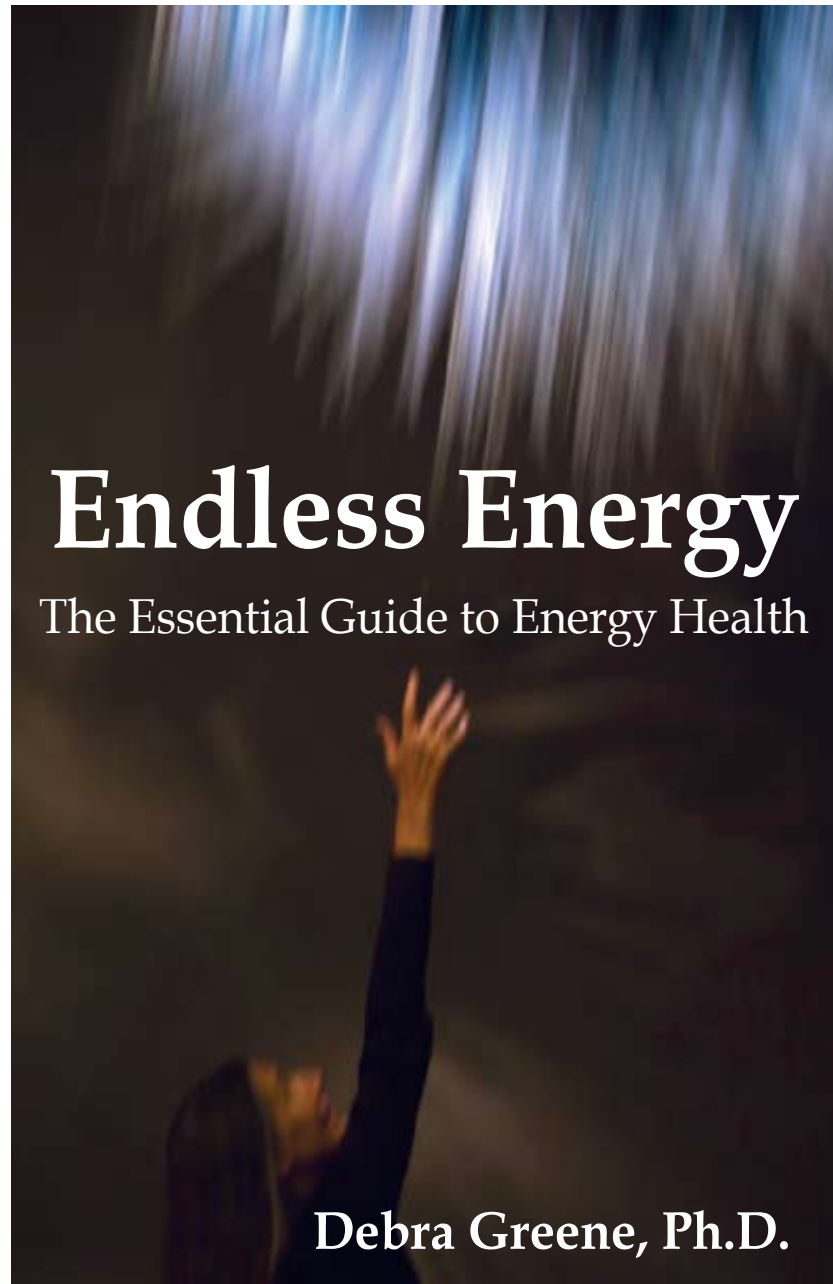


Everything You Ever Wanted to Know About Healing Energies



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 advocate Debra Greene, Ph.D.,
author of *Endless Energy: The Essential Guide to Energy Health*

Maui, Hawaii – 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 Debra Greene, Ph.D., author of the new book, *Endless Energy: The Essential Guide to Energy Health*, 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. The vital body supplies vitality, better known as “get-up-and-go” energy. The four energy bodies work together and your overall vitality is dependent on the condition of your emotional, mental and universal bodies.

There are many ways to enhance the health of your energy bodies. 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 your bodies interact with each other so you can help them stay healthy and consistently have more energy.

Debra Greene, Ph.D., is author of *Endless Energy: The Essential Guide to Energy Health*, published by MetaComm Media. She is conducting a nationwide book tour starting in April, 2009. Please contact www.EndlessEnergyBook.com for more information and to reserve your copy today.

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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.
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- "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.
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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 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. A graduate of Ohio State University with a rigorous and rare dual Ph.D. in Communication and Somatic Studies, Debra is an energy adept, professionally trained facilitator, instructor, and writer. This unique combination positions her as a bridge-builder who takes complex information about the unseen world and translates it into understandable forms.

Debra taught workshops and trainings at Esalen Institute 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.

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. She went on to become the youngest Transformational Kinesiology (TK) Educator in the US. She has co-taught with Fremming and Havsboel and is also certified in their Inner Leadership (IL) and System Energy Evaluation (SEE) programs.

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 and the Maui Academy of Healing Arts.

Debra 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 Esalen Institute, the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM), the Association for Comprehensive Energy Psychology (ACEP), and the Energy Kinesiology Association (EnKA). She contributes articles to *Maui Vision* magazine and conducts trainings and workshops in Hawaii and California.

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

Endorsements and Testimonials

“Debra is an excellent presenter. She is clear and well-organized in presenting dynamic and exciting material.”

“Transformational! Debra is very approachable and gives practical application of theory. She bridges the technical to the practical and connects it with the spiritual.”

“What comes across most in Debra’s presentation is her beautiful spirit. She has enormous integrity and is obviously caring. Anyone can give the information and teach techniques. What Debra conveys is commitment, soul-infusion, and being of service.”

“Debra is articulate, passionate, and inspiring.”

“I’ve read quite a few books on related subjects but what makes *Endless Energy* so different is that it is direct and clear without a lot of fluff. It doesn’t waste any time getting to the good stuff!”

“I found the techniques and exercises in *Endless Energy* easy to incorporate into my day. I feel a lot more empowered and in tune with what is happening with me on multiple levels. I now have tools to feel great . . . and if I don’t feel great for some reason, I have specific ways to address it and shift it right away!”

“Simply fascinating. *Endless Energy* has provided me with valuable insights and many tools to become a more balanced and healthy human being. I highly recommend it.”

“I think the exercises in *Endless Energy* should be part of our public school’s curriculum. If I would have started tuning into my energy on multiple levels as a child, I believe my life, my outlook and my trajectory would have been quite different. I’m grateful to have come across it as an adult. It’s never too late to find Endless Energy!”

“I love everything about you as a presenter. You are clear, concise, articulate, thoughtful, helpful, caring and patient. You know your material and explain it well. Besides all that you are open, real and available.”

“This was an exceptional experience. The personal growth I experienced was by far the most accelerated. In my many years of searching Debra Greene is an inspiration and an amazing facilitator!!”

“Excellent--on an intellectual, spiritual, and leadership level. Debra is a great communicator providing a first-rate learning and transformational experience. I will recommend her to all friends.”

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 to protect your vital body. 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 non-wired 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 at home. 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 15 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 led to your insights on energy health?

A: In my practice I work with people who are struggling in 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 it helps them a lot. I teach them about what is going on behind-the-scenes, so to speak. If a person comes in and says they feel stuck, or 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. I have some stories to share about this if we have time.

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 balances science with heart.

Presentation 1 **Everything You Ever Wanted to Know About Healing Energies** **But Were Afraid to Ask, Until Now!**

Where does healing energy come from? Where does it go? How can you have more of it? Join Debra Greene, PhD, author of *Endless Energy: The Essential Guide to Energy Health*, for a compelling exploration into the world of subtle energies.

Debra will:

- Explain how energy healing works
- Highlight energy anatomy and physiology
- Expose the unseen energy aspects of illness and disease
- Tie together diverse healing approaches under one umbrella
- Describe the hour bodies that comprise our energy system
- Provide practical tools to sustain vitality and energy health
- Position the energy bodies within the universal energy framework

Presentation 2 **Wired About Wireless: A Technology Lover's Approach to Health Hazards**

Electromagnetic and radio frequency radiation are controversial subjects with many reports stating that the current levels of exposure are safe, while others say we are in harm's way. Debra will talk about the various forms of radiation, including which devices are safer, and share research on exposure hazards. She will address the recent increase in radiation levels and how US regulations compare with other countries. Advice will be given on how to interpret the safety studies and how to protect yourself, including "Safe Cell" practices using both "barrier" and "natural" methods.

- 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

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

Inner Clarity

Pick your focus and Debra will facilitate a group Inner Clarity (IC) balance, a dynamic experiential process in which precision muscle testing and other high-powered energy-based techniques are used to identify and transform limiting core beliefs that block you from:

- Financial Prosperity
- Optimal Health
- Ideal Weight
- Inspired Creativity