

Understanding and Healing the Human Energy Field



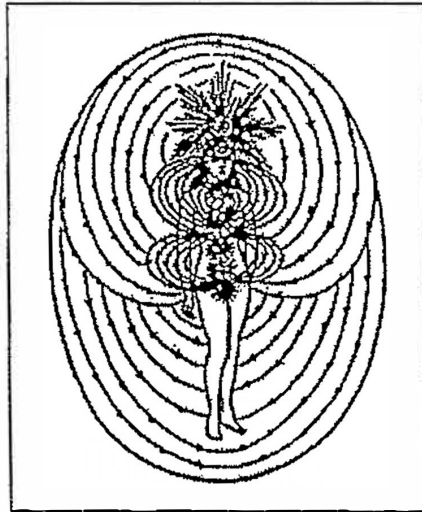
Understanding the Human Energy Field

"The Human Energy Field is constantly receiving energy from the Universal Energy Field to nourish every aspect of body, mind, heart and soul." Your aura is the energetic skin which holds all your inner, energy bodies together.

While your energy chakras are like the pores in the energy skin which regulate the flow of universal energy into and out of the body.

Your energy field is the instrument of wellness and the source of illness.

Barbara Brennan said it best: "it is essential that we deal with the deeper meaning of our illnesses. We need to ask, what does this illness mean to me? What can I learn from this illness? Illness can be seen as simply a message from your body to you that says, 'Wait a minute: something is wrong. You are not listening to your whole self; you are ignoring something that is very important to you' A return to health requires more personal work and change than simply taking pills prescribed by a doctor. Without personal change, you will eventually create another problem to lead you back to the source that caused the disease in the first place."



Your Aura: Skin of Inner Energy Bodies

- * surrounds your physical body in a 360 degree circumference (as in the picture).
- * contains light, color and sound.
- * extends a radius of about six feet all around you interacting with everything going on around you internally and externally.
- * is reacting to every thought, word, feeling, choice, and action at the speed of light.
- * is electromagnetic and interpenetrates your physical body with electrical energy.
- * you are a vibrational being: composed of light and sound at the lowest level.

- * is the holographic, energetic matrix for your physical body
.....because energy always precedes matter.
- * is your "energy body" moving "living bioplasma" through your physical body.
- * is the living bioplasma variously referred to as:
..... chi (China), ki (Japan), manna (Hawaii), prana (India).
- * can be photographed with scientific instrument like the Kirlian camera.
- * is the vital life force that makes you alive and interconnected with all life
..... animals, plants, humans, objects.
- * is a 6 dimensional balance of flowing fluid layers and strong grid structures:

..... physical, astral (emotion), causal (karma), mental (thought), etheric (intuition), Soul.

* has a green physical body:

..... the layer of matter that you see, hear, smell, touch, and can taste!

..... is the one whose eyes are reading these words.

..... is the only body visible to the naked eye (ie. without special equipment).

..... is the outer body linked to and surrounded by the other inner bodies.

* has a red astral body:

..... the layer of energy manifesting as emotions (lower) and heart (upper) energy.

..... is the one whose emotions respond to this through your feelings about it.

* has an orange causal body:

..... the "seed body" or karmic hologram where experiences are stored.

..... is the one whose cellular memory filters your perception of this information.

..... is the one testing this against the accumulated experience of your past lives.

* has an blue mental body:

..... the layer of energy that manifests as attitudes, beliefs, thoughts, and ideas.

..... is the one whose analysis is responding to this by giving you thoughts about it.

* has an purple etheric body:

..... the layer of energy that manifests as intuition, knowingness, and guidance.

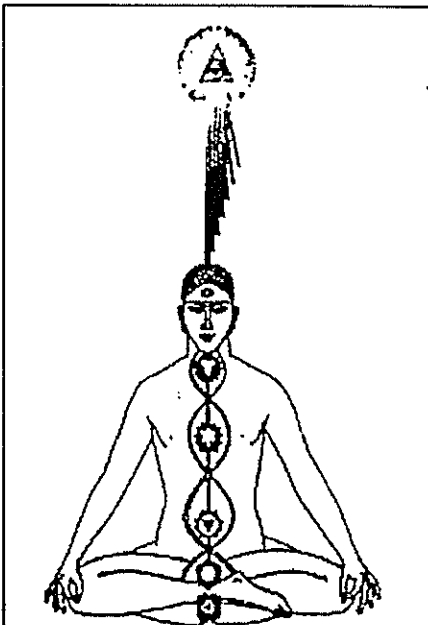
..... is the one whose intuitive abilities are acting on this information.

..... is the one coordinating the various responses of the other bodies.

..... is the one producing your final decision about this information.

* has an white soul body:

..... the layer of energy that manifests as intuition, knowingness, and guidance.



Your Energy Chakras:

*are "Spinning Wheels of Light" (the translation of the Sanskrit word 'chakra').

*are rooted in a **vertical power current** (energy hose -see picture) that interconnects and interpenetrates the body.

* is open-ended at the **root** (genitals),

..... the color is red and connects you to the earth, your purpose, and your will to live.

* at the **sacrum** or the pelvic area,

..... the color is orange and works in the front with self love and acceptance and in the back with standing in your personal power.

* at the **solar plexus** or diaphragm area,

..... the color is yellow, in front holds how you see yourself in the world and in the back how you take care of yourself at all levels.

* at the **heart**, the color is green and expands to colors of pinks and roses.

..... In the front you connect in relationship to your fellow man from the "heart" and in the back, you support your ego will to accomplish tasks in career/work.

* at the **throat**, is the healing color of blue.

..... In the front you connect in speaking your truth through the voice and in the back of the neck you connect in how you see yourself professionally.

* at the **third eye** between the eyebrows, shades of lavender and purple spin.

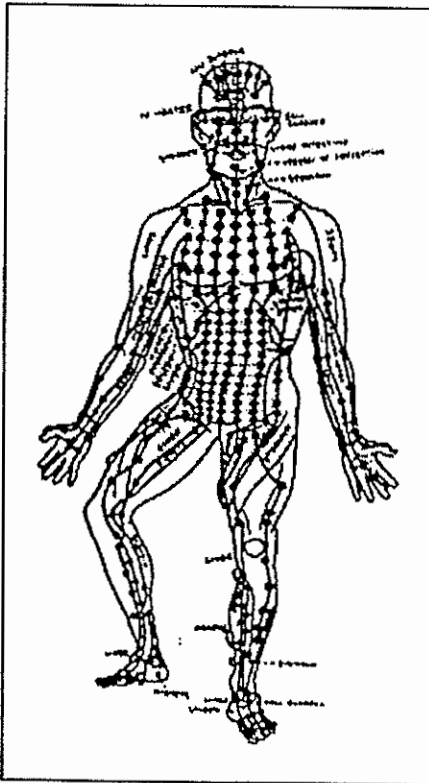
..... In the front you take in the creative forces of the universe and you bring them to fruition in the back of the forehead chakra.

* is open-ended white/purple **crown**, you connect to universal knowing/spirituality."

Healing the Human Energy Field

Your energy field is the instrument of wellness and the source of illness.

Barbara Brennan said it best: to heal "I have found that the source is the key. To deal with the source usually requires a life change ultimately leading to a personal life more connected to the core of one's being. It leads us to that deeper part of ourselves that is sometimes called the Higher Self or the spark of divinity within."



How does Energy Healing work?

"Energy healing uses the universal life force of energy flowing through the practitioner for the balancing of the body, mind, heart and soul of the client. It is not the practitioner's energy, it is universal energy entering the practitioner's energy field, flowing through them into the client. Ultimately, it is the client's willingness to receive and integrate this energy that enables the healing to occur.

The intelligence and wisdom of the client's body will direct the energy to where it is needed at the moment. Other more specific forms of energy healing, like therapeutic touch, healing touch, craniosacral therapy and psychic healing for example, scan and assess the energy field targeting specific physical, emotional, mental, or spiritual problems and work directly with those

areas."

What does Energy Healing help?

"Energy healing is helpful with stress, emotional issues, anxiety, addiction issues, physical and emotional pain, phobias, and during the dying process. It is also supportive during treatments like chemotherapy and radiation to help reduce the side effects of these treatments; as well as after major or minor surgery to assist the body's own capacity for recovery and healing."

How does working with the Human Energy Field aid the healing process?

"Trauma, emotional and mental stress, false belief systems as well as spiritual disconnection are held in the energy patterns of our auric field. Energy healing helps us identify issues before they manifest as pain or similar distortion in the body. Energy healing opens our consciousness to the 'issues' we need to face and work out to bring life into balance and maintain health, harmony and vitality."

Is energy healing compatible with Conventional Medical Therapies?

"Absolutely! Energy healing is not meant to replace conventional medical treatments or ongoing therapy but to complement and facilitate these treatments. The goal of 'integrative medicine' is to use the wisdom and integrity of conventional and complementary healing together to assist the client's healing process. Healing is a lifelong journey... healing is not curing: healing is about returning to wholeness!"