

Reading Group Guide for “The *Other* Medicine...That Really Works: How Energy Medicine Can Heal You In Body, Mind, and Spirit” by Heidi DuPree, RN, CTN

About this book:

Western medicine may save your life, but to *heal* your life, you need Energy Medicine. Although we have twice the life expectancy of our ancestors, the quality of our lives is increasingly diminished by chronic physical, emotional, mental, and spiritual health issues due to a pervasive lack of knowledge of their core causes and treatment.

Weaving together mind-body health information with scientific studies and true-life stories of healing, The Other Medicine...That Really Works restores the knowledge that is your birthright. This comprehensive guide to a healing way of life will help you learn the key to working with health issues, taking you beyond symptom elimination into growth, transformation, and radiant joy. You will discover:

- n How and why mind-body health information was lost from the Western culture
- n The function and anatomy of your body energy systems
- n The key to activating the healing process in your life
- n How to recognize your own healing
- n What can block healing and how to work with it
- n Everyday energy medicine that you can put into practice now

You will never see medicine or healing the same way again!

Discussion Questions:

The author suggests reading groups conduct the breathing exercise located in the appendix to center and ground participants and increase awareness prior to starting the discussion questions. Participants can also use the acutapping guide in the appendix to tap as a group on any negative beliefs, negative physical sensations, negative emotions, and negative thoughts that come up during the session.

Key Concept #1 *We are made of energy in the form of vibrational frequencies and have a subtle body, organized as energy systems oriented to a core axis.*

Question: What instances of awareness beyond your physical body and usual senses have you experienced, such as the examples on pages 40, 84, and 116?

Key Concept #2 *Blockages and disruptions can form in our energy systems.*

Question: What signs of energy blockages from chapter 5 are you aware of in yourself?

Key Concept #3 *Energetic blockages and disruptions precede disease and illness.*

Question: Can you relate an experience in your life when a physically, emotionally, mentally, or spiritually distressing (and energy disrupting) event preceded illness?

Key Concept #4 *Energetic blockages and disruptions form from trauma, beliefs, resistance, suppression and lack of self-acceptance.*

Question: Can you identify with any of the negative beliefs on pages 161, 163, or 174, or some other belief? Are you aware of any symptoms of an energy blockage when you think about this negative belief?

Key Concept #5 *Suppression, resistance, and lack of self-acceptance are widespread in Western culture.*

Question: Can you give an example of suppression, resistance, or lack of self-acceptance in your life? See pages 228 and 229 to help identify what you have disowned in yourself.

Key Concept #6 *Healing energetic blockages and disruptions begins with awareness, followed by self-acceptance through compassion, which creates trust and leads to a state of surrender.*

Question: Which step of healing do you think you are currently on – developing awareness, developing self-acceptance, developing trust, or learning how to surrender? Which step is the most difficult for you, and why? (see chapter 9)

Key Concept #7 *Observing with compassion and detaching from outcome is an act of creation.*

Question: Have you felt stuck in creating the life you desire? Have you explored being in the detached observer position? What was your experience?

Key Concept #8 *Healing is a natural process and can occur in unexpected ways.*

Question: Have you experienced a spontaneous, unexpected, or surprising instance of healing in your life, such as the examples on pages 244 and 245?

Key Concept #9 *Healing progresses from the inside out, from top to bottom, and in reverse chronological order.*

Question: Have you had a healing experience with your symptoms progressing according to one of the Hering's Laws of Cures, or an illness experience with symptoms progressing in violation of one of the laws?

Key Concept #10 *The healing process has recognizable signs and stages.*

Question: Which of the signs of healing listed on pages 276 and 277 have you experienced?

Key Concept #11 *Beliefs, resistance, and suppression can block the healing process.*

Question: Do you identify with any of the beliefs or fears associated with obstruction of the healing process on pages 283 through 290, or some other negative belief or fear?

Key Concept #12 *There are numerous practices available in our daily lives that improve our vibrational frequencies.*

Question: Have you tried any of the everyday energy medicine practices in chapter 14? What was your experience?