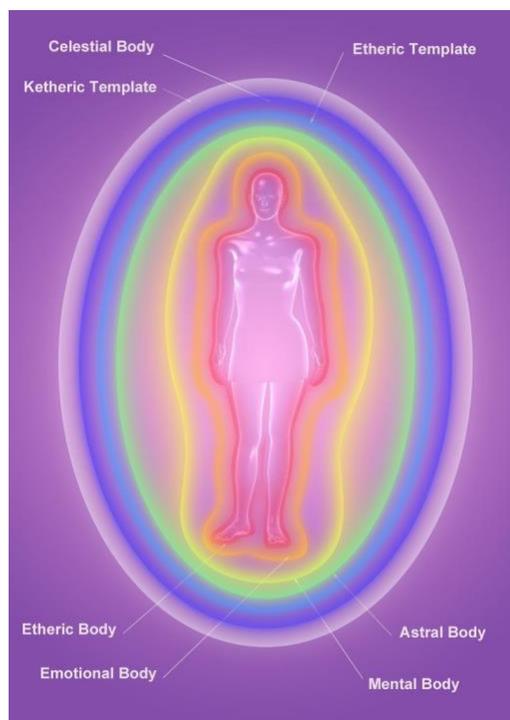


Rebalancing the Subtle Bodies

The subtle bodies form layers to the aura, rather like the layers of an onion. The subtle bodies are an extension of the chakras. All disturbances in the physical body originate in the chakras and subtle bodies first. Moving outwards from the physical body, the subtle bodies are the 'layers' of the aura. They flow out from the chakra and form a sheath of energy around the body, each one layered upon the other.

To rebalance the subtle body layers, set your intention and ask your Higher Self and team to rebalance each one as you move through the chakras.



THE ETHERIC BODY – 1ST LAYER

Set your intention to balance the etheric body when you are rebalancing the base chakra. This is the subtle energetic body that interfaces closely with the physical body, chakras and meridians. It is where the energetic growth template is held and assists with the on-going development of cellular growth of our body. The human etheric body is the vibrating web of energy from which our energetic blueprint is created. Its strength and vitality can be undermined by shock, trauma and substance use as well as unresolved issues filtering down from other subtle bodies. It is the subtle light close to the physical body and has the most physicality of all the subtle bodies. It vibrates at a slightly higher rate than the physical body. Cardio workouts will help to clear the sludge and movement such as

tai chi, yoga and chi gong will reorganize the etheric subtle body. Massage is also helpful to restructure the etheric body.

THE EMOTIONAL BODY - 2ND LAYER

Set your intention to balance the emotional body when you are rebalancing the sacral chakra. It contains all our emotions and feelings including those created by unresolved issues from other life times. The emotional memories and patterns that are stored in our emotional body trigger our emotional responses to the events in our lives. It extends 1-3 inches from the body. The emotional body functions outside of third dimensional reality and thus, has no recognition of time. This is why sometimes a person's emotional reaction to a particular situation can seem completely out of proportion to what is currently happening in their lives. The trigger in fact comes from a previous unresolved trauma. These emotions can often take on a life of their own and can attract other like energies both positive and negative for our life; with the result that we carry not only our own emotions but others as well. This subtle body is more fluid, contains all the colors that correspond to the different emotions and vibrates at a higher rate than the more physical etheric body. You can help the person locate the emotion in their body, identify the emotion, what are they feeling? Give it a name. I'm feeling sad. And then express that emotion by feeling it fully and giving it a sound from the mouth, it will help to release that trapped energy. They can repeat this exercise several times until the blocked emotion is no longer there. Forgiveness is also a way to clear trapped emotions in the body. This clearing will then be reflected in their subtle body layers.

THE MENTAL BODY – 3RD LAYER

Set your intention to balance the mental body and ask your team to help clear it, when you are rebalancing the solar plexus chakra. It extends from 3 – 8 inches from the body. It contains the structure of our ideas. The mental body, or lower mind, is the subtle body that is closely involved in the energy of our thoughts, ideas and creativity. The mental body is related to the solar plexus which is why we say our gut is our second brain. This body usually appears as a bright yellow light radiating about the head and shoulders and around the whole body. It expands and becomes brighter when the person is concentrating on mental processes. To rebalance this you can ask the person to identify which beliefs they have that are holding them back. This is an ongoing process. If a belief was formed at a young age, once you identify that it is no longer serving you and is keeping you limited, then you need to form a new belief. Write the old belief and the new belief down on paper. Keeping affirming your new belief. This can be done through repetition and hypnosis.

THE ASTRAL BODY – 4TH LAYER

Set your intention to balance the astral body when you are balancing the heart chakra. The astral body is infused with the rose light of love. It extends out about 6 – 12 inches from the body. A great deal of interaction takes place between people on the astral level. Your astral body can become entangled with others which may lead to obsession or not being able to let go of a person. To rebalance this subtle body, call upon the Guardians of Light to cleanse, clear and disentangle your astral body from other people's astral bodies. Once they have been disentangled, cleansed and cleared, ask them to rebalance then and return them to the person.

THE ETHERIC TEMPLATE BODY – THE 5TH LAYER

Set your intention to balance the etheric template body when you are balancing the throat chakra. This is the blueprint or the perfect form for the etheric layer to create from. It extends from 1 ½ to 2 feet from the body. It's a library, where records of all our experiences and memories, which relate to our Mental and Emotional Bodies, are placed, put in order and retrieved by the Etheric Body. It holds the laws of physicality, for the emotional being and for the mental being. When the etheric or 1st layer becomes disfigured from disease, we work with the etheric template to provide support for the etheric layer. It is the level at which sound creates matter. Distortions on this level can be expressed as a lack of a sense of purpose or a feeling of being disconnected from life, out of sync with life, not truly belonging on Earth. An imbalance in the Etheric Template may lead to feeling intimidated by others who strive for precision or who exhibit a strong, clear will. Such individuals may rebel against clarity and order, seeing it as a hindrance to freedom, and a block to creativity. Distortions on this level of the aura can also lead to difficulties in speaking and following one's own truth. Such individuals may feel inhibited to stand up for what they know, or if they do express themselves, they may have trouble maintaining and expressing truth in a positive way. However, if the Etheric Template is over-active, individuals may be denying their creative freedom with a rigid dictatorial point of view of order. They may feel as if everything must go according to plan, resisting any flexibility. They will likely be lacking a stimulating emotional life. It is on this level where sound healing is most effective; as it is at this level that sound not only changes matter, but also creates matter. Rebalance using tuning forks or singing bowls, chanting and music.

THE CELESTIAL BODY – THE 6TH LAYER

Set your intention to balance the celestial body when you are balancing the third eye chakra. The celestial body is the emotional level of the spiritual plane. It extends about 2 – 2 ½ feet from the body. It is the level through which we experience spiritual ecstasy. We can reach this ecstatic state through meditation, yoga, breathwork. When we reach the point where we know our connection with the universe, see the light and love in everything that exists, feel that we are one with God, then we have raised our consciousness to the sixth level of the aura. Unconditional love flows when there is a connection between the heart chakra and the celestial chakra, whereby we combine the love of humanity with the spiritual love of the realms of all of existence. Become unconditional and spiritual love as you channel the light into this subtle body layer to rebalance it.

THE KETHERIC TEMPLATE BODY – 7TH LEVEL

Set your intention to balance the ketheric template body when you are balancing the crown chakra. This is the mental level of the spiritual plane. It extends about 2 ½ to 3 ½ feet from the body. This body creates the egg shape around the aura that is composed of durable silver-gold threads that hold the whole form together. It contains a golden grid structure of the physical body and all the chakras. Connect the crown chakra and ketheric template body to the Great Central Sun and ask your team for it to be repaired, restructured and realigned.

Partial Ref - Barbara Ann Brennan, "Hands of Light"