have to do here, how we leave, the concept of time.... She tells stories of healings she has done then gives the reader a detailed "How-To" of energetic healing. This book reminds of what I already believe: We are spirit in human form, we came here for a reason, we are pure energy, and life is painful, so energy gets stuck and blocked.

As Matt Damon's character Will Hunting said in one of my all-time favorite films, Good Will Hunting, "Let the healing begin!"

Melodie says

This is a book I chose as part of the required reading section as I make my way toward certification in Healing Energy. It is difficult to review such a book. As a level three student, much of what she wrote was above me.

However, her personal journey was fascinating. Her eye for the minutest detail in the healing process was breath-taking. And the healing sessions she chronicles are almost unbelievable. To the skeptic's eye, some of this was fantastical. However unbelievable to it's critics, I do not doubt the efficacy of the techniques or the results described. I have seen this work.

I hold up the book and the author as an example of what is possible on my own private journey. The meditations given for practice are easy to follow and effective. I believe these were the most personally useful sections of the book.

Not an easy or casual read, but for those seeking knowledge of this old/new way of healing, this is helpful.

Orna says

An absolute fantastic book - would consider it an essential for anyone working in energy healing, or pursuing courses in energy healing, as well as anyone even interested in, regardless of what particular discipline or modality of energy work one may be coming from. It covers many different topics, and is quite an indepth book, yet very user friendly too. I like how the author covers different aspects that she became aware of as she developed as a healer, and the diagrams in the book also help to portray what she is saying in the text of the book - the diagrams also make excellent quick reference books from time to time. This book would be suitable for beginners and more seasoned practitioners alike. This is a must on any healer's bookshelf. In my opinion, it would be the bible of any books out there on the energy field system. I cannot recommend this

book highly enough!!
