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BOOK REVIEW

The Mystery of Life Energy

Biofield Healing, Phantom Limbs, Group Energetics, and Gaia Consciousness

by Eric Leskowitz MD

Book Review by Lisa Nemzo

“The heart is a pump, the eye is a camera, and the brain is a computer.” ...
“They are wrong turns that have sent modern science and medicine (and even society itself) off in a mistaken and even dangerous direction”...
“Every healing tradition the world over—except for modern Western medicine invokes the concept of an invisible healing force or energy.”
(excerpts from Leskowitz).

All of these excerpts are setting the stage for a provocative look into the invisible world of alternative healing. In a near-death experience, they say your life flashes moment by moment until you become one with the light. This book was like having my life’s healing journey flash before me, including the major transitions and incarnations, the many healing modalities I’ve studied and experienced. It couldn’t come at a more critical time, a more needed cracking through the old paradigm into the new Aquarian Age of collaborative thinking and exploration and honoring of the history of energy healing. The general public has been slowly realizing there has to be alternative ways to heal, and is now demanding eastern and western and invisible energy worlds to integrate and bring the best of each making it wholly available to EVERYONE!

Eric Leskowitz MD is a board-certified psychiatrist who has gathered up decades of therapies and techniques, all the while holding a position at Harvard Medical School to bring energy medicine techniques into a major Harvard teaching hospital, and through this book to the rest of the world. Dr. Leskowitz (Rick) has struck gold in his approach, as he walks

the thin line of academia, layperson, while boldly challenging us to embrace the unseen magic of healing in each one of us.

It is a fast and easy, yet deep read. The cascading ups and downs, the processes of self-discovery and healing these modalities offer, the history of how each one evolved into the next in such descriptive detail with clear explanations delineating the differences between them—all of this was a joy to read. 320 pages, masterfully and clearly written, offer a walk down memory lane for those who have broadly studied and been on their own healing journey; or for a budding seeker, this book is an initial door opening, inviting the reader into a world of wonder, a mystery awaiting discovery.

“Life energy is the missing link that connects each person to his body that turns thoughts and emotions into chemical and nerve messengers that actually change the shape and function of the body.” *Leskowitz*

You don't have to believe in any of it. Just experience it for yourself. Read and educate yourself in the history, when wisdom was at the top and technology was virtually unknown, to the now current timeline when wisdom is struggling to peek through any crack in the cement and technology is king. This is total imbalance seeking balance, as the earth, nature, our higher minds are calling for a new pathway. This book, is like the Holy Grail, providing a template of history, a blueprint, a plethora of choices and paths for our future, all leading toward wholeness and oneness through energy healing.

What a great book this is! And just in the nick of time!

For more information on The Mystery of Life Energy:

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Bio

Lisa Nemzo EHP-C CST PTP (BCPP RPE) has been practicing in the Healing Arts since 1985. Her articles on ground-breaking case histories have been published in medical publications, newsletters and energy magazines. Lisa has been featured as a guest on internet radio interviews promoting Energy Healing. Nemzo's case history, “Regression Beyond Conception,” was presented at the ISSSEEM Research Symposium, November, 2018, showing the session, regression, and release of original imprinting and sustained results of the client after the session and beyond. Ms. Nemzo's private practice includes individuals, couples, families, and creative groups. Presently she is teaching her workshops, traveling to schools and conferences & groups to facilitate her workshops and elective classes for CEUs. www.lisanemzo.com

Ms. Nemzo is also an Emmy Award winning songwriter and has had a long-standing career as an internationally renowned recording artist, songwriter and producer. Lisa's song “Restless Soul”

was entered into the Smithsonian Institute representing the best of folk music of the 1990s. “Arlington” and “Reach” music videos have won film festivals for Best Music and environmental videos. Lisa has been an artist in residence at high schools teaching songwriting. Lisa has volunteered for writegirl.org with teen girls 13-18yrs old.

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