

THE EMPOWERED ATMA

Dive into the Energetic Body

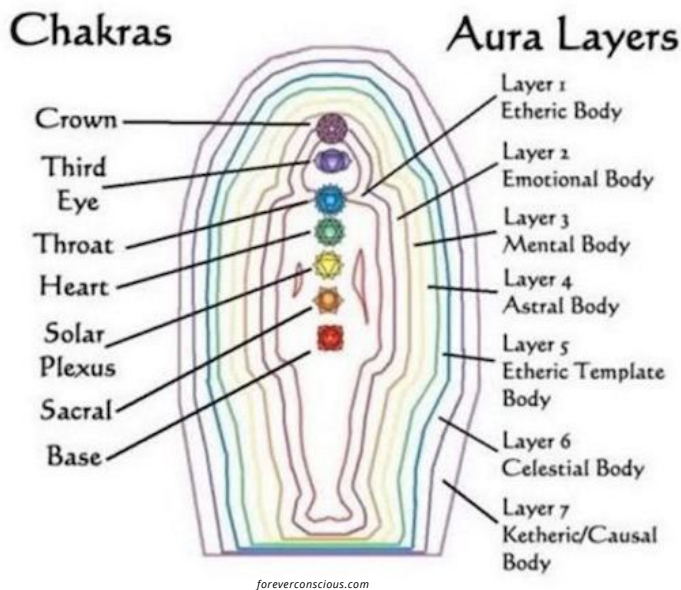
Human Energy Fields

Are you just a physical body?

Let's expand our view beyond the physical realm. Many people are not aware that our physical body is not the only body we have. Let's encompass perspectives from the field of energy medicine. The human body is more than the physical form, it actually is made up of more- a multilayered energy field that is constantly interacting with its surroundings. Many energy healers perceive this field as seven auric layers that relate to the seven main chakras.

The first three inner layers of the aura are associated with the physical plane of reality, and the one closest to our body is associated with the root/base chakra. This **first auric layer**, also known as the etheric body, the innermost layer, is closely tied to your physical health. Working with this layer can be thought as the epitome of preventative medicine, because you are interacting with the state of your energy before it condenses into physical form. Think of it like making edits to a blue print for a chair, rather than trying to make changes after you've already cut and assembled the wood.

The **second auric layer** is the emotional body (energy of emotions & feelings). It is associated with the sacral chakra (the energy center related to emotions, sexuality, and intimacy). This layer transmits your emotional energy to the outside world, while also simultaneously attracting emotional experiences that resonate with the energy that is present in this layer. For example, if your aura has been patterned over time with the emotional energy of fear, you may be predisposed to find yourself in fear-triggering situations, or hypersensitive to these experiences. When this layer is functioning optimally, we are able to remain fully present and feel our emotions without clinging to the emotions we like or dislike.



Article Highlights in This Issue

Seven Auric Bodies

Chakras

Energy Healing

The **third auric layer** is associated with the solar plexus chakra (will power), also known as the mental body. This auric field creates a “mind field” around us which can connect to the mind fields of others. In this layer we may encounter thoughtforms, which are created through a repetition of thoughts we internalized. For example, in childhood we may have internalized the message “I am unworthy”, creating an unworthiness thoughtform with continues to adulthood. The more we put stock into our thoughtforms, the stronger the thoughtform becomes. Awareness and clearing out unhelpful thoughtforms help tend to this auric layer.

The **fourth auric layer** is associated with the heart chakra. It serves as an intermediary between the lower and upper chakras. This layer is like a communication tower, relaying information and transmitting influence between the lower and upper energy centers. When this layer is healthy, we find it easier to translate energies from the upper chakras, such as the desires of our higher self and guidance from Source, into our mental, emotional and physical experiences. This layer is referred to as the astral body – connecting us by cords to beings and realms beyond the constraints of time and space. You can also clear/cut cords that are attached with others to feel more grounded in mutual love and respect instead of feeling tangled in a web of cords.

The **fifth auric layer** is associated with the throat chakra and our etheric template. This layer is like the perfect blueprint from which the etheric body derives from. It is a set of downloaded operating instructions from our higher self and the more we connect with our higher self, the more this blueprint is refreshed. Now, stay with me here – there is an idea in Quantum Theory called “many worlds interpretation” which claims that anything that is possible already exists in some plane of reality. In that case, it could be possible that we can use our astral body to communicate with a version of ourselves in a parallel universe to receive information from the paths not taken in the current self – in a sense guiding us in the right direction. This auric level is most responsive to sound healing- which makes sense since it is associated with communication.

The **sixth auric layer** is associated with the third eye chakra (seeing clearly -both in physical world and spiritual or psychic sense), also known as the celestial body. Many healers perceive this layer as being composed entirely of light. When this layer is connected to and in harmony with the heart chakra, we rest in the knowing that we are one with the divine, giving rise to unconditional love for ourselves and others, and our decisions also come from this expression of love. Tapping into this love-light energy can help us see deeper layers of truth.

The **seventh auric layer** is known as the causal body and contains all inner auric layers in its sheath, while also providing a grid for the physical body, chakras, and energy channels. It contains bands of colored light, each corresponding to different past lives, and connects us with the Spirit. When a healthy flow and energetic dialogue between this and the inner layers is obstructed, we will feel a dissonance, because the various levels of our being aren’t able to exchange energy freely with the Source. Without this exchange, we may experience any matter of challenges, such as lack of purpose, energy, health or creativity. By reopening the dialogue with Source, we will be guided to the changes and shifts necessary to regain our sense of purpose, energy, etc.

When you feel frustrated with how things are playing out in life – I challenge you to take a deeper look into your energetics. Work on healing the auric layers so you can find your purpose, be connected with the Source and love unconditionally. Remember, each auric layer can be worked on individually and simultaneously - Holistic healing can help clear obstructed paths body physically & energetically!

Are you feeling out of balance and want to know what you can do to help yourself? Visit www.empoweredatma.com to inquire about energy healing.

Information accumulated from: Llewellyn's
Complete Book of Reiki by Melissa Tipton

