



# Real Energy: Systems, Spirits, and Substances to Heal, Change, and Grow

By Phaedra Bonewits, Isaac Bonewits

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## Real Energy: Systems, Spirits, and Substances to Heal, Change, and Grow

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Energy. Psi, prana, mana, chi, divine power, the tao, reiki, or "vibes," every system of magic and mysticism calls the energies that power its practices by different names. Whether questioning the power of prayer or a healing session with a Reiki master an underlying question exists of whether this energy is all the same or if they exist as distinctly different "wavelengths" of some universal power?

When New Agers, occultists, spiritual healers, metaphysicians, artists, and Neopagans talk about the "energies" they use, what do they actually mean? Now, for the first time, a single book discusses the vocabulary, magic, metaphysics, art, and science of energy from a multi-model, 21st century perspective.

Lessons included will cover: • Physical vocabulary of energy • Metaphysical vocabulary of energy • How the laws of magic affect energy • The Importance of Focus

Real Energy will then take these lessons to the next level giving you direction on how to understand and begin working with different energies. Half of the book is dedicated to showing you how to work with specific energies, including: the four elements, crystals, plants, animals, your own body, nature spirits, ancestors, and deities to accomplish your goals and enhance life experiences. Specific energy work practices are also covered, including: Reiki, The Huna System, working with "Pure" ESP and PK, Feng Shui, and the Tantra System.

With tips from scientists, artists, magicians, and spiritual teachers, Real Energy will give you a solid introduction to both the theory and practice of energy work.

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### **Editorial Review**

#### **About the Author**

Isaac Bonewits, author of the classic occult text *Real Magic*, received the world's first academically accredited degree in the magic in 1970. Since then he has become one of America's best known writers on magic, witchcraft, druidism, and earth religions. Bonewits conducts presentations and rituals across the country.

Phaedra Bonewits has been a practicing psychic, witch, ritualist, and ceremonial magician for thirty years and is an early co-conspirator and a former national officer of CUUPS (Covenant of Unitarian Universalist Pagans).

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##### **Glady Curry:**

The reason? Because this *Real Energy: Systems, Spirits, and Substances to Heal, Change, and Grow* is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who have write the book in such wonderful way makes the content on the inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your skill and your critical thinking method. So , still want to hold off having that book? If I have been you I will go to the book store hurriedly.

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