

# barbara ann brennan hands of light

Barbara Ann Brennan's "Hands of Light" is a groundbreaking work that delves into the realms of healing, energy, and the human body's electromagnetic field. This book serves as a bridge between spirituality and science, introducing readers to the concepts of energy healing and the profound impact it can have on personal and collective well-being. Through her extensive research and personal experiences, Brennan provides a comprehensive look into the world of human energy fields, offering insights that have changed the landscape of holistic healing.

## The Author: Barbara Ann Brennan

Barbara Ann Brennan is a renowned author, healer, and former NASA physicist who has dedicated her life to the study and practice of energy healing. Her journey began in the early 1970s when she became interested in the metaphysical aspects of healing. She combined her scientific background with her newfound insights into energy work, culminating in the publication of her first book, "Hands of Light," in 1987.

## Background and Education

- Education: Barbara holds a Bachelor of Science degree in physics from the University of Wisconsin-Madison and has pursued studies in psychology and healing modalities.
- NASA Experience: Her time at NASA provided her with a strong foundation in scientific principles, which she later applied to her studies in energy healing.
- Healing Practice: After leaving NASA, Barbara trained in various holistic healing practices, including Reiki and other forms of energy work, eventually founding the Barbara Brennan School of Healing in 1982.

## Impact and Influence

Barbara Ann Brennan's work has had a significant impact on both the fields of energy healing and alternative medicine. She has inspired countless practitioners and has been instrumental in bringing awareness to the importance of the human energy field.

- Healing Community: Brennan's teachings and methodologies have influenced thousands of practitioners and students globally, fostering a community dedicated to energy healing.
- Workshops and Training: Through her school and workshops, she has trained many individuals in the art and science of healing, providing them with tools to help others.
- Integration of Science and Spirituality: Her work encourages the integration of scientific principles with spiritual practices, allowing for a more comprehensive understanding of human health.