



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

*Phaedra Bonewits, Isaac Bonewits*

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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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