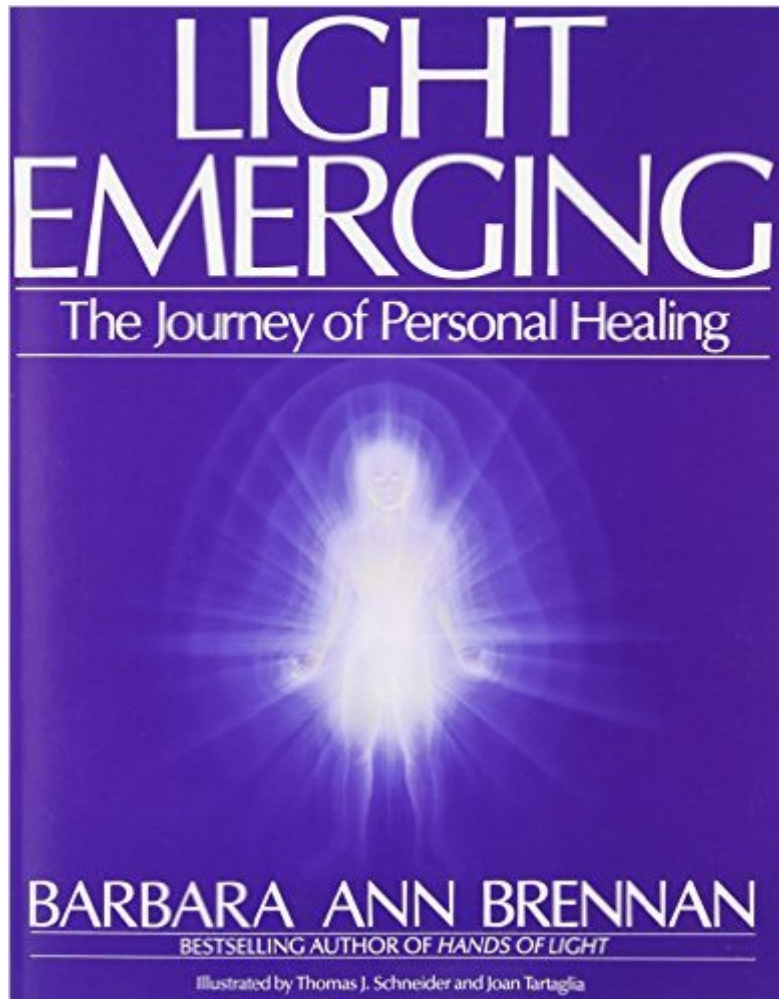


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# Light Emerging: The Journey Of Personal Healing



## Synopsis

Barbara Ann Brennan's bestselling first book, *Hands of Light*, established her as one of the world's most gifted healers and teachers. Now, she continues her ground-breaking exploration of the human energy field, or aura -- the source of our experience of health or illness. Drawing on many new developments in her teaching and practice, she shows how we can be empowered as both patients and healers to understand and work with our most fundamental healing power: the light that emerges from the very center of our humanity. In a unique approach that encourages a cooperative effort among healer, patient, and other health-care providers, *Light Emerging* explains what the healer perceives visually, audibly, and kinesthetically and how each of us can participate in every stage of the healing process. Presenting a fascinating range of research, from a paradigm of healing based on the science of holography to insights into the "hara level" and the "core star," *Light Emerging* is at the leading edge of healing practice in our time.

## Book Information

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## Customer Reviews

In my opinion, this book is most suited to the "healers". I am only part-way through it right now, but thoroughly agree with what I have read so far because I have either experienced it or it makes logical sense from where I am on my personal journey. The book is slow reading, not difficult, but slow if you really want to understand what Barbara has written as she combines science with metaphysical beliefs. I cannot compare this book to her first book because, although I purchased her first book years ago, I honestly have not read it yet. "Light Emerging" was recommended by my

master teacher. Barbara has spent significant time studying the auric fields of people vs. behavior. I plan to return to this review at a later time and update it with additional information, but I see it as a valuable resource for a healer (for both healing self and healing others). By the way, if you don't know it already, healing is not limited to the physical body. There is emotional healing and spiritual healing as well. ALL are important. The healthiest people are those who are balanced on all levels. This 342-page book explains a lot about energy, both scientifically and metaphysically. If you have already done significant reading, this book expands on a lot of it, such as explaining the chakras and the movement of energy throughout the system. As Barbara goes through each chakra, she explains how you likely behave if that chakra is fully functioning or if it is blocked. Quite a few illustrations within the book visually show you the energy movements within people who exhibit certain types of behavior, and the movements of energy within groups of 2 people exchanging energies at certain levels.

Hands of Light has been widely recognized as the foundational text merging the Eastern approach to healing through cleansing and balancing a person's chakras and auras with the Western approach to healing through re-tuning a person's electromagnetic frequencies by applying the principles of quantum physics. Barbara's sequel, Light Emerging, further amplifies and extends these concepts. Specifically, she elaborates on the applications of the Holographic Model, the Creative Process and the mechanisms of Spiritual Guidance. She defines and diagrams the four dimensions of humanity at the Physical, Auric, Harac and Core Star levels. Through these four dimensions, average humans, once healed and balanced, can mature to be channels of energy, connecting heaven to earth vertically, and connecting all of humanity horizontally. The whole of Barbara's teaching can be incorporated into these four simple, clear and deeply profound diagrams. Since her previous book, Barbara set aside her private practice to establish a four-year university-level program to train and accredit healing practitioners to apply these disciplines. This book incorporates the further insights and experiences she gained through developing her School. Light Emerging is written specifically to instruct readers on how to self-heal and to give readers a preview on the commitment required to becoming a healing practitioner. This book is not intended to replace her School's four-year degree in healing. Appendix C offers links to current lists of her practicing graduates, by city and state. There is no duplication between her books. I personally benefited by reading and studying them side by side.

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