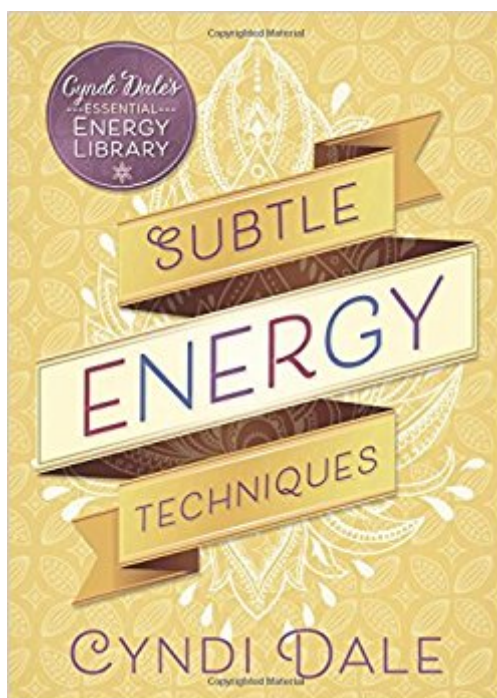


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# Subtle Energy Techniques (Cyndi Dale's Essential Energy Library)



## Synopsis

Renowned author Cyndi Dale invites you into the world of subtle energy, where youâ™ll explore auras, chakras, intuition, and the basics of her groundbreaking energy techniques. Whether your goals are physical, psychological, or spiritual, these methods can help you achieve your desires, heal your wounds, and live an enlightened life.

## Book Information

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## Customer Reviews

Cyndi Dale (Minneapolis, MN) is an internationally renowned author, speaker, healer, and business consultant. She is president of Life Systems Services, through which she has conducted over 35,000 client sessions and presented training classes throughout Europe, Asia, and the Americas. Visit her online at [CyndiDale.com](http://CyndiDale.com).

Wonderful strategies to help oneself and others.

Fabulous and very practical knowledge and techniques, namely spirit ti spirit !!!Love it!

Whenever Cyndi Dale publishes a new book, has an online course or offers a new audio - I am there. Her writing is always so fluid and easy to follow. Her explanations of how our energy bodies (systems) work and how we can keep our energy flowing are always a joy to read. This book is the

first in a series and introduces simple energy clearing techniques anyone can understand and use. What I love most about Cyndi Dale is that she teaches you how to clear your energy and listen to your intuition in fun, fast and easy ways. Once you integrate these energy tools into your daily life you will be amazed at how quickly you start to feel lighter, more confident, more energetic and above all no longer stuck repeating the same old patterns in life.

Fantastic work! Manages to explain chakras and energy very directly and simply! Bought a half dozen for friends because I was so impressed with the knowledge Cyndi Shares through this book!

Since my childhood I have empathic abilities, I feel the suffering of people, animals, plants in my own fields, and I have had a long way to learn to balance without closing my heart to others. As an alternative energy healer with a genuine interest in people, I have been very interested in constantly implementing my sessions, facilitating lasting well-being and stimulating the development of awareness in myself and others. I am deeply grateful and honor the author Cyndi Dale for the Energetic Healing Series which kicks off with this book. She herself tells us that she has decided to communicate her best techniques and practices in a deeper way as she has not done in her previous books. Some practices I have already done intuitively such as interacting Spirit-to-Spirit, and I feel more confident and confirm its benefit to know that a person with as much experience as the author uses it. Other techniques are more novel and I am happy to learn them and put them into practice. I am eager to acquire the complete series and expand, consolidate and implement my knowledge with such excellent collaboration. My gratitude to the Publisher and NetGalley for allowing me to review the book

I've been a student of Cyndi Dale's for quite some time and part of her apprenticeship program twice (Planning a third time for next year) so I might be a little biased, but I love this book. I learn something new every time I read one of her books or participate in her programs, and this book is no exception.

Subtle Energy Techniques by Cyndi Dale is a free NetGalley ebook that I read in early May. A local author and energy worker describes the concept of energy, the movement of energy through the twelve chakras, the use of Spirit-to-Spirit/Healing Streams of Grace/light wand, and inner & out of body journeys. Her description is in-depth and uses a lot of comparative analogies.

I love this gentle, accessible book. Lovely take aways that gently change anything or everything.

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