



Joy's Way: A Map for the Transformational Journey: An Introduction to the Potentials for Healing with Body Energies

W. Brugh Joy

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In 1974 Dr. W. Brugh Joy was a distinguished and respected member of the Los Angeles medical community. In that year he contracted a life-threatening disease that culminated in an illuminating meditation, which caused him to give up his medical practice abruptly. Six weeks later he discovered that his illness was totally cured. This experience pushed him to further his explorations into realms of healing involving body energies, the chakra system, meditation, and higher levels of consciousness.

Joy's Way: A Map for the Transformational Journey: An Introduction to the Potentials for Healing with Body Energies Details

Date : Published February 1st 1979 by Tarcherperigee

ISBN : 9780874770858

Author : W. Brugh Joy

Format : Paperback

Genre : Spirituality, Nonfiction, Self Help

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From Reader Review Joy's Way: A Map for the Transformational Journey: An Introduction to the Potentials for Healing with Body Energies for online ebook

Heidi says

A simple title, cover, and back blurb does not give one the clue that the book is actually one of the most profound books on healing and spirituality out there. The author covers so many important topics and does so with such elegant simplicity. Very engaging. This is a true must-read for those interested in spiritual or new age books.

M says

I thoroughly enjoyed this book. I definitely plan on reading it again. There were a lot of moments, for me in this book.

I especially enjoyed his description of first learning how to meditate. How clumsy it all felt. It was as close to what I experienced when I first learned years ago.

He describes going to medical school, and explains so well why some doctors can come across cold and empty. While others seem like angels on earth.

He explained wrote through is own transformational journey, and what he learned along the way. I felt so validated as I was reading this book. I think this man was way ahead of his time, and I'm so grateful he wrote this book.

Joni says

This book was rich with new-to-me ideas.

What did I learn? I learned some great meditation techniques. I learned the concept of simultaneity. I now understand more about relative reality and how the attitude of the people surrounding an ill person can affect their ability to recover or to pass peacefully. I was introduced to the concepts of thought forms, command therapy, and transformational process. I learned many great energy exercises that I am able to incorporating into my Healing Touch practice.

Sometimes I wish he would just get to the "how", but I would persevere and I was always glad I did. Through the narrative, Dr. Joy would reveal something or clarify something that I really enjoyed learning about.

Kathryn says

Some of this was a bit beyond me when I first read it. I'm sure it will prove even more beneficial upon additional readings.

Grace says

Big fan of the chakra spread and spiral meditation. Enjoyed the insightful wisdom of W.B. Joy. Great Book! :)

Carmel says

loved this book! If you are energy worker you will be totally absorbed in this book and if not it will take ya away to a place to ponder!

Teeuhh says

Pretty wild stuff. Whether or not you're going to take it completely to heart, interesting to consider some of the ideas presented.

Mary Mayther-slac says

A affirmation of one's own personal power to heal themselves and act as a conduit of healing energy for others. I will read this over and over throughout my life and use it as a reference for my work in healing touch.

Janis says

Outlines the authors personal transformation and cure from pancreatic cancer. Informative material which makes you think about your own human potential and the nature of reality.

Gini says

And if you call me, I will show you what I've learned. But it'll cost you.

Deb says

As a Healing Touch practitioner, this was required reading. Joy himself admits he is not an author. There are some helpful techniques at the end.
