

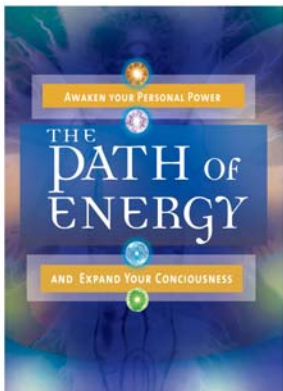
# THE PATH OF ENERGY

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By *Synthia Andrews*

## BOOK SUMMARY

### *Embodying Changing Consciousness*



Ancient wisdom and prophecy predict that this time period is an awakening. Paradigms are shifting, and transformation is at hand as new frequencies stimulate an expansion of consciousness. If advances in quantum physics are indicators, the new paradigm is the reality that there is no separation between the seen and the unseen domains, between the material world and the world of subtle energy. Conscious interaction in the realm of subtle energy is part of the personal and planetary transformation taking place.

The human body is wired to navigate this terrain. Aligning to higher frequency is complex and many people are feeling both challenging and uplifting signs and symptoms.

This book explores basic principles in consciousness, the energy basis of life, energy anatomy and our links to multidimensionality, how our bodies are receiving higher frequency, and the signs, symptoms, sensations and personal experiences of expansion.