

The Subtle Bodies and Seven Major Chakras

First Layer

The Etheric Body

This is the closest energy body to the physical.

Second Layer

The emotional Body

This body contains all the colours of the rainbow

Third Layer

Mental Body

Generally seen as bright yellow radiating from around the head

Fourth Layer

Astral Body

This is composed of a gorgeous cloud of colour often tinged with pink.

The Fifth Layer

Etheric Template

This template has a dark blue hue to it.

The Sixth Layer

Emotional or Celestial Template

The colours of this body are soft in nature and glow softly from the body.

The Seventh Layer

The Ketheric or Causal Body

This body contains the main Kundalini force and is made of gold or silvery gold.

Crown Chakra

Third Eye Chakra

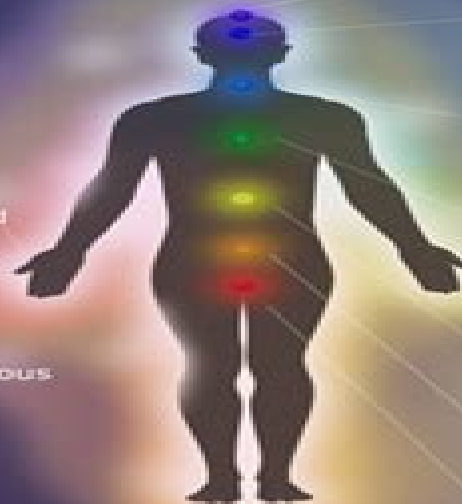
Throat Chakra

Heart Chakra

Solar Plexus Chakra

Sacral Chakra

Base Chakra



Chakra And The Human Energy Fields

Brian Seaward



Chakra And The Human Energy Fields:

The Chakras and the Human Energy Fields Shafica Karagulla, Dora van Gelder Kunz, 1989-04-01 A presentation of experimental evidence that illness can be seen in the subtle energy fields of the body Fascinating case studies of actual patients show that clairvoyant observation can diagnose disease and even reveal potential illness before it manifests in physical symptoms The key to health and disease lies in the dynamic interaction between the body's physical emotional and mental fields and universal energy fields Understanding this interaction can help us alter our energy patterns in the direction of better health Includes a full color foldout diagram of the chakra system *The Human Energy Field — Chakras* Cathy Chapman, Chakras spin take in energy and release energy They react to what happens in your life They react to your thoughts and emotions They react to the actions you take You might have a thought that goes through your mind such as Oh how terrible that I forgot this Your third chakra reacts to that You might have a thought that says I wish I had said this or done that Your second chakra reacts to that Focused intention occurs when you are in your heart source You might think you only focus intention with your mind but when you are in your heart source your chakras align From your heart source you connect with the heart chakra and the third eye through that beam of energy because that beam of energy goes all the way up and all the way down all your chakras connect Your chakras work to keep you in balance as you perform your intention The beam of energy activates all the chakras so that they come into alignment and balance with each other If you have a thought while you're in your heart source let's say you think about what happened yesterday and how you're going to handle things in the future that energy moves throughout your chakras up and down your pranic tube They come into balance The heart source keeps all your chakras in balance Take what you need from this book and use it to facilitate healing for yourself and for others However you use this information do it from your heart **Auras, Chakras, and Energy Fields** Sylvia Lavey, 2007-05 Auras Chakras and Energy Fields What They Are To You and How Your Angels and Guides Work Through Them is a quick read British vs American spelling grammar and punctuation are used in this book Physical mental emotional and spiritual health are all reflected in your aura The colors that you wear most of the time can alter the colors in your aura Wearing bright colors that are the same colors as your chakras is healthful to your chakras and to your aura Colors reflected onto the physical body can help to strengthen your aura Like those that are reflected by the sunlight through stained glass windows in a church synagogue or temple Your aura and chakras are subtle energies that your angels and guides work through to help you and to guide you on many different levels Eating foods that are the color of certain chakras will help to strengthen that chakra and your aura This is Sylvia Lavey's second book Her first book Synchronicity was published in November 2006 and her third book Angels was published in October 2008 *The Human Energy Field — Hidden Structures* Cathy Chapman, 2020-06-18 In Western medicine health care practitioners learn physical anatomy There is another anatomy just as important the energetic anatomy If you have read the previous books in this series you not only learned about your

spiritual anatomy some of which had never been revealed at least I d never heard about it but also how to heal these aspects of yourself Just by reading the healing experiences you receive the healing In this book you will learn about structures you might have heard of but know little about such as the minor chakras the hara line the core star and so forth You also will learn about structures you never knew about such as the heart s healing center In every case you are taught how to bring healing and clarity to these structures Things have happened to you in this amazing life of yours that hide the love you are When things happen there is damage to your energy field A damaged energy field will result in damage to any of your bodies emotional mental spiritual and physical Because every aspect of you is part of an integrated whole when one part is damaged then all parts are affected in some way Read this book with an open heart Set your intention for healing Know that as you read with an open heart you are being healed Often the layers are many Every time you ask you are healed Even small healings have a powerful impact on you your life and those around you Each time you are healed that healing releases from you an energy that might have been triggered by another resulting in another person being wounded Your healing prevents a deep wound from moving across the planet which prevents someone else from being wounded which prevents another person from being wounded and on and on When you repair even the smallest part of your energy field you raise your vibration and life is easier

The Human Energy Field — Auras Cathy Chapman, 2019-08-20 We are Amma s Healing Friends Amiya and we are here for healing Your self healing is the goal We will give you information that you can use to heal yourself Every time you go to someone for healing and say Okay you do it to me that is not participating in self healing However when you go to another and actively participate in that healing you are self healing because you open your heart mind and spirit to receive the energy to receive the energy and then bring balance within you As you go through this book your job is to open your mind heart and spirit your self and lay yourself open Then the healing energy sent to you balances to your highest good The purpose of this message is to let you know that it is crucial for you to participate in your self healing when you go to someone else and it is critical for you to do self healing with yourself as the healing facilitator It is also important for you to know that encodements are the tiniest essence of All That Is or the I Am presence whatever name you wish to use

Encodements are the building blocks of everything you see Finally know that you are love Healing Body, Mind and Spirit

Howard F. Batie, 2003 This easy to follow guide is your introduction to several energy based healing techniques including Reiki Healing Touch Inner Light Consciousness Meditation RoHun Transformational Therapy Healing with Color and Sound Spiritual Regression and more Find out which methods work best for you and how to integrate them into a holistic healing program You ll learn the basic principles and characteristics of the human energy field and how to release or change unhealthy energy patterns before they make you ill Case studies from real life sessions are included as well as instructions for developing your own sensitivity to energy and healing abilities 2004 COVR Award Winner *Achieving the*

Mind-body-spirit Connection Brian Luke Seaward, 2005 Optimal health requires the integration balance and harmony of mind

body spirit and emotions From comic relief and hatha yoga to guided mental imagery and music therapy this workbook contains more than 70 exercises that serve to integrate mind body and spirit as one dynamic force that can withstand the pressures of stress *Chakra Healing and Karmic Awareness* Keith Sherwood,2005 The author of Chakra Therapy offers a step by step approach to overcoming karmic baggage and energy blockages Sherwood s easy technique can help readers activate the chakras strengthen boundaries and embrace personal dharma *Accepting Your Power to Heal* Dolores Krieger,1993-04 The co developer of Therapeutic Touch encourages us to acknowledge our own innate healing abilities and provides experiential exercises to teach the basic techniques of this widely used healing modality **Energy Healing for Overall Wellness** C. P. Kumar,2023-04-14 In today s fast paced world where stress anxiety and various physical and emotional ailments are commonplace the need for holistic and alternative approaches to healing and well being has become more critical than ever Energy healing is one such approach that has gained significant recognition and popularity for its ability to promote overall wellness by addressing the subtle energies that exist within and around us This book is a comprehensive guide that delves into the world of energy healing and its potential to support our physical emotional and spiritual health It covers various energy healing techniques including Reiki Pranic Healing Quantum Healing Crystal Healing Sound Healing Color Therapy Aromatherapy Meditation Breathing Movement and Self Healing among others Each chapter provides a detailed overview of the specific technique its principles and practical tips for incorporating it into your daily life Furthermore this book goes beyond technique specific discussions and explores how energy healing can be applied to different aspects of our well being It highlights the role of energy healing in promoting physical health emotional healing spiritual growth and pain management It also emphasizes the importance of self care and self healing techniques in maintaining overall wellness in today s hectic world Drawing on both scientific research and ancient wisdom this book seeks to bridge the gap between science and spirituality by providing a balanced and evidence based understanding of energy healing It demystifies the science behind energy healing explains the concept of the human energy field and explores the role of chakras and energy centers in our well being This book is intended for anyone who is curious about energy healing whether you are a beginner or have some experience in the field It is written in a clear and accessible language making complex concepts easy to understand and practical to apply Whether you are looking to enhance your own well being or seeking tools to help others this book will serve as a valuable resource on your journey toward overall wellness We hope this book inspires you to explore the fascinating world of energy healing and empowers you with practical tools and techniques to promote your physical emotional and spiritual health May it serve as a guide to help you tap into the limitless potential of energy healing and transform your life for the better **Managing Stress: Principles and Strategies for Health and Well-Being** Brian Luke Seaward,2011-07-22 *Managing Stress: Principles and Strategies for Health and Well-Being - BOOK ALONE* Brian Seaward,2009 Referred to as the authority on stress management by students and professionals

Managing Stress Sixth Edition contains the most comprehensive approach honoring the integration balance and harmony of mind body spirit and emotions The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity Every NEW text includes a Relaxation CD and a note taking guide at no additional cost to your students

The Human Aura Dr. Douglas M. Baker,2014-04-10 The Human Aura A Study of Human Energy Fields Dr Douglas Baker graduated in medicine at Sheffield University in 1964 and has consistently brought to the attention of the public those aspects of Man s holistic nature which constitute the borderlands of scientific knowledge He is a prolific author who lists scientific explanations as well as examples from ordinary life to bring home the truth of the most complex and abstract metaphysical teachings in the words of today In this authoritative study of human energy fields Dr Baker clearly defines the nature and Function of the human aura and how it can be used to enhance the quality of our lives and of those around us Combining his medically trained research with 45 years of meta physical orientation the author is able to dispel the existing confusion and gross misconception about the aura The reader is introduced to new and exciting features of the human aura and numerous examples both historic and contemporary of the vast range of its attributes are presented in away that is both fascinating and instructive

Chakras Dr Ravi Ratan,2023-08-29 Chakras is a comprehensive guide to the inner workings of the chakra system Dr Ravi Ratan and Dr Minoo Ratan bring their years of practical experience to explain chakras from an age old Indian spiritual metaphysical and tantric perspective The book dives deep into one of the most ancient structures of the spiritual body Examining both the energy and physical views of chakras it makes the accessible to anyone Discover how to work with the chakras in your subtle body and begin your journey towards deeper spiritual healing as you learn how to harness universal and human energy the chakras and their connections to the body spiritual attributes to each chakra sacred chakra mantras and meditations kundalini awakening aromatherapy and crystals for chakra balancing mudra and yoga practices for chakra healing and much more

The Chakra Energy System Sarah A. Schweiter,2012-04-23 What is a Chakra A chakra is a gathering of like energy that forms into a cone shape and resides within the seven major cavities of the physical body Each body cavity has its own energy field and in that energy field resides a major chakra center Each major chakra center processes energy This energy supports the organs associated with its particular body cavity Each chakra center inter communicates with all the chakra centers and comprises the comprehensive chakra energy system The chakra energy system overall supports the wellness of the spiritual energy field The spiritual energy field works in conjunction with the physical body Together these are the elements that support the body mind spirit connection which in turn brings wellness and the potential to live an empowered life

Managing Stress Brian Seaward,2011-07-22 Managing Stress Seventh Edition provides a comprehensive approach to stress management honoring the integration balance and harmony of mind body spirit and emotions The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides

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November 2006 and her third book Angels was published in October 2008 Managing Stress Brian Luke Seaward, 2017-07-24 Now in its ninth edition Managing Stress Principles and Strategies for Health and Well Being provides a comprehensive approach to stress management honoring the integration balance and harmony of mind body spirit and emotions The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity Referred to as the authority on stress management by students and professionals this book gives students the tools needed to identify and manage stress while teaching them how to strive for health and balance Important Notice The digital edition of this book is missing some of the images or content found in the physical edition

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