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Life Energy Process

By Stéphan Sabetti

Life Energy Media. Paperback. Book Condition: New. Paperback. 238 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. In uniting the Western tradition of psychotherapy with various Eastern methods of healing, Dr. Stéphan Sabetti developed a revolutionary process of inquiry called Life Energy Process, based on the concept of life energy as a fundamental force in the universe. In Life Energy Process, Dr. Sabetti presents 12 forms of LEP that he developed to apply specifically to the interpretation of energetic processes as they move through us and express themselves in therapy, music, dance, organizations, art, etc. Each form adds to the general understanding of energy dynamics and benefits from the cross-fertilization with other forms. Dr. Sabetti begins with its history and indicates how the general concepts and principles of LEP are used specifically for this variation. He then discusses the concepts that make the form unique, and he finishes by explaining how he arrives at a diagnosis of the individual or organization in relation to it. This energy-based system in a dynamic, multi-leveled approach to change and lifestyle. Because it views the universality of energy as fundamental to the essence of life, LEP can be applied to comprehend the way all elements of...



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