



Joy's Way, A Map for the Transformational Journey: An Introduction to the Potentials for Healing with Body Energies

W. Brugh Joy

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In 1974 Dr. W. Brugh Joy was a distinguished and respected member of the Los Angeles medical community. In that year he contracted a life-threatening disease that culminated in an illuminating meditation, which caused him to give up his medical practice abruptly. Six weeks later he discovered that his illness was totally cured. This experience pushed him to further his explorations into realms of healing involving body energies, the chakra system, meditation, and higher levels of consciousness.

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