

# **Energetic Anatomy: An Illustrated Guide to Understanding and Using the Human Energy System**

*Mark Rich*

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**Mark Rich : Energetic Anatomy: An Illustrated Guide to Understanding and Using the Human Energy System** before purchasing it in order to gage whether or not it would be worth my time, and all praised Energetic Anatomy: An Illustrated Guide to Understanding and Using the Human Energy System:

6 of 6 people found the following review helpful. A good primerBy White CrakaVery good job of detailing the human energetic systems. I wish the book went more into depth with more diagrams though. But, nevertheless you will get a solid understanding of the entire systems and how they work together and what they do.135 of 137 people found the following review helpful. Information I have never seen anywhere elseBy P.J.Where is this guy and why isn't he teaching seminars? This is truly an incredible book. I have been reading books on energy medicine for over 20 years now and as a bodyworker who relies on energy healing I was so impressed with the content of this book. This guy is the real deal. He has a gift that he passes on to each of us. Not only does he discuss how human energy works in the body, but he actually gives the reader exercises and "how to" information so they can start using this practical wisdom. Most books only discuss how the energy flows and give whacky, new age-y exercises to follow, without giving any real practical "how to" advice. Not this book. There are lots of pertinent exercises to build the ability to sense energy. After putting his theories into practice, I noticed a marked increase in my ability to feel and see energy. I have searched for other works by this author to no avail. I hope he comes back out of obscurity and writes more, or teaches his profound wisdom in seminar settings. Thank you Mark. I loved it!!5 of 5 people found the following review

helpful. Someone who knows what he's talking aboutBy tjllokiI love this book. Not only is it filled with thoughtful insights from the author's direct personal experience with the human energy system, it also presents the energetic structures in a clear way using plain English instead of Sanskrit, technical jargon, or complicated academic explanations. I was surprised to learn about some structures he's seen that I hadn't heard of before, and I've read a few books on the subject including those by Carolyn Myss. The book is filled with many practical exercises, too, and I intend to use it with a partner to explore those "seeing and feeling energy" exercises myself. If you're looking for a clear and well written book on energy systems, this is it.