



# The Path of Energy: Awaken Your Personal Power and Expand Your Consciousness

By Synthia Andrews

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## The Path of Energy: Awaken Your Personal Power and Expand Your Consciousness By Synthia Andrews

Learning to consciously interact in the domain of subtle energy is the next step in personal and planetary transformation. The Path of Energy is a unique handbook of principles, practices and exercises to help you access your energy awareness and live a more empowered life. In the book are 13 meditations that activate patterns of light within your energy body to awaken specific abilities and levels of awareness. Each meditation includes benefits and purpose, step-by-step written directions augmented with line drawings, and an interpretive illustration of the completed energy pattern. “Subtle energy is more than life force; it is the substance of reality and the vehicle of consciousness. Your body is wired to navigate this domain. You are equipped with everything needed to engage the world of energy and creatively change your life. You simply need to remember how.” The Path of Energy is a guide to living with expanded consciousness. Included are techniques that build energy awareness and use this skill to deepen your spiritual path, increase intimacy in relationships, align with earth energy, clear space, create protection, manifest goals, facilitate healing, and more.

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### **Editorial Review**

#### **About the Author**

Dr. Synthia Andrews is a naturopathic physician with thirty years experience as a massage and energy practitioner. Through her practice she realized that the body is a fully equipped vehicle for engaging energy reality. Understanding how to awaken this vehicle and facilitate people's energy path is her life work. She uses the techniques in this book personally, in client sessions and in meditation groups. She is co-author of The Complete Idiot's Guide to 2012 and The Complete Idiot's Guide to the Akashic Record. She teaches energy awareness workshops and lectures around the world. She will be offering web-based support for techniques in this book and guided audio meditations at [www.thepathofenergy.com](http://www.thepathofenergy.com), to be launched with the publication of this book. She lives in Guilford, Connecticut.

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