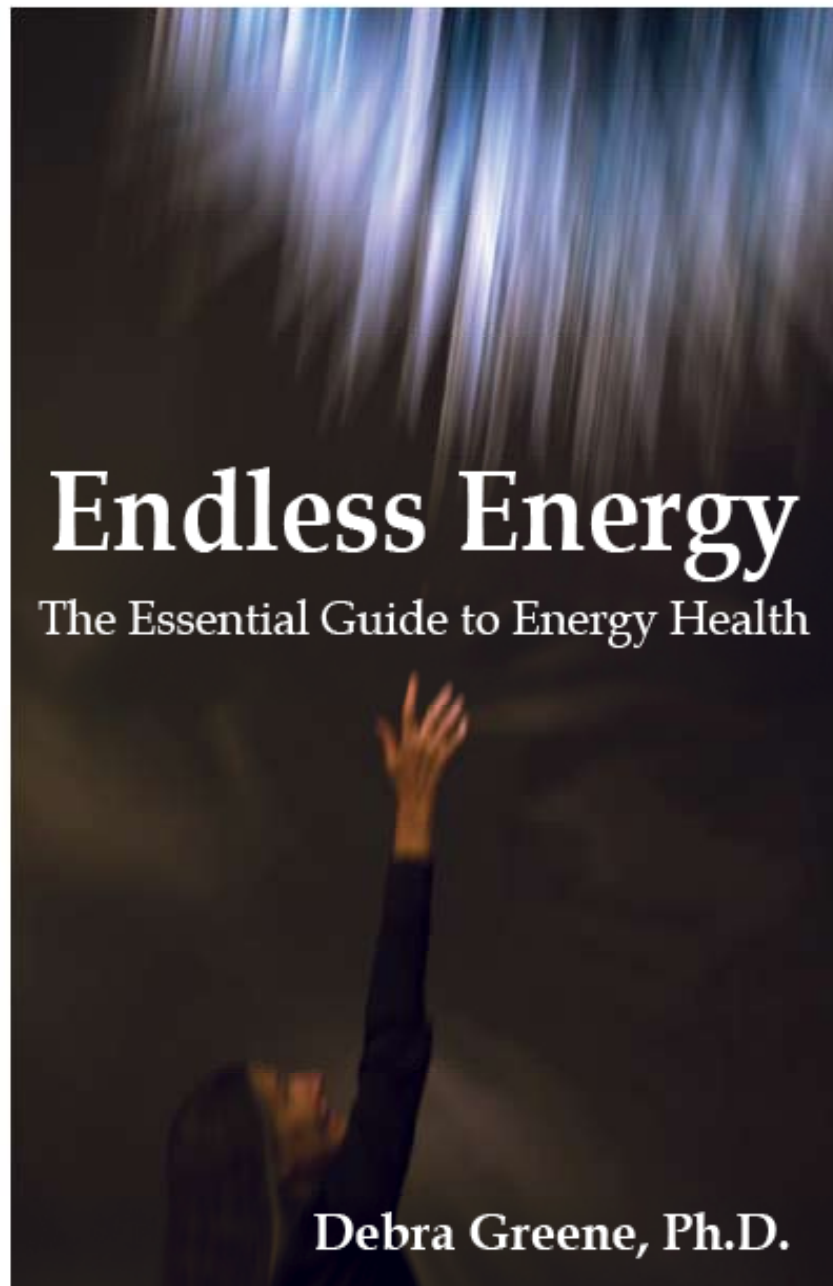


# Everything You Ever Wanted to Know About Healing Energies



This book is about healing energies: what they are, where they come from, and how to consciously work with them. It takes the new science of energy medicine, translates it into clear and simple terms, then spells out easy ways to maintain energy health. *This is the new Home Health Guide for the 21st Century!*

## FOR IMMEDIATE RELEASE

**Energy Does Not Come From Diet, Sleep or Exercise** according to energy health specialist Debra Greene, Ph.D., author of *Endless Energy: The Essential Guide to Energy Health*

The conventional wisdom is that if you feel tired you should get more rest, eat better, and head to the gym. But it turns out there is much more to feeling energized. Your energy itself needs to be paid attention to, according to the new field of energy health.

“Energy comes from energy,” says energy expert and author Debra Greene, PhD., whose new book, *Endless Energy The Essential Guide to Energy Health*, is endorsed by leading authorities in the field of energy medicine. Your vitality is impacted by important factors that have little to do with diet or exercise. It’s actually other energies that have the strongest effect.

These energies are referred to as energy bodies, of which there are four. Your energy constitution consists of vital, emotional, mental, and universal energies. In the book, each body is explained in detail followed by a chapter on its use and care. This highly interactive guide includes self-assessments of your four energy bodies and how they work together. According to Greene, your overall vitality is largely dependent on the condition of your emotional, mental and universal bodies.

Many simple yet effective exercises to enhance the health of your energy bodies are explained in the book, often accompanied by photographs, diagrams, and free audio downloads on Greene’s website. Some methods work directly on the vital body, some on the emotional, or mental, and so forth. It’s important to understand your system as a whole and how to work with energies--which to enhance, which to avoid or protect--so you can stay healthy and consistently have more energy.

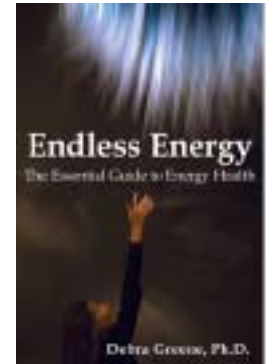
Known as *The New Home Health Guide for the 21st Century*, this comprehensive book is packed with relevant research in a highly accessible format: a must read to keep pace with what is now known about mind-body health and wellness.

*Endless Energy: The Essential Guide to Energy Health*, published by MetaComm Media, is available at bookstores, Amazon.com, and at [www.EndlessEnergyBook.com](http://www.EndlessEnergyBook.com).

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What People Are Saying About

## ***Endless Energy: The Essential Guide to Energy Health***



*With her book, Endless Energy, Debra Greene, PhD, has succeeded in producing a comprehensive self-help manual that is beneficial for lay readers as well as mind-body professionals. . . . Many books focus on a single modality or theoretical concept: few synthesize such a variety of approaches thus giving readers a way of understanding the field as a whole. . . . the book is a superb synthesis of the best in energy medicine with clear steps on how to apply it.* --**Advances in Mind-Body Medicine**

*Endless Energy offers an informative and skillfully woven presentation on how the mind, emotions, and energy fields shape our life. Included are valuable step-by-step strategies to manage our energy bodies and regain sovereignty over our health and happiness.* --**Bruce Lipton, PhD, cell biologist and bestselling author of The Biology of Belief.**

*This book makes the complexities of the human energy system understandable without losing any depth. Besides an excellent overview, Debra gives you simple exercises that put you in immediate contact with your own energy field. An eminently practical guide. Highly recommended.* --**Dawson Church, PhD, bestselling author of The Genie in Your Genes.**

*Debra Greene's understanding of subtle energies is theory and practice is extensive. Building from a foundation of science and ancient wisdom, this book is an important contribution to energy healing, providing a unique approach to mastering the energies in your life.* --**Beverly Rubic, PhD, leading authority on the biofield.**

*This is the book many of us have been waiting for--a bridge between the compelling science of energy and our own personal experience of energies. The book is powerful and practical. I enthusiastically recommend it. Be prepared for an exciting and rewarding inner journey.* --**James Oschman, PhD, World authority on energy medicine, author of Energy Medicine the Scientific Basis.**

*Greene's tone makes the world of mind-body medicine accessible to the general public. She writes in a conversational, personal style and uses a rich array of anecdotes. She explains complicated theories and studies in plain language, while providing drawings and photographs to clarify challenging ideas and to explain exercises.* --**Sonja Foss, PhD, author and researcher of energy-based paradigms.**

*Endless Energy: The Essential Guide to Energy Health* by Debra Greene, PhD. 9 x 6, 307 pages. ISBN-13: 978-0-615-26933-8. ISBN-10: 0-615-26933-8. \$18.95.

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## About Debra Greene, Ph.D.



Debra has dedicated her life to studying and mastering energy work as a teacher, researcher, and practitioner. She has worked with thousands of clients and taught hundreds of workshops. Author of the acclaimed book, *Endless Energy: The Essential Guide to Energy Health*, Debra is an engaging instructor, a dynamic presenter, and a sought after practitioner.

She started her energy health practice in 1993 and is the founder and developer of Inner Clarity (IC), an integrative balancing method that uses energy kinesiology to pinpoint hidden core beliefs and a variety of energy based techniques to facilitate conscious transformation.

Along with Oprah Winfrey, J.K. Rowling, Angelina Jolie and others, Debra is a contributing author in the newly released, *Goddess Shift: Women Leading for a Change*. She has co-presented with cell biologist and best selling author Bruce Lipton, Ph.D., (*The Biology of Belief*) and been an invited panelist on energy medicine topics. She has facilitated hundreds of workshops, trainings, and presentations over the years for organizations such as the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM), the American Institute of Stress (AIS), and the Energy Kinesiology Association (EnKA).

A former “regular” at Esalen, Debra taught workshops and trainings there from 2001-2006. She has also been a frequently invited teacher-in-residence who worked with the Esalen staff and the Esalen Directors Team. She taught full-time in the Graduate School for Holistic Studies at John F. Kennedy University where she developed a Master’s degree program in Holistic Health Education. She taught courses such as Principles of Holistic Health, Paradigms of Consciousness, the Psychology and Physiology of Stress, and Social Transformation. She worked with author Fred Luskin, Ph.D., (*Forgive For Good*) as a founding member of the Academic Consortium for the Advancement of Holistic Health.

A graduate of Ohio State University with a rigorous and rare Ph.D. in Communication and Somatic Studies, Debra is an energy adept, professionally trained facilitator, instructor, and writer. This unique combination positions Debra as a bridge-builder who takes complex information about the unseen world and translates it into understandable forms. As an energy kinesiologist, Debra trained directly with then President of the International Kinesiology College (IKC), Grethe Fremming, and IKC faculty Rolf Havsboel, completing their eight level training program in record time.

In 2004, when LifeFest needed a presenter to speak on Energy Work alongside Phyllis Foromoto, the Lineage Bearer of Reiki, they invited Debra. She served as President of the Hawaii Wellness Tourism Association (HWTA) for two consecutive terms and worked in conjunction with the Hyatt Regency Maui and Maui Wellness Institute to develop their wellness programs. She is on faculty at the University of Hawaii, Maui.

Debra has a private practice on Maui, where she lives, and in the San Francisco Bay area, her second home. She travels and teaches worldwide.

# Book Review

## **Endless Energy: The Essential Guide to Energy Health**

By Debra Greene, PhD

MetaComm Media

Kihei, Hawaii, 2009

Reviewed by Sonja K. Foss, PhD

With her book *Endless Energy: The Essential Guide to Energy Health*, Debra Greene, PhD, has succeeded in producing a comprehensive self-help manual that is beneficial for lay readers as well as mind-body professionals. In a phrase, it's like meta-analysis meets workbook.

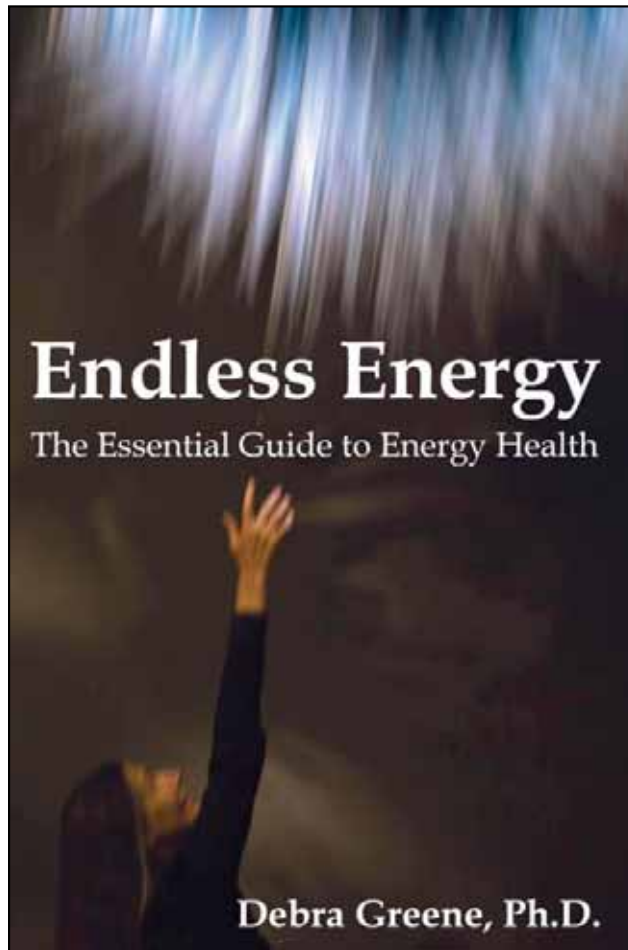
Both lay and professional readers will benefit from the array of practical exercises in the book, and practitioners in particular will benefit from Greene's expert weaving of a coherent theoretical framework that incorporates the many facets of energy medicine and its diversity of research. Many books focus on a single modality or theoretical concept; few synthesize such a variety of approaches, thus giving readers a way of understanding the field as a whole.

Greene's academic background is in communication and somatics (her doctorate is from Ohio State University). As a longtime practitioner of energy kinesiology, she positions herself as a supportive and knowledgeable health coach and sets out to teach her readers about their own energy makeup. Greene's focus is on the nonphysical subtle energy that is accessed internally and, she claims, is laced with information. She chooses to call this subtle energy "inergy," instead of the more familiar "energy," to highlight the qualities of human energy as distinct from electricity and power generators. The

book is fast paced; it covers basic energy anatomy—meridians, chakras, nadis, and aura—and their psychoemotional correlates in less than a chapter.

Early on, the overarching theory that permeates the book is introduced. Drawing from the multidimensional model put forth by William Tiller (*Psychoenergetic Science: A Second Copernican-scale Revolution* [Pavior Publishing; 2007]) and Richard Gerber (*Vibrational Medicine: Choices for Healing Ourselves* [Bear & Company; 1996]), Greene describes 4 subtle bodies that comprise an individual's inergy constitution: the vital, the emotional, the mental, and the universal. She avoids the term *spiritual* so as not to confuse inergy with religiosity. She also introduces the innovative notion of what she terms internal senses that are necessary to inergy health: attention, intention, visualization, self-talk, self-sensing, and self-observation. Then she provides assessments that readers can use to discover the overall health of each of their 4 inergy bodies.

In the body of the book, Greene uses a highly effective structure to organize a survey-like discussion of the field of energy medicine. Toward that end, she devotes 2 chapters to each of the 4 bodies. The first provides a research-rich theoretical understanding of a body; the second provides exercises and guidelines for achieving optimal health in that body. (An interesting side note: In her chapter on the emotional body, Greene offers a unique theory, based on the inergy bodies, of why and how tapping techniques such as the Emotional Freedom Technique, originated by Gary Craig, work.) In her final chapter,



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Sonja K. Foss, PhD, is a professor of communication at the University of Colorado Denver. Her research interests include contemporary rhetorical theory; theorizing and advancing feminist values; and alternative, energy-based paradigms for explaining change process.



she encourages readers to retake the 4 body assessments with which the book began to see how far they've advanced in her energy health training program.

Greene is exactly the kind of personal trainer readers would want on their journey to inergy health. She clearly is knowledgeable about her subject. Included in the book are inergy health guidelines on topics such as cell-phone use, sun exposure, microwaves, inergy healthy foods, makeup and lotions, fabrics, and water. Readers will be particularly intrigued by Greene's discussion of the mental body, in which she offers guidelines on the 7 mental body types, how to potentize the power of intent, and how to actively work with thought-forms.

Greene's tone makes the world of mind-body medicine accessible to the general public. She writes in a conversational, personal style and uses a rich array of anecdotes. She explains complicated theories and studies in plain language, while providing drawings and photographs to clarify challenging ideas and to explain exercises. She also provides a web address where readers can access free downloads that provide audio facilitation of many of the exercises. A valuable inclusion in the book is an appendix with a list of inergy body resources, organized according to each body.

Only a few minor aspects of *Endless Energy* are likely to inhibit the reader. One is inconsistency in the use of the terms *inergy* and *energy*. Greene begins using *inergy* in the second chapter and uses it throughout the book until the last chapter when she switches back to *energy*. She makes such a good case for her new term that I wondered why *inergy* wasn't used consistently and wasn't part of the book's title. A second potential impediment has to do with the audio downloads of the exercises. Greene mentions the website where free downloads are available only at the beginning of the first exercise in the book; if readers skip around in the book, they may never encounter the note that mentions these downloads. She also doesn't indicate at the beginning of each exercise whether a download is available for it. I would have appreciated not having to go to the website to find out.

These complaints are minor, however, and have to do only with aspects of the book's presentation. In terms of content, the book is a superb synthesis of the best in energy medicine, with clear steps on how to apply it. It makes the field accessible to a wider audience without compromising the rich depth of relevant research. According to its back cover, Greene's book is "The New Home Health Guide for the 21st Century." As things alternative continue to be embraced by the mainstream, this book is bound to become just that.

## Articles and Appearances

- "Energy: Our Common Denominator." Presentation at the Energy Kinesiology conference. Washington, DC, July, 2009.
- "Hawaiian Language: The Song of the Heart." Presentation at the International Society for the Study of Subtle Energies and Energy Medicine conference. Boulder, CO, June, 2009.
- "Energy Follows Intent: Transforming Beliefs at the Core." Presentation at the Energy Psychology conference. Orlando, FL, May, 2009.
- "Miracle of Healing." Panel Presentation at the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) conference. Boulder, CO, June, 2007.
- "The Seven Bodies." Energy Kinesiology conference. Salt Lake City, Utah, June, 2007.
- "Curious About Kinesiology?" Healthy Hawaii Expo, Maui, Hawaii, October, 2006.
- "Curious About Kinesiology?" *Inspiration: A Journal for the Mind, Body and Spirit*, September/October, 2006. 21, 9-10.
- "Energy Work." Panel Presentation at LifeFest, Maui, Hawaii, September, 2004.
- "The Ego's Opportunity." *Maui Vision Magazine*, October/November, 2004. 4 (4), 2-3.
- "Accessing the Inner Source of Healing." International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) conference, Colorado Springs, June, 2004.
- "Curious About Kinesiology?" *The Call to Hawaii: A Wellness Vacation Guidebook*, 2003. Honolulu, HI: Aloha Wellness Publications.
- "Transformational Kinesiology Accesses the Soul." *Maui Vision Magazine*, 2003. 3 (4)10.
- "The Relationship Between the Mind and the Body." *The Maui News*, January. 28, 2002.
- "What is Holistic Health?" *The Maui News*, July 16, 2001.
- Transformational Kinesiology: Illuminating the Shadow, Living the Light. *The Maui Voice*, 1999. 3 (4) 6-16.
- "Assumptions of Somatics: Part II." *Somatics: Magazine-Journal of the Mind/Body Arts and Sciences*, 1997-98. 11(3), 50-54.
- "Embodying Education." *Association of Humanistic Psychology: Perspective*, September/October, 1997. 29-31.
- "Assumptions of Somatics: Part I." *Somatics: Magazine-Journal of the Mind/Body Arts and Sciences*, 1997. 11(2), 50-54.
- "Conversing With the Bodymind." *The Flame*, August, 1996. (4), 5-6.

## Sample Questions and Answers

### **1. Q: *What is Energy Health?***

A: Energy health refers to the condition of your energy, or vitality. Cutting-edge research shows that your vitality is impacted by important factors that have nothing to do with diet or exercise. It's actually other energies that have the strongest effect on your energy levels. There are many of these energy components. In the book I focus on four of the big ones. I call them energy bodies.

### **2. Q: *What's the difference between the energy you speak of and the energy that's more widely understood as in "get up and go" energy.***

A: "Get up and go" energy is one form of energy, referred to as "vitality." Your vitality is supplied by your vital body and depends on the health of your vital body, which is one of four energy bodies I discuss in the book. The vital body has special properties that make it different than the other three bodies. It is an interface between the physical body and the other three energy bodies. Therefore, it has direct access to all the bodies and is also impacted by them.

### **3. Q: *What are the other three energy bodies and how do they interrelate?***

A: In addition to your vital body you also have an emotional body, a mental body and a universal body. They represent an energy continuum ranging from low frequency energy on one end (vital body) to ultra-high on the other (universal body). The energy bodies are interdependent. If you change one, you change them all. There are many ways to effect change. Some methods work on the emotional body, some on the mental, and so forth. It's not that one is better than the other. The point is to understand your system as a whole, how your bodies interact, and what you can do to help them stay healthy. That's what this book is about: energy hygiene and home health care, so to speak.

### **4. Q: *Some people think that using cell phones may be bad for them . . . do you talk about this in your book?***

A: Yes, cell phones and other electronic devices do have detrimental effects on your health. They especially impact the vital body, which is highly susceptible to electromagnetic radiation. We are increasingly gadgetized--cell phones, iPods, laptops, Bluetooth, wireless, iPhones, etc. With cell phones, in particular, there is a dual danger--electromagnetic radiation from the battery needed to power the phone in addition to the microwave frequency band that the cell's signal travels on. It's a double whammy for the vital body. A startling statistic is this--electromagnetic pollution has increased 100 million billion times in the last five years (as of 2008). No one knows the true impact of this and very few people are paying attention to it. But we really need to. The vital body is \*vital\* to physical health; when it gets compromised there is bound to be physical health problems.

### **5. Q: *How can I protect my vital body?***

A: There are many things you can do. Electromagnetic radiation diminishes with distance, so start by keeping electrical equipment away from your body. Since we sleep for about 7 hours at a time, check your bedroom. Move electrical alarm clocks, cell phones, iPods, computers at least 3 feet away from your bed. Get a hollow-tube hands-free headset to keep the cell phone off of your head, away from your brain. Avoid cordless phones. Switch back to the old landline corded phone as your primary phone. At your workplace, if you have to use electrical equipment, take steps to protect yourself. There are some very good devices on the market now that offer protection.



**6. Q: You mention the emotional body in your book. Can you talk about the idea of emotional energy health?**

A: The emotional body is probably one of the most neglected of all the energy bodies. Most people don't know how to deal with emotions in ways that are healthy and constructive, so they ignore them. Because of this neglect, the emotional body tends toward weight problems. Most emotional bodies are either over- or underweight; it's very difficult to find one that is fit and healthy. Emotional body weight problems carry their own risks and have a negative effect on overall vitality. Diet and exercise programs for both under- and overweight conditions are described in the book.

**7. Q: So what would a diet for an overweight emotional body look like?**

A: Well, first you have to know which emotional junk foods to avoid and which are healthy. Lists of these are included in the book. Examples of emotional body health foods are: understanding, forgiveness, and trust. Some examples of emotional body junk foods are worry, anger and fear. There are also particular emotional body foods that are highly intoxicating and addictive. Self-pity, alienation, guilt and shame are some examples here. I talk about these and what to do to break the addictions.

**8. Q: Who do you hope will read this book? Who is your target audience?**

A: Anyone who wants to have more energy, anyone who wants to make lasting change, and those interested in learning about their true make-up.

**9. Q: Why did you write the book?**

A: I've been doing energy work for over 17 years and in trying to talk to people about my work I discovered that the whole question of human energy is really confusing to many people. We know a lot about our physical health and also pay attention to emotional and mental health. But no one was talking about energy health when, in fact, energy is primary. Everything is energy. Focusing on energy allows us to see the whole picture, how our system interacts as a whole, not separated parts. To make any lasting change you must deal with the whole system. There have also been major breakthroughs recently in the fields of energy medicine, energy psychology, and energy kinesiology but most of this information has not reached the general public. I wanted to write a book that would give the average person access to this revolutionary information in easy to understand ways.

**10. Q: What experience do you have that has lead to your insights on energy health?**

A: In my practice I work with people who are struggling in some area of their life for various reasons and I found that most problems, no matter how difficult, can be understood and solved at the level of energy. So I teach people about their own energies and how to master them. I teach them about what is going on behind-the-scenes, so to speak. If a person comes in and says they feel stuck, confused, or depressed, having insomnia, anxiety, or relationship problems--a whole variety of things--we go behind-the-scenes to the energy bodies to find what is really going on. When that core is discovered and worked with, everything shifts very quickly and easily.

**11. Q: *How much time do we have to commit to maintaining good energy health?***

A: Well it depends. If you are starting from a place of health, maintaining your energy health is not time consuming at all. You can do just a couple of quick “hygiene” techniques each day. They are included in the book. It takes around five to ten minutes. But if one or more of your energy bodies is unhealthy, then more time is needed. There are exercises in the book to address a vast array of different needs. Most of them take just a few minutes each. The longest one is about ten minutes.

**12. Q: *These days, we’re hearing about things like auras, chakras and meridians, do you talk about these in your book?***

A: Yes, I do. You’re right, those words are out there but many people don’t know what they really mean. So I explain them in easy-to-understand ways. One of the reasons we end up with these strange sounding words is that the English language does not have specific words to describe the different kinds of human energies. I hope my book will help with that. There are several types of energies. The more we know about them the more we can work with them.

**13. Q: *People now are turning more and more to medications to help them with low energy, depression and anxiety. What are your views on this trend and does your book offer an alternative?***

A: This is a very good question. Einstein once said that a problem cannot be solved on the level at which it was created. I agree. Depression, lack of vitality, anxiety, often display on the physical level but did not originate there. Medications deal with the problem on the physical level--through various means, including altering the biochemistry of the brain. My experience is that if you go behind-the-scenes to the energy bodies you can discover the root cause of the problem. Then you can “go a step higher” in the energy continuum to solve it. This process is described in the book in great detail.

# Sample Presentation Topics

Each talk can be modified to fit a variety of formats

Debra is a dynamic speaker who engages audiences worldwide.

## Presentation 1

### Energy Mastery

Want to live a vitalized life? Your energy is the single most important aspect of your health. Without energy you cannot function on any level. Come and learn about your vitality, what influences it, and how to manage your energy so its there when you need it and you can relax when you want to. Join Dr. Debra Greene for this informative and life-altering look at your energy and its impact on your health. Learn more about where energy comes from, along with valuable tips and tools for sustained endurance no matter what comes your way.

- Release challenges quickly and easily
- Discover what steals your energy and how to replenish it
- Distinguish between what gives you real energy and what produces false energy
- Learn how to rejuvenate in any situation
- Manage your energy so you can rest and relax when you want to
- Become aware of habits, emotions and thought patterns that rob your energy
- Attain tools and skills so you can revitalize at any moment
- Master how to shift your energy to clear your mind and stay focused
- Experience how to bring your energies into alignment to manifest your purpose

## Presentation 2

### Wired About Wireless: A Technology Lover's Approach to Health Hazards

Is your cell phone hurting you? If so, what can be done about it? To suggest that cell phones, wireless computers, and other must-have devices are harmful to your health is taboo. But we may be talking, typing, and texting ourselves into more than electronic oblivion. Evidence is mounting that electromagnetic radiation has adverse health effects and from the perspective of your energy, it's deadly. In this presentation, Dr. Debra Greene describes the various forms of radiation and discusses which devices are safer. Drawing on compelling new evidence, she addresses the recent increase in radiation levels and how U.S. regulations compare with other countries. Advice is given on how to interpret the safety studies and how to protect yourself, including "Safe Cell" practices that can easily be implemented and may save your life.

- Should I be concerned about electromagnetic radiation?
- How does it impact my health?
- What do we know about wireless technologies and health?
- Which devices are safer?
- My cell phone is my friend; can it really hurt me?
- How can I protect myself?

### **Presentation 3**

#### **Energy Anatomy and Physiology**

An engaging exploration of the human subtle energy constitution (vital, emotional, mental, and universal bodies), with special focus on the etheric interface.

- Overview of the four energy bodies
- The etheric interface
- The “unaccounted for” energy
- The chakra system
- The etheric webs
- The meridian system
- The nadis
- The eight flow system
- Pranic energy
- The aura
- The “Third Eye”
- The Interface Effect
- The Blueprint Effect
- Care of your energy bodies

### **Presentation 4**

#### **Energy Kinesiology: Muscle Testing 101**

A training in the basic skills of muscle testing and energy testing for a variety of applications.

- Professional Muscle Testing and Clearing
- Reliable Muscle Testing
- The Ethics of Muscle Testing
- A Seven Point Clearing Process
- Energy Balancing Techniques
- Responsible Use of Muscle Testing
- Energy Testing Versus Muscle Testing

### **Presentation 5**

#### **Energy Encounter**

Pick your focus and Debra will facilitate a group energy encounter, a dynamic experiential process in which precision energy kinesiology and other high-powered energy-based techniques are used to identify and transform hidden limiting core beliefs that block you from:

- Financial Prosperity
- Optimal Health
- Ideal Weight
- Inspired Creativity
- Boldly Taking Your Next Step