



Vibes Up!

Advanced Self-Care through Energy Awareness

WEEK TWO

Elegant Energy

You possess elegant, sophisticated and complex equipment that you may not be utilizing. Your energy field has the potential to enhance every aspect of your life.

Not only is your energy body designed to enhance your experience, you are masterfully designed to be a shapeshifter and meet the needs of each unique situation.

You can "own" a room with your energy as soon as you walk into it. You can touch every single person in an audience with your energy when you perform, teach or speak, thereby creating a positive impact. Or you can zip your energy up and contain it like the shamans of old, making yourself invisible when it's appropriate and for the highest good.

Let's start with the very basics of your energetic anatomy.

Basic Energetic Anatomy

What is a meridian?

Because the earth is a living body that has a frequency, an energy field and vortexes (also known as chakras), the first definition of a meridian could apply to the energy currents of the living body of the earth.

"1-a circle of constant latitude passing through a given place on the earth's surface and the terrestrial poles.

2-in acupuncture and Chinese medicine, each of a set of pathways in the body along which vital energy is said to flow. There are twelve such pathways associated with specific organs." (n.d) In *Oxford English Dictionary*

What is an acupuncture point?

Acupuncture points are specific concentrated sites of energy throughout the body. An acupuncture point is where meridians intersect at the exact same location thereby creating a small vortex of energy.

What is a minor chakra? A larger number of meridians intersect and create a more powerful vortex of energy that affects the physical nerves, vessels, organs and tissues in that particular area of the body.

What is a major chakra? A power center where the highest number of meridians converge creating a vortex of energy that governs the functionality of all organs and systems in that specific area of the body.

Levels of the Human Energy Field

1st Level (Structured): Welcome to Your Energetic Blueprint

This first level of your field is the template for your physical body. Your energetic blueprint has a bluish white glow that can extend around one to two inches from the skin (on a healthy person). The first level of the field is strengthened by exercise and is weakened by drugs and surgeries. This energy body appears to me like a blue and white grid in the shape of the physical body. Some areas of the first level may have energy “leaks” where the physical body has been torn, damaged or cut. Similar to the protective barrier of the skin, the 1st level is an energetic boundary.

Maintenance and Care for the Energetic Blueprint

To care for the first level of your field, exercise, drink high vibe water and avoid surgeries and injuries whenever possible. Cutting into the energetic blueprint compromises the protective energy barrier, making it appear like a frayed screen. It is possible to enhance your physical body by visualizing a strong blueprint in the shape and size of the body you desire. 1st Level Field Repair is possible to perform on yourself. I will teach you how in the video tutorials.

I was in an auto accident and used First Level Field Repair successfully after the collision.

2nd Level (Unstructured): Welcome to Your Emotional Body

This level of you extends slightly further out from your physical body than the first layer. The Emotional Body is unstructured and can be seen as swirls or clouds of primary colors. Our emotions control so many things in our lives. The emotions we feel have a direct effect on our physical bodies. How we process and manage our emotions determines our state of well-being or dis-ease. You can affect this subtle body that is made of colors, sound and frequency by listening to a piece of music or being stressed in traffic or having an argument or eating food or making love. This level of you is constantly fluctuating like a symphony of color. This is the field level that many clairvoyants can see the easiest.

Maintenance for the Emotional Body

Our emotional bodies are full of emotions that are not relevant to our current experiences. My guess on this is that we are full of mass collective emotions and that we take on the emotional residue of everyone around us. Some of us take on more than others because of the permeable nature of our energetic fields. I will talk about that in great detail later. Maintaining a healthy emotional state requires time alone in nature. I have found no other way to preserve and protect my emotional body. If anyone out there knows another way, I'm all ears. I truly believe that nature can save us from ourselves. To care for your Emotional Body, you need:

*Time Alone

*Time Connecting with Nature

Sleeping Alone

*Healthy Emotional Expression-this could include art, song, sound therapy, talk therapy, writing, creativity of all kinds. There's no limits on healthy emotional expression. Creativity is energy work!

*Emotional awareness and responsibility

Awareness Exercise:

Spend at least one night sleeping alone and pay attention to how your energy feels the next day after charging your field through sleep. This exercise could be practiced one night a month or one night every 6 months. Just do what you can. Sleep with no other humans or animals in your energy field once in a while. Write in your journal about the quality of your sleep and dreams compared to when you sleep with others.

*A note about sleeping alone: If you have a partner that you are very close to and sleeping together is an important part of your bonding time, that is perfectly fine. I am not suggesting you lose your connection with your partner. What I am suggesting is simply energy maintenance. In our culture, separate sleeping quarters has been perceived negatively for healthy partnerships. Sleeping apart may not be a negative factor at all, depending on what kind of energy field you have. If it seems like too much of a stretch for you to sleep alone so that you can use that time to recharge your energy battery, start by experimenting with the Awareness Exercise included here and write in your journal about how you feel.

3rd Level (Structured): Welcome to your Mental Body

This level of the field extends further out than the emotional body and is a structured body of light, similar to the Energetic Blueprint. Every thought you think affects your physical body, emotional body and energetic blueprint. The Mental Body can look like a yellowish/white grid or like a golden structured egg. Damaging thought forms can imbed in the mental body and cause dis-ease.

Thoughts lead to emotions and emotions leads to physical dis-ease or well-being.

Maintenance for the Mental Body:

Be selective with what you read, see and hear.

Affirmations are energy work!

Be responsible in the consumption of all substances that alter the mind.

4th Level (Unstructured) Welcome to Your Astral Body

This is the fourth dimensional aspect of your being. Sleeping alone also charges the astral body. Clearing psychic cords is a healthy practice for the 4th level of the field.

Record entries in a dream journal and be a good steward of your dream life. Your dream world is extremely important for all levels of your health. For excellent support and instruction on how to effectively work with your dreams, check out www.toko-pa.com.

5th Level Structured- Ancestral (or Etheric) Template

This layer of you is a 5th dimensional space that requires skill and high vibration to access. Ancestral trauma and memories lives here. You don't have to believe in past lives to understand that your ancestors' experiences are all living inside of you and affecting you. Past life trauma or ancestral wounds create disruptions in the 5th Level which can result in deformities and congenital abnormalities in the physical body.

Some people are referred to as HSP's. What does that mean?

Another popular term abbreviated HSP refers to a Highly Sensitive Person. This term refers to people with strongly empathic abilities that are sensitive to the energy of others and of their environment. Everyone is empathic to some degree just like everyone has High Sense Perception in one form or another. Empaths need skills and tools to handle their environment effectively. Empathic individuals need to learn how to make their abilities work for them instead of against them.

Please do not take my word for it. Experience is the best teacher

I recommend that you don't believe a word I say. I am very skeptical by nature and I would never just go along with someone who said any of this to me. This course was not created so that you would believe me. I am simply introducing you to more subtle levels of YOU that are affecting every part of your daily life. If you are intrigued with this kind of information like I am (it has always been of huge interest to me) then you can research ancient cultures to see how they understood how the energy bodies work. This information is certainly not new. The way to get good at tapping into your energy and understanding it is to practice, practice, practice. By doing these exercises often, you will start to notice subtle shifts in your vibration depending on where you are, who you're around, what you consume and what you think about. The thing about me is that I saw this stuff on my own, then I found teachers that could also see it and THEN I studied the ancient wise ones who were tapped into the rhythm of nature. Some of the oldest mummies that have been found have tattoos of the meridian pathways on them. How would they have known where to tattoo these energy currents and how did they understand the way they travel through the body? Why would they have felt like these energy pathways were that important that they would go to those lengths to tattoo them on their

bodies? I can only give you my guess. I suspect they could feel the rivers of life force coursing through their bodies. They were so tapped into the pulse of nature that they could feel heaven and earth converging in their physical body. And guess what? So can you. You have the same ability the ancients had to tap into the flow of life and to understand how energy works. By doing so, life much better and easier for you and those around you.

Awareness Exercise

How do you charge your energy field? What is your favorite way to reset, strengthen or smooth out your energy?

Do you take in sunshine? Ground to the Earth? Drink high vibe water? Ingest flower essences? Take a walk in the woods? Practice mindful breathing? Physical exercise?

Write down your favorite way to energize your field and/or calm your emotional body.

You are elegant. Use your energy to create your life. Remember that you can refine and enhance your subtle energy body by simply paying attention to it.