

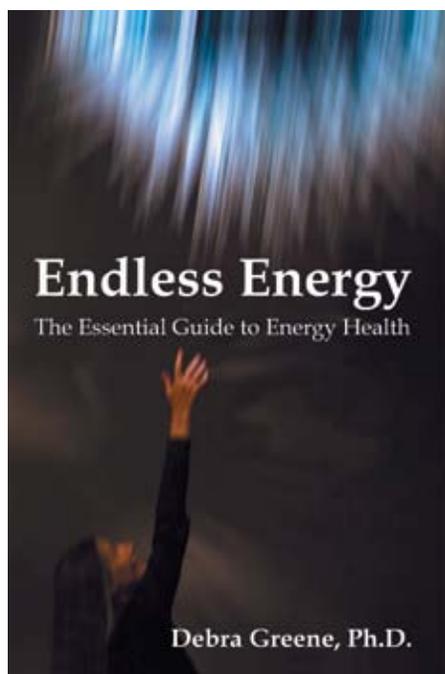
Book Review

Endless Energy

by Debra Greene

Ancient wisdom from the Upanishads and modern energy psychology techniques come together in this wonderful book

Review by | **Dr Rajesh Srinivas**



This wonderful book written by Debra Greene could also have been called the “Energy Workbook”. The author is evidently not just a proponent, but also an expert practitioner of Energy medicine, a new frontier, which promises to be the future of healing. She has been very open to all known channels of energy knowledge from both the east and the west, and has woven all the information into practical tips.

For most Indians, the book starts off from a familiar platform. The Taitreya Upanishad clearly states the five

bodies of humans, starting from the gross physical to the sheath of consciousness. However, the author narrows this down to four. Wisely, she has left the physical body to modern medical science and its ever-changing theories. She takes off from where conventional medical science gets fuzzy. Though with more sophisticated instruments, science and quantum physics are causing a convergence of science and spirituality. However, if the wise men of yore read any of this, they would say, “We told you so!”

Nevertheless, the book is full of practical exercises to strengthen each of our bodies – vital, emotional, mental and universal. Awareness, meditation, internalization and visualization are the common threads running through all the techniques whose disciplined practice is meant to yield tangible and long standing benefits. Please be cautioned that some of the exercises will definitely challenge you to get out of your comfort zone. But if you do muster the courage to go beyond, the benefits are certain. Another learning that can be sieved from all the wonderful information is that to retain the gains, one needs to first “slowdown and be aware – always”.

The section on electromagnetic fields adversely affecting our health on multiple levels is very relevant in this age of wireless broadband and microwaves. The author also suggests ways and means to purify the body

electromagnetically with radiation neutralizers and other means. She also urges the reader to follow a lifestyle in sync with nature, such as to soak in the sunlight, to consume only locally and organically-grown seasonal produce and to wear natural cotton apparel.

The chapter on the emotional body is reassuring in that it talks about the profound effect of positive emotions such as peace, joy, compassion, understanding, forgiveness and trust. There is also a mention of the frequency of vibrations that such feelings produce. The author even mentions the emotions that work against us such as fear, anger, gossip and irritation. There is also a liberal dose of techniques based on EFT and NLP.

Information on the Mental body takes one to a different space. The concept of thought carrying form is beautifully clarified. The seven mental bodies identified are direct, inclusive, web, fluid, detailed, dedicated and ordered. There are also simple secrets handed down on how to raise the frequency of thoughts for universal good, whose side effect is good to self, by default.

The last chapter talks of the Universal body, which is nothing but the field of consciousness as understood by many spiritual gurus and philosophers across the ages. The concepts of the unity consciousness, intuition and intention in the background of the highest frequency, love, are explained. In all, “Endless Energy” helps you get to the source of what can be termed as “energy spirituality” and has many helpful techniques that can be practised to create all round growth, development and fulfilment. Go for it!!! 🍌

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