

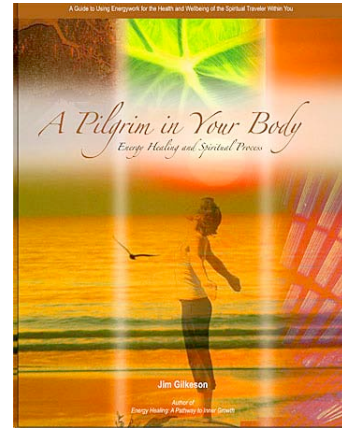
**A PILGRIM IN YOUR BODY**  
**ENERGY HEALING AND SPIRITUAL PROCESS**  
**BY JIM GILKESON**

For Immediate Release  
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**A new book from the author of *Energy Healing: A Pathway to Inner Growth*, which Elmer Green, Ph. D., the Father of Bio-Feedback, called “the best book I have seen on the subject.”**

*“Jim Gilkeson established himself as an important spokesperson for holistic approaches to wellness in *Energy Healing: A Pathway to Inner Growth*. His new book, *A Pilgrim in Your Body*, continues his teachings of wise, pragmatic solutions to balancing among spirit, body, intellect, and emotion. His kind wisdom and humor accompany the reader through in-depth discussion of energy healing and exercises. He demystifies energy healing and makes it accessible to new as well as experienced practitioners.”*

*~ Denise Low, Ph.D.,  
author of *Touching the Sky* and *Words of a Prairie Alchemist**



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***A Pilgrim in Your Body: Energy Healing and Spiritual Process* is a guidebook that acquaints the reader with principles and practices of energywork, the knowledgeable use of the human energy field for healing and personal growth. Practical exercises and partner treatments are accompanied by in-depth explorations of the psycho-spiritual themes of energywork, along with entertaining anecdotes.**

***A Pilgrim in Your Body* serves three different, but interlocking purposes:**

- \* The first of these is to paint a big enough picture of energy healing to set it in the context of a psycho-spiritual undertaking and spiritual process, where it belongs.
- \* The second is to present fifteen major recurring themes that show up in all energywork, regardless of the modality or flavor.
- \* The third of these intertwined purposes is to present personal energy-oriented practices for the internal work of anyone interested in opening new pathways to inner growth and cultivating their spiritual qualities and potentials. Included are practical, hands-on ways of addressing the perennial psycho-spiritual themes that show up in energy-active body work with other persons.

*“By successfully coupling energy healing with spiritual growth, Gilkeson has elevated the potential of all health therapy. I highly recommend this book for all persons interested or engaged in the health care world.”*

*~Fritz Frederick Smith, MD., Founder of Zero Balancing,  
author of *Inner Bridges* and *Alchemy of Touch**

***A Pilgrim in Your Body will not only help practitioners make the transition from bodyworker to healer but will educate anyone interested in the healing potentials of energy work. This is an important book!”***

*~Hal Zina Bennett, Ph.D.,  
author of *The Lens of Perception: A Users Guide to Higher Consciousness**

**About the Author:** Jim Gilkeson is the author of *Energy Healing: A Pathway to Inner Growth* and over fifty articles on energy healing. He is a bodywork therapist, a teacher of meditation and energy oriented healing and an amateur musician. He lives with his partner, Diane Tegmeier, in Northern California. For more information, go to the author’s website at <http://www.jimgilkeson.com>.