



Welcome to Your Energy

Your body may look solid and still, but it is actually an orchestra of sound, light, color, vibration, frequency, thoughts and emotions. Your vibrational field is constantly adjusting, adapting, harmonizing and fluctuating based on who you are in close proximity to and what is going on in your environment.

The challenging part of teaching energetic anatomy is that your energy body is subject to change. This is because we are multi-dimensional, holographic beings. The purpose of this course is to grow awareness and understanding of how your body works best. Knowing what you've got to work with on subtle levels gives you personal power and effectiveness. Direct experience is always the best bet when it comes to understanding energy.

Being skilled at working with energy takes time and practice. I've been an explorer of the human energy field for over twenty-four years now. One thing I can say with assurance and confidence is that the more you put your attention and awareness on your subtle energy body, the more sensitive, tuned-in and effective you will become.

Meditation: Observing Your Energy Field

Take a deep breath in and out. Sit quiet and comfortably. Do this exercise somewhere where you will not be disturbed or overstimulated by noise or interaction.

As you breathe deeply and close your eyes, feel the protective boundary of your skin. Notice the place where your body stops. Trace the outline of your physical form in your mind. Notice how YOU actually extend further out than where your skin stops. The typically human energy field extends about three to four feet from the outline of your physical body.

You might imagine a grid work of light, like luminous fibers of light that makes up your physical form.

You may visualize shapes or patterns of color in and around your physical body. When you visualize your energy field, what do the colors, shapes or patterns look like in your imagination?

How far out from your physical body can you feel your energy extend?

Does your energy field feel powerful and strong or weak and depleted?

Are certain areas of your field stronger, brighter, more intact than other areas? Pay attention and do this observation regularly.

Awareness Exercise

Make a point to notice your energy field throughout the day. Set a timer so that you take an assessment of how your energy feels at least three times a day. You will notice how your subtle body acts differently in various environments.

Questions for Reflection:

Does your energy feel weak or strong?

Does your field seem to extend out further in certain environments or at different times of the day?

What can you sense or experience with your energy body without touching anything with your hands?

Three things you must have in order to do energy work:

- 1) Proper Breathing Techniques
- 2) Intention
- 3) Use of Imagination

Intro to Energetic Anatomy

What is an aura? Aura is a term that is loosely used when referring to a person's energy field. It can specifically refer to the Fourth Level of the Energy Field, the Astral Body OR the Second Level of the Energy Field, the Emotional Body. These two unstructured levels of the field have various color patterns mixed with movement and shapes.

Can people see auras? Yes, some people can see auras. Anyone can develop the ability to see the energy field, but some people have high sense perception of sight, otherwise known as clairvoyance. I am reluctant to use such terms as clairvoyance and clairaudience because these words have been used so haphazardly in our culture. What I am referring to is the fact that while we all have far more of our brains that we typically utilize, each of us has a specific “sixth sense” that we can develop. There are many forms of High Sense Perception. This course will help you identify what your personal strengths are when it comes to sensing energy.

Other forms of High Sense Perception (HSP) include:

Sensing and Feeling Energy

Hearing Energy as Frequency and Vibration

Smelling Energy

What does it mean to have a high vibration?

We all vibrate energetically at a particular frequency. Our frequency can now be scientifically measured. “The lower the frequency, the denser your energy, and the heavier your problems seem. Here you may experience pain and discomfort in your physical body and experience heavy emotions and mental confusion. The higher the frequency of your energy or vibration, the lighter you feel your physical emotional, and mental bodies. You experience greater personal power, clarity, peace, love, and joy.”-*The Benefits of Being in a Higher Vibration* by, Pamela Dussault Runtagh

What is the human energy field made of?

There are many layers to your energy body. We will explore the first five levels.

These layers (or levels of energy) are referred to as “bodies” because we are designed like a holographic Russian doll, layer upon layer unfolds offering more information about us. These subtle bodies interact with each other rather than being separate with one starting where another one ends. This is because our energetic anatomy is not three dimensional. As I try to explain to you how your energy body works, remember to have fun with all of this and stay in the learner’s mind, open and full of possibility. You don’t have to have this all figured out because just as soon as you start to understand how some of your energy body works, there’s always more to learn!

Energetic awareness is the result of a focused mind.