

The Energetic System

The law of energy is that energy can only change form, it can never be eradicated. Energy Healers assist by transmuting the energy from one form to another. Just like ice can melt into water and water can be boiled to make steam, so too does energy change form. We can create flow by sending energy into a block that will shift the stuck energy into free flowing energy.

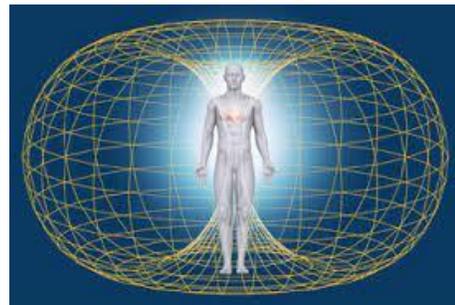
The energy system is the vibrational force that attracts people, circumstances and events to us. Positive thoughts and feelings have an instant impact on our energy system and the world around us. The mind stores impressions of everything it perceives and our emotional body stores every experience we have in our cells, this is called cell imprinting. Sadness, self-doubt, anger or any negative thoughts or behavior patterns that have built up over time can create blocks in the energy system that need to be transmuted before we can create real, lasting change. Repressed, unexpressed feelings can create blocks which can manifest into disease. Self-limiting beliefs are the main cause of our energy blocks. Once we identify which false or misaligned beliefs are holding us back, we can create a new belief that is aligned with the truth of who we are. This new belief must be ingrained through repetition so that the subconscious mind believes it and then this belief will be expressed in one's life and made manifest in reality. This true belief or knowing will keep us in alignment with our True Self and the Creator.

A block means the energy is not in motion and we can't access the higher aspects of ourselves. Energy healing releases negativity, resistance and unwanted habits to free us in our creative process and be inspired to move into the flow and be our creator selves. Regular energy healing sessions keep the system clear and work through behavioral and emotional patterns that can affect our creative process.

As an energy healer, once you get to this level, you can either assist with this deep inner work or they can work with their guides and Higher Self. Once a person excavates the deep inner wounds, shines a light on them and feels everything, they can bring awareness and light into the places inside where once there was darkness and blockages. We must learn to love every aspect of ourselves, especially the parts of us that feel hurt, abandoned, rejected and betrayed. Most people don't even realize these aspects of the self exist. For those that have the courage and are willing to face the pain, the reward is clearing away the false, loving all of oneself and freeing up the blocks so the light can fill every level and layer of your being. This is the path of illumination, and ultimately, enlightenment.

THE TOROIDAL FIELD

Toroidal energy fields exist around everything including people, trees, the earth, sun, and Universe. It is the key to everything because your entire life is created by and from this place.



As seen in this diagram, the energy flows up from the earth, through the body, out the top of the head, to the heavens, around the body, back to the earth in the shape of a torus, which is similar to a donut shape.

The heart generates the strongest electromagnetic field produced by the body. It can extend out 3-4 feet and considerably farther depending on the frequency the individual attains. An exchange of electromagnetic energy produced by the heart occurs when people touch or are in close proximity of one another. Our heart field broadcasts information out to the world and holds keys and codes as do many of our chakras. Light

codes are personal frequency transmissions, or cosmic fingerprints. Every living being is encoded at birth with a specific set of codes to transmit during their lifetime.

Within our bodies, each chakra, each acupuncture point, every energy center is a toroidal flow. It flows within itself. The human torus connects to larger tori, which is part of our individual souls. All tori are connected to Source.

THE CHAKRAS

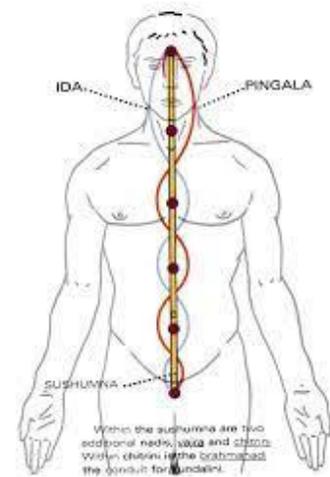
The human energy system consists of several components. There are nine main energy centers, or chakras we work with in this modality of energy healing and several smaller chakras. Chakras are invisible vortexes that receive and emit energy. Each chakra attaches to the nerve plexus of the spinal column and governs an aspect of our Self. For example, the 7th chakra at the crown of the head relates to your divine wisdom; the 6th chakra or third eye - your intuition and vision; the 5th or throat chakra - your creative self-expression; the 4th heart chakra - self love and all of your relationships, the 3rd chakra - your solar plexus and your personal power, purpose and self worth, the 2nd chakra - your sacral and splenic chakra which governs your pleasure and sexuality, sensuality and creative energy, and your 1st chakra, the root which deals with survival, money and physical vitality. Each chakra governs a specific endocrine gland. The endocrine system produces natural chemicals or hormones such as adrenaline, insulin, estrogen and progesterone which are secreted into the bloodstream from corresponding organs to stimulate or inhibit certain physical processes. The mind and thoughts affect the endocrine system,



and our thoughts and beliefs will affect our bodies. We also work with the Earth Star and the Soul Star as well as the spleen chakra, navel chakra, high heart chakra and feet and hand chakras.

The 3 Main Nadis

The chakras connect and affect the 72,000 nadis, or energy channels that parallel the network of nerves throughout the body which carries the flow of the subtle energy system. The three most important nadis are the Sushumna, Ida and Pingala. The Sushumna is the central channel running along the spine from the base chakra to the crown chakra and is connected to all chakras through stems. The sushumna brings in the vital



life force energy or prana into and out of our energy system through our crown and base chakras and clears our nervous system. Ida is the left channel, it is feminine, the moon, cool air and is the channel that crisscrosses each chakra from the base chakra to the left nostril. Pingala is the right channel, it is masculine, the sun and is warm air and crisscrosses each chakra from the base chakra up to the right nostril. To balance the sun (ha), moon (tha) channels in yoga, is to balance the masculine and feminine energies within. Once we have balanced our feminine and masculine energies, we have unlocked one of the keys within us to work as the whole self.

THE SUBTLE BODIES

Within the human energy system are the subtle bodies that are layered around our physical body and correspond to each chakra.

The Etheric body is the medium for vital life force energy and is linked to the root chakra. The Emotional body, which governs the desires and emotions, is linked to the sacral chakra. The mental body is linked to the solar plexus chakra.

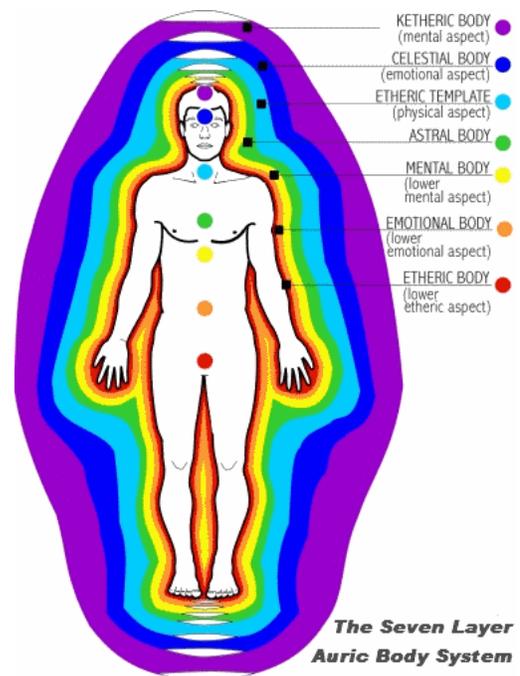
The Astral body is linked to the heart chakra. The Etheric template It is the

template that exists before the physical body is formed and is linked to the throat chakra. The Celestial body It is an energetic layer of divine love, bliss, ecstasy and an overwhelming feeling of oneness and is linked to the third eye chakra. The Ketheric Template, Causal, or Seed body, which governs the higher mind and the blue print for our life is linked to our crown chakra.

Each of these subtle bodies needs to be cleared of debris to become fully realized. Vibrational healing will help to remove the unwanted blocks within the subtle bodies.

THE MERIDIAN SYSTEM

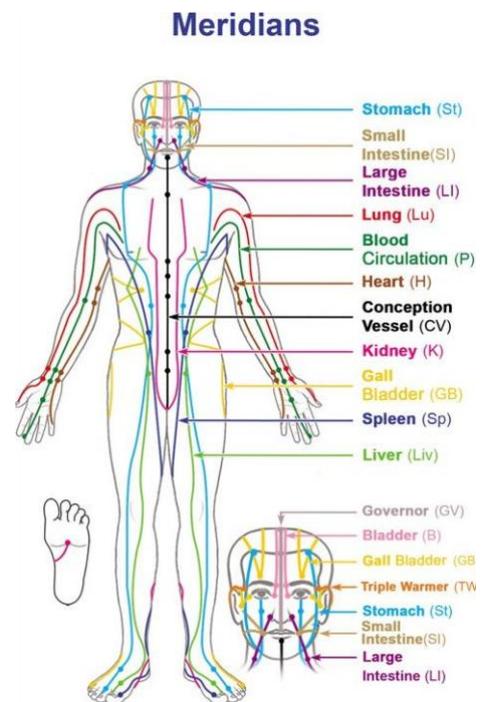
Like a network of rivers nourishing a landscape, the meridians are the channels through which qi, or life force flows, to nourish and energize the



human body. These channels exist within the subtle body. Collectively, they form the matrix within which the physical body functions. They also act as a network of communication between the physical and the more subtle energetic bodies.

There are twelve main meridians in the body, each associated with a particular element and organ system. The meridians are typically listed in Yin/Yang pairs:

- Lung (arm-yin) and Large Intestine (arm-yang) = Metal Element
- Stomach (leg-yang) and Spleen (leg-yin) = Earth Element
- Heart (arm-yin) and Small Intestine (arm-yang) = Fire Element
- Bladder (leg-yang) and Kidney (leg-yin) = Water Element
- Pericardium (arm-yin) and Triple-Warmer (arm-yang) = Fire Element (again!)
- Gallbladder (leg-yang) and Liver (leg-yin) = Wood Element



Nowadays, we live in a chaotic world and often forget about our “whole.” We put too much emphasis on independence and very little on interdependence. Our chakras are interdependent on each other for harmony and balance.

Everything that comprises the human and spiritual being is interrelated amongst a vast, complex and beautiful network, a grand design created by God. The energetic affects the physical, which affects the emotional which affects the mental, it is truly amazing. Vibrational healing helps to align all

of these different aspects of the Self, to raise one's vibration to move ever toward well-being and embodying the Divine self.

The more we understand that we are energetic and connected beings, the more we can move away from materialism, egotism, narcissism and competition. It is up to us to move toward self-realization, to create environmentally friendly practices and nurture life. We can be the positive change in our reality by raising our consciousness and using all of ourselves.

Any aspect of our energy system can become depleted, blocked or torn, causing us to lose life force and feel less than vibrant or joyful. When blocked, we react easily to certain "triggers" – situations or people that may cause uncertainty, pain, or disempowerment. But just as our energy system responds to our thoughts, feelings and reactions, our thoughts, feelings and reactions can respond to our energy system...it works both ways. When our energy system is clear and aligned, those same triggers may exist, but we react in a way that is balanced and empowered.

An energy healer works to align your energy system so you can manifest the best of who you are and who you are becoming. Because energy follows thought, we can raise our vibration instantly, in any situation. The more aware we are of ourself as an energetic being, the more we can control and influence our energy system. Everyone has personal aspects that show up in different situations or with different people. One way to look at these aspects is through the nature of "sub-personalities" and their positive and negative poles. The part of us experiencing fear has a complimentary energy of courage. The aspect of us who is sad is the one who also knows joy. Sub-personalities can appear suddenly, even from a small event. The event triggers a memory, often unconscious, of another

event earlier in life. The boss who lets your good work go unrecognized brings up unconscious memories of a critical parent. An inattentive partner may bring strong reactions of abandonment that have more to do with an absent father. The energy system then replicates the energetic patterns from that previous time...the heart chakra constricts, the third chakra blocks and loses power, your throat chakra closes and you are unable to speak your truth.

When we experience ourself in this state, remember we are an energetic being, be aware that we can change your energy system and then act on that knowledge. This gives us the power over our emotions and helps us attain self-mastery. Ask yourself, which aspect of you is sad? who is angry? who feels abandoned? Know that it is not you, but an unfulfilled shadow aspect of you that can be cleared. Call upon your joy, courage and personal power. Recall a time when you were happy and fulfilled.

Visualize your energy system at its highest, brightest, most beautiful state. Energy follows thought. With practice, we learn to control our energy and are on our way to self-mastery.

Other ways to master our energetic being include breath work, yoga, meditation or conscious movement like Tai Chi or Qi Gong. Exercise, eating healthy and being outdoors in nature can help clear the energy system, because our energy system responds to openness in our bodies, minds and feelings. However, an energy healing session can be very beneficial to help us deeply let go of past hurts and any ongoing dysfunctional patterns of thinking, reacting or behaving.

Once we experience ourself with a clear, aligned energy field, we begin to think, feel and respond in an optimistic, healthy way. This means we can

make positive choices and move forward in a way that represents all of who we are. It's very empowering!