

The Human Energy Field

From a young age, I've aspired to be a healer. A career in nursing allowed me direct contact with sick people. I was awed & fascinated with the wonder, complexity & the interconnectedness of organic beings. The human body is the most complex of all, owing to mental, emotional & psychological factors which impact every illness & disease. Early studies provided a basic foundation on the functions of the human body. Although many people get well due to medical interventions, a lack of complete healing abounds. A patient's wholeness occurs as a result of their own efforts. Traditional medicine has evolved into specialized fields. Most patients have several physicians addressing their ailments from different organ systems & few of these practitioners focus on the whole being. In the last 10-15 years, the healthcare industry, now a business, has its focus more related to money matters than on a patient's well-being. Today, many healthcare practitioners have become aware of the benefits alternative medicine provides & are open to its possibilities. We, in the alternative healing methods genre, have become the educators & practitioners giving people knowledge & options to address the illnesses of our times.

"As in many other areas of investigation, what we were absolutely certain about 20 years ago has changed dramatically. For example, in a few decades scientists have gone from a conviction that there is no such thing as an energy field around the human body, to an absolute certainty that it exists. Moreover, we have begun to understand the roles of energy fields in health and disease. Most people are simply not aware of this research, and persist in the attitude that there is no logical basis for energy healing." (www.reiki.org/reikinews/sciencemeasures.htm)

"An aura is a colorful, multilayered energy field... Each layer vibrates differently. The aura contains information about our physical, emotional & spiritual health & can reflect the condition of our chakras. It holds a multitude of information about one's past, present & future." (psychiclibrary.com/beyondBooks/aura-room/)

The human energy field is a manifestation of universal energy, a basic constituent & source of all life. Some believe there are as many as twelve auric levels. I will focus on the seven primary auras which interpenetrate the physical body & their associated chakras.

Most of the information in this paper is derived from the work of Barbara Ann Brennan's work in the "Hands of Light" workbook.

The Auras

The etheric body lies directly next to the physical body in a state between energy & matter. It is a structured matrix composed of tiny blue colored, vertical energy lines. All of our anatomical parts & organs are mirrored. This vital field creates or heals physical tissues.

The second layer is finer, more fluid & called the emotional layer. Psychics see it as a rough outline of the physical body but doesn't duplicate physical structures. Every color of the rainbow in a variety of hues are seen as a result a person's emotional state.

The mental body is the third layer associated with thoughts & mental processing. The structure of our ideas provide the framework for this layer. Ideas appear as blobs of different colors in a yellow field. When one engages in intentional concentration & deep contemplation a bright yellow light is generated & it radiates around the head & shoulders.

The astral body is amorphous & its colors are more brilliant than the emotional body. The rose color of love is often seen. "It is not just body language; there it is an actual energetic phenomenon that can be perceived." (Hands of Light, page 52)

The fifth layer is the etheric template. It contains everything in existence in the physical body as a type of blueprint or template form for the etheric body. It is like the negative of a photograph. When the etheric body becomes disfigured due to illness or disease, etheric template work is needed to support the etheric body back to its original healthy form to heal physical body parts again. "It is the level at which sound creates matter. It is at this layer that sounding in healing is the most effective." (Hands of Light, page 52)

The celestial body is at the sixth layer. This is the emotional level of the spiritual plane. Its form is less defined & composed of pastel colors. Shimmering gold-silver light with an opalescent quality & appearance is often seen. This is the place of spiritual ecstasy. Unconditional love flows from an open heart chakra & an open celestial chakra connecting with each other.

The etheric template or causal body is the seventh auric level. It is the mental component of the spiritual plane. When our consciousness reaches this level we are one with the Creator. Tiny threads of gold-silver light of strong durability form the egg-shaped golden grid structure. This is the strongest & most resilient of the auric levels. The golden template level also contains the main power current that runs up & down the spine & is the source for nourishment for the entire body.

The Chakras

By the end of adolescence, the chakras have progressed to an adult form. As a person matures, chakras orientate & conform to the psychological patterns evolving from a person's life. Blocking our feelings related to unpleasant experiences stops the natural flow of our essential energy. When a balanced psychological functioning is inhibited, abnormal growth, development & ill-functioning chakras occur. The chakra becomes disfigured from being blocked & clogged with stagnated energy. An irregular spin &/or backwards spin is the result. Some diseases can cause severe distortions or tears in the chakra's structure.

Chakras that function normally are open & spin clockwise drawing energy into the body from the universal energy field (UEF) via each chakra device. A counterclockwise spin indicates the current of energy is flowing out of the body. This lack of universal energy impedes metabolism in the body. When a chakra is open, it becomes a device that can sense energy. It can tell us about the world around us. When a chakra is closed, we are unable to let information in for us to perceive our world.

The first chakra, the coccygeal center, also known as the root chakra is related to physical energy & our will to live. It is the seat of life force energy where large amounts of energy enter the body.

The next five chakras contain a front & rear device.

The front of the second chakra is the pubic center & relates to the quality of love. When it is open, it facilitates giving & receiving sexual & physical pleasure. The rear device, called the sacral center, located at the sacral area, quantifies sexual energy. When open a person feels sexual power. These two centers meet in the heart of the chakra in the spine where the life force energy creates desire for sexual union.

At the solar plexus center, in front, a person knows his unique & connected place in the universe. Although this chakra is a mental chakra; it also relates to a person's emotional life. The mental processor serves as a regulator for the emotions. When open, the person will have a deeply fulfilling emotional life. The diaphragmatic center located behind the solar plexus is associated with our intentions toward our physical health. When this center is open the individual has a strong health-love attitude regarding the body. This center is also known as the Healing Center & is associated with spiritual healing.

The heart chakra, at our front is the center in where we love. There is a flow of energy through it; connecting us to all life. The more we open this center, the greater our capacity to love all life & all things in the universe. Midway between our shoulder blades is the rear center. It is associated with the ego's will, or outer will. This is where we act in the physical world. With an open rear chakra & clockwise spin, we will have a positive attitude about our accomplishments & have supportive people to assist us.

The throat chakra in our front, is seen in our responsibility for our personal needs. Maturity is reached when one ceases to blame others for lack in their life & goes out to create what one needs & desires. Assimilation occurs at the back of the fifth chakra, sometimes referred to as the professional center. Here a person's sense of self within society, career & peers is realized. This center is open when a person is successful, well suited & satisfied with their chosen profession.

The forehead center or sixth chakra is concerned with the capacity to visualize & understand mental concepts. If someone has confused mental ideas or images of reality that are not true, this center may be spinning in a counterclockwise direction. The back of the head is the mental executive center. This is the place creative ideas are implemented & formulated from the forehead center. When the executive center is open, one's ideas are followed with appropriate actions to stimulate & create manifestation in physical reality.

The crown chakra relates to a person's connection to their spirituality, integrating the entire being, physical, emotional, mental & spiritual. If this center is open, the person experiences his spirituality in a personal way, not defined by dogma. It is a state transcending our physical world & all its entrapments. It creates a sense of faith, peace & wholeness, therefore, a sense of purpose.

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Alice Bailey writes, "...the major causes of disease are three in number: they are psychological in nature; they are inherited through group contact; & they are karmic." (Esoteric Healing, page 32) She also states, "Ninety percent of the causes of disease are to be found in the etheric & astral bodies. Wrong use of mental energy & misapplied desire are paramount..." (Esoteric Healing, page 112).

The vicissitudes of life & our emotional responses cause our chakra changes. It is a rare individual who has all chakras open & spinning in a clockwise direction for perpetual maintenance of optimal health. Knowledge of these abnormalities, acceptance of their relationships & how they impact our lives can be an impetus for us to seek healing for our lives.

I close with Barbara Breenan's encouragement. "...your deepest inner longing, that which you want to do more than anything, is precisely what you have come into this life to do. Your assurance of health is to do it. Start now, explore what it would take & begin. Even if it takes a long time to get there. If you don't start out on the journey, you won't reach the goal. If you do & continue to walk toward it, you will. Your inner guidance will guarantee it." (Hands of Light, page 268)

Thank you.