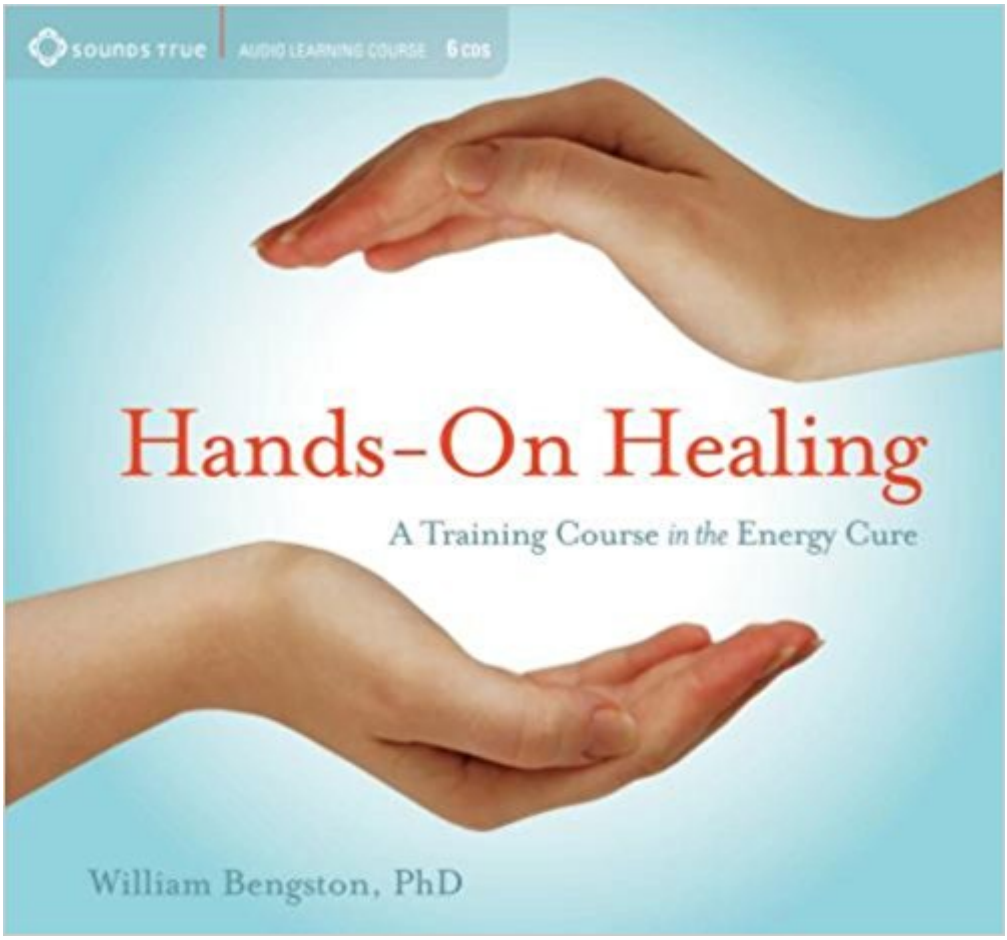
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Hands-on Healing: A Training Course In The Energy Cure



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Synopsis

Does hands-on healing work, and can it be taught? Like many scientists, Dr. William Bengston would once have dismissed this phenomenon as an example of the power of suggestion. But after 35 years of extraordinary research, Dr. Bengston has demonstrated time and again that hands-on healing works-even on some conditions that have no conventional treatment. With Hands-On Healing, he brings you an in-depth training course in the method that produces reliable results in the laboratory-and can trigger profound transformation and healing for those who learn it.At the core of Dr. Bengston's hands-on healing method is a unique process he calls Ã Â¿image cycling.Ã Â¿ Requiring no preconceptions, beliefs, or inherent psychic gifts, this learnable skill circumvents our conscious limitations to access a deeper source of healing intelligence that we all possess. With detailed instruction, competency-building exercises, and playful strategies for getting your own ego out of the way, Dr. Bengston guides you through each step toward mastery of this powerful technique.Skeptical scientists and energy practitioners alike have been astonished by the consistent, measurable success of Dr. Bengston's healing method. Yet even after decades of study, Dr. Bengston theorizes that we have only glimpsed a tiny fraction of our potential. With Hands-On Healing, he invites you learn a powerful technique to ignite your own abilities-and to join him in an ever-expanding experiment to chart our untapped capacity for healing.

Book Information

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Customer Reviews

William BengstonWilliam Bengston, PhD, is a professor of sociology at St. Joseph's College in New York and author of "The Energy Cure." In his early 20s, he received hands-on healing that ended

his chronic back pain. A self-proclaimed rationalist, he began a 35-year investigation that has made him one of today's leading researchers into the mystery and power of energy medicine. For more information visit bengstonresearch.com or write info@bengstonresearch.com.

My view of Bill Bengston's book, and especially the CD set, is that they are vitally important. By all means buy several and give them away - that's what I've done. Bengston is a stickler for tight experimental protocols and publishing in peer-reviewed journals so his results are well documented and quite credible. Still, it's amazing this work has gone on for forty years without catching the baleful eye of the closed-minded professional skeptics.There are a number of other reviews posted here that do a good job describing Bengston's method in some detail. In this review I will provide some additional information, based on a workshop I attended, that may not be found in the book or CD set or in the other reviews (there are 48 reviews of the book at this writing and I didn't read them all).After reading the book and working through the CD set (I recommend going directly to the CD set if you're serious) I really couldn't understand how Bengston's method is possible. I'm not saying I couldn't understand how it works - I knew there was little chance of that at the present - but rather how his actual mental algorithm, continuously cycling through a list of at least 20 mental images in a fraction of a second per cycle, could be performed by a typical human. That quandary caused me to sign up for one of Bill's occasional workshops, held in late 2013. It was reasonably priced - he's clearly not in it for the money - and it turned out to be a great experience. Much was revealed in the way of small details that are important for clarity and could make the difference between success and frustration. The information I give here is my best recollection and interpretation of what Bill said; I believe these points are accurate but I may have misunderstood something, and there were many times when Bill emphasized he was speculating or providing anecdotal information.Addressing my misgivings about the process of extremely rapid cycling, Bill said that as you accelerate the rate at which you go through your image list you reach a point where you are no longer seeing discrete images or even a blur of images; what remains is a "physical sensation." It seems that this "phase transition," as Bill calls it, like the transition of water to ice, is the key to learning this method. The second most important issue would seem to be learning to cycle in background mode while going through your normal daily activities. To perform actual healing, according to Bill, you "form a fleeting intention to heal and then let it go, step out of the way, and let the universe take care of it." We humans with our "pea brains" couldn't hope to carry out anything so amazingly complex, he emphasized. While "healing," he said, carry on a conversation, have an argument, watch TV, do anything you like but don't think about healing.Asked if there was any way

to know you are cycling properly other than to heal he said, not so far as he knew. However, some encouragement may be had if items on your cycling list (things that you want to happen or to have) begin to occur in surprising ways - at which time you should take those items off your list. He keeps his list up to date and also removes any items that "don't feel right" as he cycles; he said the last time he had updated his list was on the airplane traveling to the workshop. As to the question of when to cycle, he told the workshop, "You've never seen me not cycling." Bill says he cycles pretty much constantly while he's awake.When asked what percentage of the "volunteers" who had taken part in his published lab experiments over the years, mostly grad students and faculty at the various universities where the experiments were performed, had succeeded in curing cancer in laboratory animals, Bill responded, "All of them." Remember, he did not select volunteers who were already healers or who claimed to be psychic or unusually intuitive, or even individuals who were enthusiastic and believed it could work. He selected ordinary scientific-skeptical students and faculty members who thought it sounded like nonsense (as indeed it does). From this it is reasonable to infer that most normal skeptical people, after six weeks of training (the normal time period used by Bill), should be able to cure cancer, at least in mice. While this seems like a reasonable inference based on the evidence it is still not certain because of a lack of understanding of exactly what is going on in this deeply mysterious process.Bill's answer to many questions was, "I don't know," and he would frequently tell participants to, "Read the manual." The "manual," which he handed out at the beginning of the workshop, was a blue glossy business card with "Avoid Ritual!" printed on one side and "Be Playful!" printed on the other.In the CD set Bengston covers 90% of what is covered in the workshop. He drills you in his technique, just like in the workshop, and covers most of the same issues. However, working through the CD set I did not develop the enthusiasm that the live workshop generated, largely because there was no way to get niggling questions answered (I hope this information helps you avoid some of the frustration) and also because I found Bill to be an amusing and entertaining teacher when he wasn't cracking the whip and exhorting the group to, "Cycle faster! Faster!" If somebody reported a problem he often responded, "You're not cycling fast enough!"Near the end of the workshop Bengston emphasized ethical issues (primarily, never do anything for another person without their permission) and legal issues (he emphasized protecting yourself if you want to offer healing and suggested a few attorneys who are knowledgeable about the issues involved). These issues are also covered in the CD set, without the specific suggestions.Late on the second day we had a brief practice period where we partnered up just to get a feel for the overall process (or you could opt out - no pressure). I found it encouraging that my practice partner (for 15 minutes) was an oncologist. I hoped I was getting a glimpse of the

future when mainstream medicine embraces a pragmatic, open-minded, evidence-driven healing approach, with a renewed emphasis on the directive, "First, do no harm."

This set contains six cds with techniques everyone can learn for manifesting healing and anything else desired in this material realm. I have just completed enjoying the third cd and look forward to the next three. This is a most welcome addition to my healing library!

The science of hands on healing. The experiments, the understanding - presented in a carefree manner by the author. not too serious. You'll love it

Oh my goodness.This is so helpful.

The Cycling process has lead to interesting observations in my own thinking how energy reacts. Things that make you go HUM..

This course is "hard going" but surely worth the effort. I am still on "slow speed cycling", but it all makes sense.Thank You .

I met Bill Bengston at an ICRL meet-up and loved him. This CD set is easy to listen to and fascinating at the same time.

Excellent Book

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