



# Shamanism for the Age of Science: Awakening the Energy Body

*Kenneth Smith*

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## **Shamanism for the Age of Science: Awakening the Energy Body** Kenneth Smith

A practical guide to understanding and awakening the human energy body

- Shows how the energy body forms our reality from the infinite possibilities presented by our thoughts, feelings, and those around us
- Illustrates the anatomy of the energy body, including its connections to the nervous system, chakras, and meridians
- Provides step-by-step exercises to awaken the energy body, expand awareness, and begin consciously creating your own reality

At a time when consciousness and other aspects of our energetic anatomy are finding their way into modern science, Kenneth Smith blends traditional shamanism with cutting-edge research in bioenergetics and neuroscience to offer this user's guide to the energy body--explaining what it is, what its capabilities are, and how to harness it as a vehicle for higher consciousness and heightened awareness.

For more than 5,000 years, shamans of the Toltec tradition have worked with the energy body, learning its structure and perceptual capacities as well as mapping it as an objective, measurable part of our anatomy. Drawing from his decades-long involvement in this tradition and his work in the field of bioenergetics, Smith explains how the energy body shapes our perceptions, determines our state of consciousness, and forms our reality from the infinite possibilities presented by our thoughts, feelings, and those around us. Illustrating our energetic anatomy and its connections to the nervous system, chakras, and meridians, he provides step-by-step exercises to awaken the energy body, expand awareness, and begin consciously creating your own reality.

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