



The Subtle Energy Body: The Complete Guide

By Maureen Lockhart

Inner Traditions Bear and Company, Paperback, Book Condition: new. BRAND NEW, The Subtle Energy Body: The Complete Guide, Maureen Lockhart, Ancient traditions of both the East and West have long maintained that the human being is a complex of material and nonmaterial systems, or energy bodies. The "subtle body" is an energetic, psychospiritual entity of several layers of increasing subtlety and metaphysical significance through which the aspirant seeks knowledge of the self and the nature of God. In many traditions, the component parts of the subtle body serve as a map of the different levels of consciousness. The practices and disciplines that evolved from an awareness and understanding of the subtle body, and how the material and nonmaterial work together, form a coherent system of psychospiritual transformation that is central to numerous and extremely diverse spiritual practices--including those of the Gnostics, Sufis, Native Americans, Vedic seers, Chinese, and Greeks. The subtle body plays an essential part in more recent traditions such as Anthroposophy and Gurdjieff's Fourth Way and the cutting-edge science of Ervin Laszlo's research into the Akashic field. But the benefits of understanding the role of the subtle energy body are not confined solely to the spiritual plane. The...



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