

The Auric Energy Field

The Etheric Ether – The Nature Of Things

When it comes to the Etheric ether or Etheric body, as it is known in some cases. We first think of the meta physical layer of energy around our body but this energy field is present around all physical objects and is the closest substance to physical matter outside of our physical body.

One way of seeing if this layer of energy exists is by sitting in a dimly lit room and looking at the very tip of your finger. While relaxing your eyes and slowing your breathing as you relax you'll begin to notice a white band of energy around your finger, then around your hand. If you use this approach while focusing on other objects that may be around you, you'll notice that this white band is also around the object that you've applied your focus upon. This is what known as the electro-magnetic field. The other name for this field is the Etheric plain.

The Etheric plain is like a sea of energy that exists around all physical objects even the earth itself. A helpful tip here is if you're working with telekinesis try focusing on the energy field around the object. Then blend your energy with this electro-magnetic field surrounding the object. If you get it right you'll feel a warm sensation between you and the object this is a good indication that you have blended with the object correctly. Now this is just the blending process of telekinesis. While working with the Cox box or TK Chamber I always noticed that there was a golden energy like a golden bubble around me. Here we are going the jump forward slightly to make things clearer. As you work with the Cox box or TK Chamber the object of the exercise is to move the object with the mind but what if this wasn't the case. What I mean here is what if the intended focus of thought brought about a change in the auric field making the mental body brighter around myself henceforth making the golden bubble that surrounds me while I'm working with the chamber or Cox box. This would suggest that it's not so much the mind at work here but the mental body at work. Try blending this golden energy with an object and see how it feels. Remember the more you still the mind the more freely your energy will flow. Now in your own time try rocking the object with you mind, see it moving with the added energy of your mental body and the golden energy. For bending see the Etheric field of the object and blend you're mental bodies energy with the object, this would look like a creamy golden energy around the object. Then see the energy around the object bending not so much the object and see what happens.

It is also in the mental body that we find the higher point within the Etheric heart. I would try using the thymus charkas or spiritual heart as it is known and will it to bend. Also try using the sacred heart charka and heart charka for willing objects to move and bend and see what works best for you. Now the mental body is associated with the solar plexus or third charka. Here I want you to focus in on the solar plexus and draw energy from the solar plexus and move it up into the anja centre or minds eye as is known. See and feel the two charkas energies bending and becoming one. This opens our telepathic ability, now projecting telepathic thought is projected through the minds eye, as it passes through the minds eye see it entering out into the Etheric plain and moving towards the person you wish to communicate with. This here is telepathy in the Etheric plain and higher mental plain telepathic thought will look like little flashes of light. If you learnt to peer into the Etheric web of the planetary structure you would notice millions of flashing lights between us and the elements of nature this is known as telepathic interplay.

Now here we're going to take a step back into the Etheric plain for a moment and talk about Etheric projection. Etheric projection is the ability to split the physical and Etheric bodies from one another this is known as projection, Bi-location, and can also be mistaken as an out of body experience and is nothing like astral projection.

With astral projection it is a medium between the spiritual and physical layers of the auric field being projected. If you've seen the astral with auric vision it looks like multi coloured clouds floating a couple of feet away from you. And traditionally astral projectors are only seen outside of the body on the astral plain. Where Etheric projection is more meta-physical making it possible to be seen on the physical plain. I know this to be true. Because occasionally my friends have seen me on the physical plain from time to time dressed in white robes with a golden band around my head while the physical body is sleeping. Etheric projection is an ability everyone can learn because if you can see the Etheric body you can project it. Some say the Etheric body is blue to keep it simple I would describe it as a dense fuzzy energy very close to the physical body, which is, emitted about one inch from the physical body. It is here where we find the lower point of the Etheric heart associated with the sacred heart charka on the physical body. Located just below the heart charka to the left side of the body and can easily be found with the use of a pendulum or

ring on a piece of cotton. The Etheric body is associated with the base chakra and our survival. And the Etheric body has a lot to do with our sense of touch.

It is here that we find our sensations to the temperature of our environment, i.e. hot and cold sensations. When you become aware of your Etheric body you'll learn to feel the charkas. The first time I sat before the dot on the wall and felt the flutter of energy wiggling at the mind's eye then suddenly it flowed out and I felt it spin was a very powerful feeling. After the mind's eye opened so did the crown chakra it was obvious that energy was passing into the charkas. Now to give you some history about my past health to help you understand my point here. A couple of years ago I was diagnosed with having a blocked nasal passage on the left side. The way it happened was one to many hits to the nose as a young boy. You know boys being boys and all that. Now a cat scan confirmed this when I ended up in hospital with a bad sinus infection and a cluster headache. Now for me at this point I did not visualise, I suffered from hay fever and dermatitis. Now if anyone knows what a cluster headache is. A cluster headache is a severe headache that cannot be treated much like a migraine. While having a cluster headache I started throwing up and dehydrated and as a result became very sick. After I was discharged from hospital I came home a couple of days passed and yet again a cluster headache. After two days of painkillers and being worn down I took sometime to reflect on things I had learned over the years and I had read in a book by Alice. A. Bailey a disciple of the new age would learn to still the mind when learning how to use their energy. Remember when I came to this concussion I had nothing to lose. My doctor when I was diagnosed told my wife poor bugger I've known people to suicide from cluster headaches. With this in mind I sat down in front of a small Buddha my sons gave me and focused on the breath while gently staring at the Buddha and clearing my thoughts as they rose to the surface and as the mind became still the cluster headache weakened. Here I was learning things are not always as they seem. Within half an hour the headache was gone. What I had noticed was the golden bubble of the mental body around me it had become bright and radiant. But this was not a cure I had not fixed anything here. All I had done was still the mind. But if you suffer from migraine or headache clusters I guess you would call this food for thought. Now back to the lesson at hand.

As the charkas became apparent in the auric field so did the blockages in the etheric body and sure enough right where the headache clusters started just south of the crown chakra there was a large blockage of stagnant energy. And there was another blockage around the mind's eye down the left side of the nose around the mouth one could say it was like wearing a mask over my face. Now using healing light and reiki I could heal the blockage just south of the crown chakra and haven't had a headache cluster since. But time will tell if I have healed the dreaded headache cluster. Now the second blockage over the mind's eye was different yes I could do healing on the area but the bones in the nose would need to be fixed first this would mean surgery by fixing the channel in the nose the Pingala and Ida would flow correctly once more and I could work on removing the mask over my face.

Etheric Conditioning - Adapting To Your Environment

As we all know the planet goes through climate and seasonal changes such as summer, winter, autumn, and spring. These changes can impact on our energy body. The body's temperature can be either hot or cold and are responses of our Etheric reaction to some degree so if we wanted to condition our Etheric to adapt to our environment. Remember here you bring what you make of this exercise with you. Every one's sensation is different I was a small child when I first started doing this. The way I used to doing it was carry two different coloured packs of tic tacs one colour would symbolize hot and the other cold. Now here we are not going to use the prop like a tic-tac. So what I want you to do is draw a line of energy from the base chakra down into the earth and ground with the earth. Feel the warmth of the earth and feel at one with the earth. Then in your own time draw the warmth of the earth up into the base chakra and expand that energy out into your Etheric body feel it warming your Etheric body slightly. In turn warming your entire physical body. The warming technique is best done on a cool day. Remember to thank the earth for its warmth when you're done. Now for the second technique you'll need a body of water, it doesn't matter where the body of water is it could be in a sink, beside a lake, or even in the bath or shower. Now if your using a lake or sink of water hold your hand just above the body of water and feel the coolness of the body of water with your Etheric hand and as you feel the coolness of the energy cooling your Etheric body slightly. If you are in the shower just feel the cool water flowing over you and into your Etheric body. If you're in the bath just feel the Etheric body soaking in the cool caress of the water and feel it cool slightly. Never cool the ether body to much I wouldn't want you coming down with a cold. These exercises are best done in the summer months and remember to thank the element of water for its gift. Please note these techniques are just suggestions what works for me might be different for you try adapting to what works best of you.

The Emotional Body

The emotional body exists just beyond the blue fuzz known as the etheric body if you were looking with peripheral vision. The emotional body is multi coloured like a rainbow and is associated with the sacral chakra or second chakra, as it is known. Imbalances in the emotional body can lead to depression, unhappiness, loneliness, feeling lost just to name a few. But this layer is also linked to our climate as it is linked to the element of water and the lunar cycle. When the moon is full you'll notice the emotional body is unsettled and that your energy is all over the place. It is here within the emotional body that we find our creative side.

I've always noticed that when I am close to water my creativity is heightened, whether it be through energy work, poetry, or music it seems I'm more in tune with myself when I am around water. You'll also notice when our environment is affected by rain that your moods change. A lot of people find rain depressing but is it or is it just an overload of the elements place extra energy into our being. Feelings of hurt and rejection bring about stagnate energy in the emotional body that eventually lead the emotional blockages within this layer. These blockages can lead to stomach upsets such as ulcers and other stomach troubles if left unattended. This relationship is also evident in the heart chakra as it is related to the middle point of the etheric heart located in the emotional body. Imbalances here can lead to heart trouble and feeling of detachment to loved ones, family, and friends just to name a few. Here we are going to explore the second layer of the emotional body. You'll need a bowl of water and a quiet place to sit down. Now I want you to focus on the water and breathe gently release all the tensions of the day and still the mind. I would ask that you don't use a black bowl that would be scrying and we are not here to explore scrying as it is an ability of being able to see the past or future we're here to heal and balance the emotional body. In your own time hold your hand over the bowl of water or you can place your hand in the water. Feel the cool and cleansing affects of the water meridian healing and cleansing your emotional body. When it is done and you feel refreshed thank the water meridian for its gift.

The Mental Body

The mental body is the third layer of the auric field. I've noticed over the years that when ever I work with telekinesis that I can see the golden light of the mental body. It seems the more I still the mind the more visible it becomes. Blockages within the layer are generally caused by negative thoughts and trauma caused through life experiences and our social climate in which we all live it is also so the store house for all our past thoughts and ideas from over the years and it is here that we find the higher point of the etheric heart. This layer of the auric field is associated with the solar plexus or third chakra in the physical body. The mental body plays a key roll in telekinesis and other psi abilities. A blockage within the mental body that goes untreated can lead to illness later in life such as mental illness, and headaches just to name a few. Imbalances can also lead to symptoms such as low self-esteem and anxiety. When this layer is balanced we are left with a sense of joy and happiness. Here we are going to study the mental body more closely with our peripheral vision. For this technique you'll need a yellow or gold candle and a nice quiet place to focus. What I want you to do is sit quietly with a candle in front of you and gently stare at the flame of the candle as you still the mind and focus more on the flame you should begin to see a golden light around you. This golden light is the mental body (third layer of the auric field) as you focus on the flame feel your mental body radiating with the golden glow just like the flame and if there are any dim golden clouds within the mental body feel the flame radiating into the area healing the blockage with its golden light. When the auric layer of the mental body is clear and bright like the flame of the candle remember to thank the element of fire for its gift. Working with this layer of the auric field can lead you to the ability of reading peoples thoughts and advanced skills such as blank slate technology and mind control, I would ask you to remember here Karma and to respect the thoughts of others both blank slate technology and mind control should only be used in defence circumstances or if it is beneficial in healing sessions such as replacing negative thought seeds by traumatic events for past lives or events from this life time.

This is a sample from the fourth Equinox
Currently been written to be released later in the year
<http://www.wingmakers.co.nz/>