



Emotion and Healing in the Energy Body: A Handbook of Subtle Energies in Massage and Yoga

Robert Henderson

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A comprehensive guide to emotional blockages in the energy body and their physical manifestations

- Details how emotional trauma, long-term stress, and environmental influences cause energy blockages in the subtle body that affect the physical body
- Explores more than 30 specific physical ailments, detailing the energetic origins of each condition and which meridians, chakras, and points are affected
- Explains how to interpret and work with energies released in massage and during yoga practice

In this comprehensive guide to subtle energy and its associated physical manifestations, Robert Henderson reveals how the discomfort and pain you carry in your physical body is related to the energies of the life you have experienced.

The author explains the eight types of subtle energy: Emotional, which carries anger, fear, love, and other emotions; Mental, which affects patterns of behavior, beliefs, actions, and memories; Spiritual, which influences intuition, inspiration, and transcendent states; Sexual, which affects creativity, spontaneity, and excitement; Environmental, which arises from stress at work, tension at home, and other outside influences; Interpersonal, which comes from interactions with family, lovers, and friends; Ancestral, the energy of the lives of your parents up to the time of your conception; and Karmic, the energy of your past lives.

Detailing how these energies are drawn in by the chakras and distributed throughout the body by the meridians, the author explains how suffering acute emotional trauma or long-term stress causes negative energies to accumulate in the energy body much like fat deposits. Our physical body reacts to these energy blockages, leading to physical conditions such as closed hips, tight hamstrings, digestive distress, chronic pain, and persistent tension in areas like the shoulders. The author explores more than 30 specific physical ailments, providing the energetic origins of each condition, the exact location of the corresponding energy blockage, and which meridians, chakras, and points are affected. He covers sexual energy in depth, explaining how to handle repressed energy as it is released during yoga or massage.

As the author shows, physical ailments caused by the energies of hurtful life events can be healed through massage and yoga, allowing you to become open to the free and spontaneous circulation of energy through the subtle body.

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