

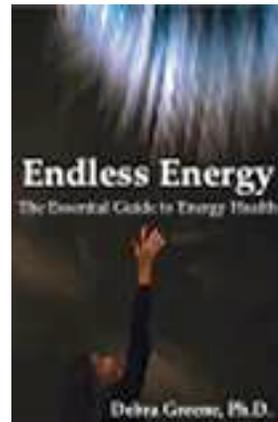


EnKA® Energy Kinesiology News

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Book Review

Endless Energy: The Essential Guide to energy Health by Debra Greene



After hearing Debra Greene discuss the four energy bodies at the 2009 EnKA Conference this year, I was eager to read *Endless Energy: The Essential Guide to Energy Health*. In her book, she offers readers a concise and logical description of subtle energy, in-depth discussions of each of the four energy bodies and a variety of exercises for cultivating and maintaining energy health. *Endless Energy* is a practical and informative guide to those just discovering their energy bodies and to those who are continuing to develop that awareness.

Debra Greene weaves together her extensive knowledge and experience of the subtle energy bodies with the work and research of James Oschman, Charles Krebs, Bruce Lipton, Dean Radin, Daniel Goleman and many more. The extensive Notes section not only documents her references but also provides incredible resources for those who want to delve deeper into this topic.

After a clear and concise description of subtle energy, Debra Greene describes the characteristics of the vital energy body. She follows the description of the vital energy body with a chapter of exercises and recommendations to explore and keep the vital energy body healthy. The characteristics of the mental, emotional and universal bodies are likewise described and then ways are offered to keep those bodies healthy.

The exercises are quite user- friendly. There is a list of the exercises just after the table of contents. The exercises are printed in shaded boxes that made them easier to find and follow. I even downloaded several audio (MP3) versions of the exercises from www.EndlessEnergyBook.com. Debra Greene guides the listener through the exercise while soothing music plays in the background.

A news item about Maine and San Francisco both wanting to require radiation warnings on all cell phones caught my eye. Particularly since I'd heard Debra Greene talk about "safe cell" practices. As radiation relates to the vital body, the book describes these practices and offers additional resources. Also, see the articles on electromagnetic radiation in this newsletter, starting on page 10.

Throughout the book, Debra Greene uses easy-to-understand language and real world examples that offer a more concrete understanding of the subtle energy body concepts. *Endless Energy* is a inviting introduction to the subtle energy bodies as well as a practical guide to cultivate and enhance those energy bodies.

~Karen Ownbey