



# SourcePoint Therapy: Exploring the Blueprint of Health

By Donna Thomson

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## SourcePoint Therapy: Exploring the Blueprint of Health By Donna Thomson

SourcePoint Therapy® is a simple, non-invasive approach to energy work. It provides an energetic container and context for whatever other modalities we use to help others or ourselves. It is intended to support, not replace, healing work that is done at the physical or psychological level and is not intended to be a stand-alone modality of therapeutic work. This book introduces you to the basic principles and practices of SourcePoint. The fundamental premise of SourcePoint is that there is a universal energy field in which we dwell, and that we are a part of. We call this universal energy simply Source. This universal energy field contains the information of Order, Balance, Harmony and Flow necessary to create and sustain life; within it are found blueprints for all forms of life. In SourcePoint our intention is to provide a means of connecting specifically with the Blueprint of health for the human being. This energetic template contains the information necessary to sustain physical, emotional, mental and spiritual health, including that of the highest potential we have as human beings. We can access this Blueprint for the benefit of others and ourselves. The body has an inherent capacity to "download" this information of health. In this book you will find a thorough exploration of the concept of the Blueprint of Health throughout human history, from the perspective of many philosophical, spiritual and healing traditions, as well as a description of the practices of SourcePoint Therapy and simple meditative practices that can help you connect directly and personally with the Blueprint of Health.

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#### **About the Author**

Donna Thomson is an intuitive, meditation guide, MSW, and author of the book Simple Meditations to Use your Energy Effectively (Sentient Publications 2006). Bob Schrei is a Certified Advanced Rolfer in practice since 1986, a licensed massage therapist and biodynamic cranial-sacral therapist, an artist and former Zen teacher, and the co-founder of SourcePoint Therapy® with his wife and partner in energy work, Donna Thomson. They live and practice in Santa Fe, New Mexico, and teach SourcePoint Therapy® in many U.S locations as well as internationally.

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