



Gentle Energy Touch: The Beginner's Guide to Hands-On Healing (An Open Center Book)

By Barbara E. Savin

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Imagine being able to utilize the power of your mind for the purpose of healing with Universal Energy—just by asking. Gentle Energy Touch, a form of energy medicine pioneered by Barbara Savin, does just that by using intention to begin the healing process of an individual. In *Gentle Energy Touch* readers will learn some of Savin's basic, hands-on techniques for assisting the body's natural ability to heal itself. The beauty of the Gentle Energy Touch approach is that while it can produce results on its own, it also complements all medical treatments and modalities, often shortening treatment and speeding healing. It is particularly effective for pain management and has also been used successfully to treat depression and anxiety, skin problems, heart disease, even cancer, mitigating the nastiest side effects of conventional treatment and generally helping the body marshal its own resources for getting well.

Gentle Energy Touch includes more than 50 photographs and simple explanations of the chakras and auras and how energy moves—and gets stuck—in the body, and then guides readers through an energy healing session including hands-on positions for different ailments and a closing and grounding at the end.

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Editorial Review

Review

"We all have the power and ability to heal ourselves. Through Barbara, I have discovered what energy work is and can do...within us, and surrounding us. Learning how to engage and shift that energy, has allowed me to embrace a deeper sense of inner calm, balance and peace in my life." --**Christina Aguilera**

"Barbara Savin is an extraordinary energy healer. I have referred friends, family and patients to her for years and I have always been amazed at the results. This book will benefit everyone who reads it. I give her and her book the highest recommendation." ?**Sharon Norling, MD, MBA**, author of *Your Doctor Is Wrong*

"I have had the pleasure of working with Barbara for nearly ten years and have found her care of patients to be outstanding. She has a remarkable ability to bond with her patients through her empathy and charm. Her level of expertise and ability with Energy Healing and Clinical Hypnotherapy is unmatched and has helped so many patients through the years. I'm sure this book will be a wonderful tool for those interested in Energy Healing in the years to come." ?**Jonathan R. Cole, MD**, Managing Partner, California Health & Longevity Institute

"Barbara Savin is an inspiring teacher, healer, and author. Her energy healing method works. She inspires many people to heal themselves and others. This book is a true gift to people who want to learn more about the art of healing. Barbara is gifted with the ability to teach this material, her book is easy to read, and her methods are easy to learn. Highly recommended!" ?**Marilyn Gordon**, life transformation teacher and author of *Healing Is Remembering*

"Barbara Savin is the most intuitive, kind-hearted, and empowering person I know. Her Energy Healing work has changed my life. Thanks to her, I feel more connected than I ever have to myself and more capable of tapping into my personal connection to the Universe. She has given me a renewed sense of inner strength that has taken me to new levels in my personal life and in my career." ?**Lindsay Rush**, songwriter/music executive

"Barbara Savin is one of the finest energy healers I have ever had the pleasure of working with. Not only is she an inspired and magnificent teacher, but Barbara is also a remarkable healer. Her approach is gentle and loving, yielding incredibly powerful results. In her new book, Barbara graciously shares her remarkable gifts with all her readers, in a fresh, unique, and insightful style. Truly, she is a rare and precious woman, with the Grace of God flowing through her heart and soul." ?**Heather McCloskey Beck**, inspirational speaker and author of *Take the Leap*

"Barbara has been an invaluable asset to our team at the California Health and Longevity Institute. She has a rare blend of compassion, knowledge, and talent that makes her a truly gifted Energy Healer. This book is sure to bring comfort and help to readers." ?**Steven Tan, MD, MTOM, LAc**

"During my first healing session with Barbara, I experienced the strangest thing: I felt her hands on or above my head, for instance, but then she would touch my feet and I realized she was nowhere near my head. Whose hands were those?? I told her what I had experienced and she said, "it's not just me doing the healing, I ask for help from the angels." A few weeks after the session, I looked back and realized how much my life had truly improved in the time since that session with Barbara. I was much happier, more in love, more at

peace and more creative and energetic than I had been in a very long time. Barbara and the angels made a huge difference in my life!" ?**Heather Holley**, music producer and songwriter

"Barbara has been a Godsend in helping my patients heal patterns that were dormant, unconscious, or generally out of their reach. Her gentle demeanor and kindness compliment the directness in her work. She has taught many of my clients energy healing and has helped them on all levels to heal." ?**Dr. David Shirazi, DDS, MS, MA, LAc**

"Consider the knowledge you are about to acquire a gift. Consider it the first step in your journey of self-discovery, enlightenment and spiritual healing. When we learn how to heal our bodies and our minds, and love others and ourselves, is when we truly grow and mature spiritually. With each step, we get closer to our true goal of reconnecting with the Divine. With love and enlightenment to you all." ?**Joan Mazzeo-Little, RN**, Gentle Energy Touch Master/Teacher, North Carolina

"At a very stressful time in my life, Barbara was there to offer me energy healing, and I accepted. It helped me clear my mind, relax, gain composure of my emotions, and give me permission to refocus the direction of my life. During one session I felt tingling throughout my whole body, and another time I saw a white light completely engulf me, and then felt a complete calm wash over me. After several sessions, Barbara taught me how to do energy healing on myself. A great benefit of energy healing is that it can be taught to individuals for self-care, thus encouraging them to take responsibility for their own well-being and state of health. What a gift. Energy Healing is a wonderful means to help yourself and others. Barbara, thank you. Lots of love and light." ?**Leia Stathakos, MD**, Brooklyn, New York

"Science tells us that energy is real. It can't be created, and it can't be destroyed, but it can be harnessed. Barbara has a very blessed way of moving energy. She is a servant of goodwill and promoting light."
--**Pharrell Williams**

"Barbara's Energy Healing book is extremely informative and helpful on multiple levels. She explains the modality extremely well. The material is educational and user friendly." ?**Diany Klein**, vice president, human resources, Community Memorial Health System

"Barbara Savin grew up in a world of energy healing. Her Grandma Jenny was good at it. When her grandmother died, she tried to leave that world behind, but increasingly-challenging health issues kept pushing her back to it. When she finally acquiesced, her life and her career changed. Over the past two decades she has become one of the most notable energy healers in the country. She is convinced that anyone can learn to do what she does. *Gentle Energy Touch* is the protocol she developed to teach people how to do that. No elaborate lifestyle changes or expensive courses are required. The core of the practice is unblocking and enhancing life force energy. Your customers will find exercises for learning to sense energy, for protecting themselves, and for opening to the flow of healing energy ? as well as suggested hand positions for healing themselves and others. Thorough and well-intentioned, this is a complete, clearly-written manual for anyone interested in energy healing." --**Anna Jedrziwski, Retailing Insight**, Feb/March 2016

"Dear Barbara, when I met you, I felt we were on the same plane and was very glad to have found a new friend. I had no idea how good a healer you truly were until we had a session. You read my body and assessed the situations, dental issues, and identified the pain in my neck discussed the issues, and then the pain went away. I felt like I was hypnotized at some points, being aware of everything you were saying. Then you said there was a woman nearby with short brunette hair. It was my dearly departed Mother (d.1982), I could feel her too. That was exciting for me as well. I know that you have helped many others with your talented healing powers and would recommend you to anyone who wants to have sessions or you

teaching them energy healing.” ?**Shelley R. Kramer**, Director of the Cancer Prevention Coalition for Los Angeles www.Healthy-Communications.com

“This clear and concise energy-healing handbook is a standout among a plethora of similar tomes.” --**Marcy Emmer Graham**, *Whole Life Times*

“Barbara is a true healer. She tuned right into my needs in a gentle and compassionate way. After meeting with her, my body, mind, and spirit felt lighter and clearer. I have recommended many people to her and all have felt as I do about her amazing talents.” ?**Sue Glasscock**, Owner, The Ranch at Live Oak Malibu

“This helpful primer provides everything a reader needs to know to embrace the practice of gentle energy healing.” –**Publishers Weekly**

“A fantastic book for anyone curious about energy healing. This is the book I was looking for thirty years ago when I began my journey as a psychic medium and healer. Barbara Savin does a beautiful job of sharing, teaching, and validating experiences that are otherwise unexplainable to many people stepping into this new realm of awareness. Years of experience and insight have given Barbara an amazing understanding of something so subtle, yet powerful: our ability to heal ourselves. This is the secret that is ready to be unleashed, and thanks to Barbara the information is now available to anyone willing to read it.” –**Sunny Dawn Johnston**, author of *Invoking the Archangels* and *The Love Never Ends: Messages from the Other Side*

“I have sent countless friends to Barbara, and I am thrilled that she can share her gifts with you through this book.” ?**Pat Benatar**, 4-time Grammy winner

About the Author

Barbara E. Savin is an inspirational author and speaker, gentle energy touch specialist, Clinical & Medical Hypnotherapist, Certified Reiki Master/Teacher, and Certified Pranic Healer. In 2007, Barbara became a consultant at California Health & Longevity Institute, located on-site at Four Seasons Hotel Westlake Village and holds the position of Clinical Hypnotherapist and Energy Healing Specialist at CHLI.

Laurel Lefkow is an award winning American actress, audiobook reader and voice-over artist. She has voiced major advertising campaigns, cartoon series, corporates and audiobooks. Laurel is also a regular voice on BBC Radio 4.

Users Review

From reader reviews:

Joel Fallis:

Do you have favorite book? For those who have, what is your favorite's book? Guide is very important thing for us to learn everything in the world. Each e-book has different aim or perhaps goal; it means that reserve has different type. Some people really feel enjoy to spend their time for you to read a book. They are really reading whatever they have because their hobby is usually reading a book. Consider the person who don't like studying a book? Sometime, man or woman feel need book after they found difficult problem or exercise. Well, probably you will require this Gentle Energy Touch: The Beginner's Guide to Hands-On Healing (An Open Center Book).

Marjorie Batchelder:

Now a day individuals who Living in the era just where everything reachable by connect with the internet and the resources inside it can be true or not require people to be aware of each facts they get. How people have to be smart in receiving any information nowadays? Of course the answer then is reading a book. Studying a book can help men and women out of this uncertainty Information especially this Gentle Energy Touch: The Beginner's Guide to Hands-On Healing (An Open Center Book) book because book offers you rich facts and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it as you know.

Lien Fugate:

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Callie Allen:

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