

Our Chakras are energy centres described as spinning wheels of colour and light, and are the result of the motions of all our energy fields - Light Bodies, combined. The Chakras interconnect and communicate with our Light Bodies - expressing, receiving and assimilating life force energy, which connects to the meridian system, which connects to the glands, which connect to the organs.

As they spin and are in constant motion and change within our energy fields the Chakras themselves and the information, colour, spin, emotion and feeling that is coming from them, are an indication for you of how you are dealing with your experiences, your thoughts and your beliefs.

Energy comes into our body through the Crown Chakra and continually flows through and down our body. It is pure, whole energy. Our Chakra centres process this Universal Energy differently, influenced by our Light Bodies, giving us feedback as to how we are processing the daily stuff of our life. If the pure Universal Energy flowing through our body is processed through a Chakra in love and trust, the colour of that Chakra will be clear and bright, and supportive emotions and feelings and beliefs in relation to that Chakra will be felt. If a Chakra processes the Universal Energy flowing through us in fear and doubt, the colour of that Chakra will be dull and muddy, and painful emotions and beliefs in relation to that Chakra will be experienced.

How each Chakra centre processes pure Universal Energy and so reacts to each experience, is directly influenced by our Light Bodies, the direction of the Mental energy and the movement of Emotional energy. So our Light Bodies influence our expression of the Universal Energy flowing through us and this expression is in the functioning of our Chakras. Therefore a change in thought and expression can instantly change a Chakra.

Each Chakra has a specific tone and colour / light frequency and function.

When the Chakras are functioning normally, each will be open, with energy freely flowing in and out, spinning clockwise with a bright clear colour. Chakras can become blocked, clogged and torn, which can eventually lead to disease.

Ultra Iridescent Pale / Bright Dull / Dark	Over-energised Under energised Slow spin: In / Out Fast Spin: In / Out Left Spin / Right Spin Twisted Condensed Diminished Collapsed / Expanded Open / Closed Energised Distorted Disturbed Clogged Frozen	Ripped / Torn Bent Leaking Blocked Debris Sluggish Stuck Dense Bright Dull Cloudy Murky Sparkly Illuminescent One / Merged / Unified
Red		
Orange		
Yellow		
Pink		
Green		
Blue		
Indigo		
Violet		
White		
Gold		
Silver		
Grey		
Black		



EARTH STAR CHAKRA

The **Earth Star Chakra** is located approximately 15 cm (6 inches) below the soles of the feet. When it is balanced it brings the higher vibrations of the upper Chakras into the Earth, thus completing the connection of Spirit and matter. This final completion of energies and merging of energies brings into complete balance both the higher Chakras and the lower Chakras. It accesses full acceptance of and commitment to the earth plane and yourself, that all is aligned with the divine will, and that even on the Earth plane you know yourself as a co-creator, connected with Source. The Earth Star, when fully activated and aligned with the upper 3 Chakras, weaves the golden white threads of the Divine through the physical, creating balance within the individual and also creating a new fabric of worldly existence.

The 2 sole Chakras and the Earth Star form a triangle pointing downward that channels the Divine Essence through the Physical Body into the very roots of our relationship to the Earth. The re-creation of matter is dependent upon those stellar rays infiltrating into the Earth.

It is crucial that any energy work, or healing is grounded with the Earth Star for it to be fully integrated. It is energy balanced with the Earth Star that brings spirit into all matter, and unconditional love for, and acceptance of the divinity of this third dimensional existence, for it is the surrendering to this union that opens us to healing. Also the simultaneous activation of the 3 higher chakras with the Earth Star is the key through which the universal forces unite with the conscious beings of earth.

LINK CHAKRA

The **Link Chakra** is located 15cm (6 inches) from the base Chakra.

This new Chakra is opening up as we realise our multi-dimensional self, and expand our awareness into the vast divinity of our being. It merges, anchors and integrates all aspects of our being. In total integration we become relaxed and at peace with all. We are complete in all our multi-dimensional overlays as we merge as a pulsating star that radiates eternal life and love on all levels. 'Matter is Light.'

Activation of this Chakra assists in transmuting addictions, the strain of trying too hard to be rather than surrendering and being, over-enthusiasm, extremism, and states of self hatred, sub-conscious fears, guilt, darkness, and unworthiness.

BASE / ROOT CHAKRA

The **Base or Root Chakra** is situated at the base of the spine, and is related to the adrenal glands and the kidneys. Its colour is red. It is about our will to survive and to exist, and is connected to the adrenals and the fight-flight reflex. It is about love of the body and the realisation that you are already divine and that the challenge is to stay present in the body, and be the star that you already are here. When you truly love being in your body on earth, then you trust that all will be provided for you and you do not have to worry about survival. Once you are grounded you become 'in the world, but not of it'.

It is within this Chakra that primal fears are felt - fear of death, the dark, the unknown, fear for the environment and the end of the world, fear of being here in this dimension, of being separate and alone.

The Base Chakra is the base of our power. If fear and separateness have power in our beliefs then how to survive and exist is what drives us, and eventually the separation from love and the light and our unworthiness will lead to disease and stagnant energy. When the Base Chakra is balanced, the base of our power is the power of the Divine within us, grounded and able to express itself in a loving way, feeling safe to be in the body.



CENTRAL CHAKRA

The **Central Chakra** is located midway between the Navel and Base Chakras. Its colour is orange. It has to do with creativity. It has life producing energy and is full of vitality. It is energy in motion, enabling us to actuate our thought forms, bring them into physicality and experience them through our feelings and emotions. Manifesting in the physical form all creation. Our sexual energy is also connected to this creative Chakra, bringing into physical form the seed of our love. It is also about the balance between our inner male and female. It represents our capacity to function in the world of form. It is for susceptibility to abuse, self hatred, over-weight, fluid retention, obsessive and emotional states, exhaustion, allergies, and dis-ease of the sexual and reproductive organs.

NAVEL CHAKRA

The **Navel Chakra** is located at our Navel. It is yellow in colour. It is our centre for our intellect and reasoning. It is logical and thinks like the left brain. It is through this Chakra that we can interpret and understand the world around us and our life. It enables the integration of our mental and emotional aspects without judgement or ego. It is very directive and stabilising. It enables us to look within ourselves and take responsibility for our own lives. It creates balance within us as we integrate all aspects that are within us and integrate ourselves with our external environment. It is also about our gut intuition.

SOLAR PLEXUS CHAKRA

The **Solar Plexus Chakra** is located midway between the Diaphragm and the Navel. It is yellow in colour. It is our centre for personal power, where we disperse our energy or internalise it. Where we can shift our power from our ego to universality and oneness. It activates our knowing and inner sense of who we are, our individual identity, our ability to be self responsible and be in our personal power. It is also through this centre that we absorb the solar energy that nurtures our aura and vitalises our body. When we talk unnecessarily or have power issues with others, we lose energy here. Emotions and traumas from the Emotional Body can be held here. For balancing digestive, respiratory and nervous system imbalances, low immunity and allergies, and power issues with others.

HEART CHAKRA

The **Heart Chakra** is located out from the centre of the chest. It integrates and mediates between body and spirit and between the higher and lower chakras and energy vibrations. It is the powerhouse of the entire chakra system and determines our health and strength. It activates our trust in love as the energy of all life, enabling us to openly act from and express love and compassion for ourselves and others. It is also the powerhouse of our feelings, and it transforms our perceptions of our experiences into feelings and emotions. When it is in balance it gives access to unity with all things, peace, unconditional love, hope, forgiveness, compassion, generosity, and connection with your higher self. You embody natural warmth, sincerity, happiness, seeing everyone through eyes of love, putting your heart into everything you do. All healing only happens when the heart fully accepts the change of perception and belief, and fully honours all of the self, including those parts it is choosing to change.

THYMUS CHAKRA

The **Thymus Chakra** is located at the Thymus Gland. Its colour is turquoise, the merging of green from the heart and blue from the throat and as they meet they radiate love. It assists with loving communication with yourself, others, your Higher Self, Guides and Multi-dimensional beings. It is the centre that accesses our telepathy. It is also the converter and filter for the higher vibrational energies to our own vibrations. It is the centre that gives us our illumination and radiant energy as it increases our energy field. Here we are consciously connected to the power of healing source within. It supports good health and immunity, and assists us to flow through this time of change.



THROAT CHAKRA

The **Throat Chakra** is located out from the throat, above the sternal notch. Its colour is blue. It is our centre for expressing everything that is alive within us, our expression, communication and inspiration. It gives us access to experience the power of our thoughts, feelings and beliefs, that they totally have personal, social, environmental and global consequences. It activates all our personal expressions of our feelings, intentions, desires, ideas, knowledge, and of our innermost beingness. When it is balanced it gives access to strong communication and listening skills, ability to speak your truth, reliability and keeping of commitments, accountability, independence, freedom, following your dreams, self determination and trust in self and inner guidance, and harmony with others.

BROW CHAKRA

The **Brow Chakra** is located between the eyebrows and is also called the Third Eye. Its colour is indigo. It activates our life lessons that lead to our Soul's development and to wisdom. It gives access to the highest vibrational alignment of our central nervous system, thus opening the possibility of balanced ego, soul and spirit, where our intellect and intuition are whole, connected and inspired. It is most active and clear when we intentionally manifest for the highest good, using our thoughts, will and vision, and create new realities at a physical level and dissolve the old beliefs. When it is in balance it gives access to intuition, imagination, wisdom, understanding, enlightenment, and the Universal creative energy. We connect energetically beyond our five senses, beyond superficial appearances, to the greater, deeper truth, and then cultivate our inherent creativity and wisdom, and move towards a fulfillment of and experience of the depth of who we are.

CAUSAL CHAKRA

The **Causal Chakra** is located down behind the Crown Chakra. Its nature is silent peace. It is where the soul essence connects with the human, creating conscious thought forms with the power of the mind. It is here when the mind is serene that the stellar impressions relayed through the Soul Star connect and align the impersonal with the highest level of human thought. When the mind is receptive to subtle frequencies it is the greatest tool through which spiritual energies can manifest into brilliant ideas.

FRONTAL CHAKRA

The **Frontal Chakra** is located in the centre of the forehead at the hair-line. It holds the energy for visualisation and understanding. It activates the expansion and awakening of the self as a multi-dimensional being, dissolving old limitations, awakening to the expansion and wholeness of all-that-is. It aligns, connects and integrates the two brain hemispheres so there is total unification on the mental level. It also activates the merging of the levels of consciousness. It also assists in the clearing of brain pathways and connections, so that the functionality of the brain is clear and not connected with limiting beliefs and impressions.

CROWN CHAKRA

The **Crown Chakra** is located out from the crown of the head. It relates to the Pituitary Gland and Hypothalamus. Its colour is Violet. It is one of the higher vibrational chakras and is most active and clear during prayer, meditation, and any spiritual and higher vibrational connections, thinking, and processing.

It is through the Crown Chakra that the higher states of consciousness and oneness can be channeled and assimilated into the rest of the physical chakras; where the impersonal divine energy can become defined into individuality and personal purpose. It has the potential of functioning as a double helix vortex, with energy spiraling out to connect with greater wholeness while simultaneously directing that energy into physicality. It is described by Barbara Ann Brennan as a power current pulsating up and down the spine connecting to the universal and down into the body connecting to the earth. It carries energies through the roots of each Chakra and connects the energies that are taken in through each Chakra.



SOUL STAR CHAKRA

Barbara Ann Brennan explains that these 5 Chakras appear crystalline and of very fine, high vibrations. They relate to and give access to all that we are beyond the confines of this lifetime. The **Soul Star** Chakra is situated above the Crown Chakra. It activates soul consciousness. It activates your combined spiritual and physical identity, the identity and coding of your whole system, personalising your cosmic existence at a cellular level. Who you are beyond time and space which is held in sacred trust can be accessed here. It is the bridge between the impersonal essence and the personal reality. Its unique ability and purpose is to gather cosmic energy and weave a spiritual personalised body out of light. This Chakra needs to be activated for an internal realisation of oneness. Soluntra King explains that this Chakra needs to be grounded with the Earth Star for healing to actuate as it affects the DNA through its access to individual identity characteristics. If you are too focused on spiritual, not integrated and attached to spirit only, you will display the 'Space cadet' syndrome. However your body of light is here in the physical, not somewhere out there. You can only ascend when you descend. Earth illusions are a magnet that pull you out of the Stella realms, and you can also escape into the Stella realms when do not have the courage or capabilities to manifest that oneness and unity in your life.

STELLAR GATEWAY CHAKRA

The **Stellar Gateway** Chakra is above the Soul Star. Katrina Rappaell, in 'The Crystalline Transmission' explains that as the Stellar Gateway opens the soul awakens to its full God consciousness, to the matrix of light that we are, and integrates this into our human existence, as we intimately identify with the presence that is within all things, through communication and spiritual exchange between our Soul and the Infinite Spirit. When the reception channels are clear and open, the universe will respond by lifting the awareness into the stellar spaces. This chakra accesses wisdom, undying compassion, and a permanent connection to divine guidance. It also accesses our holy shaman, deep spiritual and prophetic understandings, holding space and time for the whole system, co-ordinating probability and events into fulfillment.

UNIVERSAL GATEWAY CHAKRA

The **Universal Gateway** Chakra is situated above the Stellar Gateway Chakra. It is the doorway to the State of Beingness. It gives access to the Universal Flow. It gives access to full awareness and responsibility as Creator. It accesses consciousness of being one energy with the Divine Creator, of being one with all creation. The state of beingness and universality contains the spiritual blueprint and spiritual records for the entire system. It accesses the akashic records and the book of life.

COSMIC GATEWAY CHAKRA

The **Cosmic Gateway Chakra** is located out from the crown of the head, above the Universal Gateway Chakra. It opens us to the integration of consciousness with experience, the unlimited with the limited, where the experience of life becomes integrated with the infinite, the marriage of immortality to our eternal self. It opens us to the experience of total acceptance, total allowing, total enjoyment, and perfect gratitude. A truly cosmic being. It provides us with the ability to be a spiritual being in a physical experience, and to access the whole experience for all dimensions.

DIVINE GATEWAY CHAKRA

The **Divine Gateway Chakra** is located beyond the Cosmic Gateway Chakra. It accesses expansion into the fullness of the truth of your being, activating very high Divine Light frequencies. It accesses the Collective Consciousness, the Real Self, God Consciousness. It accesses the infinite all-ness of all things, beings and dimensions. this level gives understanding of the omnipotent, omnipresent infinite as self.

This level gives us access to the gift of choice, as the Infinite Being offers us the gift of all aspects of itself. When fully accessed all your Chakras resonate as an integrated and unified Oneness of Divine Light, silent, peaceful, and connected with Source.



Within and beyond the physical body are a number of subtle energy fields or energy systems - Light Bodies, which can be thought of as dimensions of thought, action, and process, which are related to one another and which influence the energy fields of the physical body and the Chakras.

All Light Bodies are intelligent and constantly in communication with each other and the Light Bodies of others, forming a web of inter-relationships that co-ordinate their functioning from the desire to experience. The conscious mind, which includes all of these systems, justifies, reasons and makes sense of the experience.

Each Light Body has a specific function within the whole system. They all share the collective experiences of the system, but each expresses that same experience with their own characteristics. All our energy systems, both internal and external move together in an experiential dance that creates our reality.

Each Light Body vibrates at a higher rate than the previous layer. This allows them to overlap and exist within the same space, sharing the same Chakras.

The Chakras transmit Energy between the Light Body layers. The layers of the Light Body correlate to the Chakras, both in their function and in the issues they relate to. Differences in these layers and energy systems, and their connections with each other, is influenced by gender (motion), culture (function), language (frequency), and level of spiritual awareness.

Some layers may not even be present. Gurudas' book 'Gem Elixirs and Vibrational Healing' explains an absence of a distinct Emotional Body in many people of Eastern origin is due to their choice to "understand the more personal aspects of God" in this lifetime.

Each layer of the Light Body permeates all of the previous layers and the Physical Body including all internal organs and systems, as well as the cord that flows up and down the spinal cord, extending up over the head and down from the coccyx. Each successive layer extends further outwards from the physical body than the previous layer.

The odd numbered layers (1, 3, 5 & 7) are structured templates, which replicate the human body, including all of the internal structures. Barbara Ann Brennan in her book 'Hands of Light' states they appear as a network of grid lines, described as "scintillating, as if they are composed of many tiny, rapidly blinking lights, each blinking at a different rate".

The even numbered layers (2, 4 & 6) are unstructured and consist of flowing clouds of multicoloured light. They flow along the patterns set by the structured layers, which gives them their form.

People who are behaving like 'Space Cadets' may just be dehydrated in the Chakras or Light Bodies. The Light Bodies rely on the hydration of the physical body, possibly to do with the electrolyte minerals dissolved in the water.

Using a Scan List of the Light Bodies may enable major spiritual Corrections.

Correcting an imbalance in one Light Body may temporarily cause dehydration in another.

The Client's computer will allow much more access if it is perfectly hydrated.

Dehydration of any of the extra Chakras will limit access to the Client's computer. To access any Light Body, it is usually necessary to Verbally Challenge, as we are gaining access to a high level Correction.

The Client and Therapist must both have Dehydration balanced for every Light Body and Chakra after every Light Body Correction. The physical body needs to be in balance first. Only use the Light Body Correction after several hours of Kinergetics, including Hydration and TMJ.



ETHERIC BODY

The **Etheric Body** is composed of tiny energy lines 'like a sparkling web of light beams' which is in constant motion. It is an energy matrix from which the physical body exists. The cells of the body grow along the lines of energy of the etheric matrix. It varies from this fine network of pale blue light to thicker, darker blue-grey lines.

It integrates the individual into the Earth's energy field, and the physical with the emotional, mental and spiritual. It is a filter of all things coming to the body, as a protector, as an immune field, and an explainer for the body. It represents the survival level of the psyche, the ego. Am I safe? Am I comfortable? Am I free of Pain? It represents the base survival level of our being and is demonstrated by the Root / Base Chakra.

The Etheric Body extends to about 12cm from the body. When there is perceived threat it increases in size to protect, accommodate the fear, and create added space for safety. In doing this it can overpower the Emotional and Mental Bodies, imitating their functions to assume complete control over the Physical.

It is the connection between the Physical Body and the Light Bodies, 'ether' - the state between energy and matter. It vitalises and energises the Physical Body, providing good health, vitality, and connectedness with the flow of life.

The Physical Body is held in place by the Etheric Body's network of light lines, which exactly replicate the form of the Physical Body. People seeing your aura, mostly see the Etheric Body.

It contains the aspect of judgement which is needed in its position as our watcher for potential danger. It holds the keys to flight or fight. It also presents a position of armored defense, and justifies any means to stimulate the physical into action and defense. It will even present false images, symbols, memories and emotions to justify and maintain its protective posture and stand.

The acupuncture meridians, which regulate the flow of bioenergy (also known as Chi, Orgone or Prana), lie between the Physical and Etheric Bodies. Points along the acupuncture meridians relate to stresses in both the physical and etheric levels.

The Etheric Body relates to the sense of touch, and it is affected by any physical pain or pleasure. It is also influenced and is influenced by the body's physiological and autonomic functions. Any injury to the Physical Body will have a corresponding disturbance in the Etheric Body.

The Etheric Body also protects the Physical Body against karmic influences and from disturbances in the other Light Bodies, as they could lead to disease if they accumulate in the Physical Body. So it is important to maintain the Etheric Body's integrity by physically nurturing our bodies through regular exercise, appropriate nourishment, rest, sleep, relaxation, cleansing, hygiene, and the pleasurable sensations of massage, baths or other tactile therapies.



EMOTIONAL BODY

The **Emotional Body** is fluid like and appears as clouds of constantly moving multicoloured light of all the colours of the rainbow, including white. Clear and highly energised feelings such as love, excitement, joy or anger produce bright, clear vibrations; those feelings that are confused produce dark, muddy vibrations.

It extends from the body, out past the Etheric Body. This colourful body contains the potential for beingness in the physical dimension.

The Emotional Body is a responsive body, it interprets, without judgement, the symbols of the Mental Body, into Emotions for physical experience, which are filtered by the Etheric Body before passing into the Physical Body. The Etheric Body places judgements on the Emotions as it responds to its perceived survival function - good / bad, right / wrong etc., giving us the experience of opposites and separation.

It brings into physicality and experience the mind of the Mental Body. Its nature is energy in motion, and it is highly energetic and fluid, constantly changing from emotion to emotion, full of the potential for new creation. It is a swirling field of different sounds like a symphony tuning up with tones of all types and intensities, with colours corresponding to each changing tone which can often be quite brilliant.

It is related to the Central Chakra, our creative Chakra. It is our emotional experiences that motivates our being to live.

When the Mental and Emotional Bodies come into alignment with joy, love, and total trust, the Etheric Body will shed its protective, judgemental role and take on wholeness (holiness) and total freedom, producing bright, clear colours in the Emotional Body, enabling acceptance, clarity and creative beingness in our physical day to day existence. We can then acknowledge our emotions non-judgementally and can honour our feelings, seeing all emotions as the very beautiful and very personal landscape of our life, that we are meant to discover and explore.

When our Etheric Body tries to suppress our feelings and judge them, the energy becomes stagnant, causing dark, murky clouds of Energy in the Emotional Body. This stagnation can then be transferred to the Etheric and Mental Bodies, resulting in distorted mental activity, justifications, replaying scenarios over and over in the mind (real or imagined), projecting doom and gloom onto future events, exacerbating fears out of proportion, etc. The constantly changing energies within this body can result in disease.

When you have a good relationship with yourself and love and honour all of yourself then you will have a strong, healthy Emotional Body. Affirmations can help with this process, particularly affirmations about loving and accepting the Self.

Our judgements upon our emotions affect our thoughts which affects our moment by moment creativity, which affects our other Light Bodies eg. the Astral Body and the way we relate to others, and the Ketheric Template influencing the Collective Consciousness.



MENTAL BODY

The **Mental Body** is composed of still finer substances radiating out in light lemon, bright yellow and gold hues, like rays of light. It is inherently structured in its nature. Yellow is the colour of the intellect and of mental activity.

The Mental Body extends from the Physical Body, out past the Emotional Body. It is related to the Solar Plexus Chakra.

It is a mental field and provides reasoning and directive to the body, through its language of symbols. It also is non-judgemental, and its service is to take the metaphoric symbols of our life experience and interpret them, to provide a stable, logical framework, with names of things, functions of things and the nature of things, in which life can be experienced and lived.

It is associated with both our physical bodies and our spiritual dimension. Physically it is associated with the logic brain, our thoughts, mental processes and our states of mind. It enables people to think in a clear and rational fashion as it gives interpretation to the symbols of our experienced data. It can be influenced by the Etheric Body perceiving a danger or a threat, and taking control by expanding into the Mental Body. It can produce symbols from the past that are inappropriate, to produce thoughts and then actions that seem logical, to support and justify its need to fight for survival

These seemingly logical thoughts can become habitual and then difficult to change. So the pulsating energy lines in the Mental Body can darken, distort and slow down.

When the Etheric Body is still and takes on its proper function without fear for survival the Emotional and Mental Bodies take on their proper functions. The Mental Body is thus able to, like a loving father, interpret our experiences in enlightenment, expansive awareness and knowing, opening a merging with the Universal Mind. When this occurs all the higher Bodies are also clear and open and expanded and energised.

Solantra King in her book "Light Body Awakening" states that the Mental Body is where Soul Consciousness is experienced. It is the most subtle of the Bodies utilised by the Soul. When the Mental Body is clear it operates at the level of the Violet Light Body of the fifth dimension.

We use our thought-energy to create the realities about us. Therefore, when we focus more emotional and thought-energy into an idea, it empowers the manifestation of a thought-form onto the physical. The Emotional Body and Etheric Body influence the Mental Body as it overlaps with them. This connects emotions to most of our thoughts.

A weak and underactive Mental Body produces low mental agility and clarity of thought. When strong and charged, it produces a clear mind, an active mental life and an interest in learning. When overcharged it leads to being too rational, and being out of touch with both feelings and intuition.

Barbara Ann Brennan in her book "Hands of Light" states that when the intuitive and rational mind coexist harmoniously, then the Mental Body is balanced. When all of the first three Light Bodies are balanced, then an individual feels the strength of self acceptance and an inner sense of power.



ASTRAL BODY

The **Astral Body** is shapeless in form and is composed of clouds of colour more beautiful than the Emotional Body, which are infused with the rose pink light of love. It is associated with the Heart Chakra and it extends from the Physical Body out past the Mental Body. On this level a great deal of interaction takes place between people. Cords exist here between people in close relationship, and these tear when the relationship ends.

The Astral Body is based on Relationship.

The first type of Relationship it encompasses is the marriage of and joining together of masculine and feminine energies as the one energy. It sees the need for this relationship and marriage due to its strong functional desire to create balance. Yin and Yang, linear and expansive, logical and intuitive into the one divine balanced energy.

The Astral Body also orders, records and keeps, by a system of Relationships, all our life experiences and memories. It relates all our experiences, one to another, chaining events and experiences into a system of order for record retrieval. In this aspect it orders all our experiences by their Relationship to each other, and it can then retrieve these records for us. It can access from its records the total accumulation of the personality, traumatic memories, DNA patterns, and spiritual patterns.

It also assists the whole system to experience itself in Relationship. It can do this because it creates a systems management program. It relates all of life to points of reference for us. It thus gives us the experience of relationship to all things and the Universe as a whole. It is the first of the Light Bodies to understand and appreciate separateness.

In the Relationship of separateness the Astral Body can function separately from, yet connect to, the physical body through Astral Projection, usually at night or during near death experiences. The Astral Body experiences this level as unlimited by three dimensional time and space, as it exists as a timeless, spaceless continuum. The clearer the Astral Body's energy, the more these Relationships are based on unconditional love.

Underactivity or weakness of this field usually denotes problems with intimacy and human relationships which may seem unimportant or too difficult, feelings can be masked, and hermit consciousness or feeling overpowered by others may be present. A strong, healthy Astral Body leads to many fulfilling relationships, where love plays a strong role. An overcharged Astral Body can lead to relationship addiction and over-sensitivity.

It is the Energy on this level that can reach out across a room to touch other people. It is how some people can communicate and relate without talking.

The Astral Body encompasses the Physical, Etheric, Emotional and Mental, to form the seat of man's Mental and Emotional nature. An astral being works with his consciousness and feelings from unconditional love. The astral spheres are visible to the sixth sense, intuition and telepathy. The Astral desires clear vibrations in all aspects, and to work with all objects and experiences as forms of light.



ETHERIC TEMPLATE

The **Etheric Template** is the Light Body which contains all the forms that exist on the physical plane in a blueprint. It is the template for the Etheric Body which is in turn the template for the Physical Body. It looks like the negative of a photograph. Its forms exist in negative space, creating an empty space in which the etheric grid structure grows and upon which all physical manifestation exists. It extends out from the body past the Astral Body.

It contains in symbol form all the archives for the physical experience of life, a library, where the 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 for physicality, for the emotional being and for the mental being.

The Etheric Template is related to the Throat Chakra because it is a dynamic and expressive Body that presents and receives its content freely.

A lot of interplay occurs and energy flows between these 5 Light Bodies. The symbols and records of this Body are retrieved and ordered by the Astral Body, interpreted by the Mental Body, presented as emotion for physical experience by the Emotional Body to the Etheric Body, which then filters the images and feelings and presents them to the Physical Body to elicit defensive actions or thought. The Physical Body finally chooses to respond to those filtered images by providing 'real' experiences. This process works the other way when records are to be placed in the Etheric Template.

The template form represents the Divine Laws for physical, mental and emotional existence. Through this body we can be very dynamic, expressive, purposeful, have a strength of will, experience life as being a plan of perfect order, and realise our power of co-creation. Such individuals can surrender to who they really are and are not shaped according to societal norms.

In disease, when the Etheric Body becomes disfigured, the Etheric Template must be repaired, as this is the origin of the Etheric Body.

Distortions on this level can be expressed as a lack of a sense of purpose or a feeling of being unconnected to life, out of synch with life, not truly belonging on Earth, not understanding complicated systems or the overall patterns of things, 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 their truth in a positive way.

However, if the Etheric Template is over-active, individuals may be denying their creative freedom with a rigid dictatorial view of order. They may feel as if everything must go according to plan, resisting any flexibility. They will be likely to also lack 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.



CELESTIAL BODY

The Celestial Body is known to some as the Celestial or Buddhist Vehicle. It extends out from the physical body, past the Etheric Template. Its form is less defined than the Etheric Template, and it appears like the glow around a candle as it radiates from the body. It has a gold / silver shine with an opalescent pearl quality and pastel colours of beautiful shimmering light.

The Celestial Body works with the intuition of the body. It also interprets the law within the functions and actions of each body and system, and for the whole system. It is our learned ethical sense, our conscience.

It is related to the Brow Chakra intuiting the knowing that is the Universal Field, providing ethical judgement and a conscience thought to our experience.

Through accessing our intuition, through connecting with the silence and space between thought, spiritual ecstasy of peace, unconditional love and joy can be experienced within our physical being and mind. Divine perfection can be witnessed within all earthly matters. Inner knowing, intuition and wisdom are anchored in the mind and physical being.

Divine love for humanity is experienced with the feelings of expansion due to communion with others. One can identify beauty everywhere and all things are truly appreciated.

If the Celestial Body is underactive, the field is dark and thin in places. The individual may not be able to relate to their intuitive, spiritual aspects and have little experience of it. They may not even know the full joy of being inspired, or believe in God, believing you would be too gullible if you did. They can feel lost due to the lack of connection with their spiritual and intuitive aspects, not know exactly what they are missing. Also there is a lack of commitment to their own decision making processes, their own conscience, and own ethical sense, causing them to take on the laws and principles of others.

If the Celestial Body is over-active, individuals may be too much in their intuition and not remain present to the physicalness of their being. They may have very strong opinions and judgements that they do not re-evaluate. They may live by principles they have put in place from their own life experiences, but they do not live by the universal spiritual laws that govern all existence. They may judge themselves and others very harshly, and not see the perfection in all aspects of being, using judgement only to see where changes can be made and not using it for causing separation and withdrawal of love. They may see themselves as special because they can experience the mystical, and may also constantly attempt to prove that they are better than others because of it. This is, of course, a defence, due to feelings of inadequacy on the physical level and due to poor grounding.

The higher Bodies out from the Astral body, are known as the Causal Bodies. They include the Etheric Template, Celestial Body and Ketheric Template. They enable beings to bring Universal Consciousness into manifestation, materialise thought and bathe in the White Light of love.



KETHERIC TEMPLATE

The **Ketheric Template** is composed of tiny threads of gold-silver light that look like a beautiful golden shimmering light which is pulsating very quickly. It is most connected to the Physical Body through the medulla oblongata. It extends out from the Physical Body past the Celestial Body.

It is related to the Crown Chakra.

The Ketheric Template co-ordinates, choreographs and regulates the functions and activities of all the energy fields. In so doing it provides powerful guidance and direction for the energy system as a whole. Like a conductor of a symphony orchestra, the Ketheric Template directs the efforts of the Light Bodies to produce a meaningful experience.

The Ketheric Template also co-ordinates the connection and unification of the information and records from the higher Spiritual Bodies, the Unification Bodies, with the records and information of the physical body from the lower Light Bodies.

As the Etheric Template is the template for the physical body, the Ketheric Template is the template for the spiritual concepts of the higher Light Bodies within the physical dimension, thus co-ordinating the assimilation of spiritual laws with physical laws. Its template form holds the physical template and creates the empty space which allows the spiritual grid structure to develop, and upon which all spiritually aware physical manifestation exists.

It is also like a doorway to higher states of consciousness and it facilitates attunement with astrological influences.

The seventh level gives access to the divine mind, to a connection with the great pattern of life, the Universal knowing, and a deep knowing of our perfection within our imperfections. If this body is active, individuals have the capacity to generate inspirational ideas, and they understand broad, general concepts about the world and existence.

If this Body is under-energy, individuals may find it difficult to understand the Universal Plan and how they fit in. They may experience life as chaotic and random and their personalities will reflect this. They most likely will not understand the paradoxical concept of perfection and they may go into denial about their shadow side. Such individuals may feel disempowered about their destiny and feel isolated.

If this level is too strong individuals will probably have problems making their ideas practical or be indecisive about commitments, constantly chopping and changing.



HIGHER LIGHT BODIES

Other Light Bodies beyond the ketheric template are being accessed and they relate to the Chakras above the Crown Chakra, which are the Unification, Crystalline Bodies of Golden light.

Around the outside of our Light Bodies we have a protective outer shell.

In Carol and Joseph Bennette's book this shell is described as an energy matrix. It contains within it all the subtle bodies. Its egg shaped form of interwoven gold lines or pulsating light acts as a protective eggshell. It is also said to be made of platelets in a floating energy grid that allow inward and outward movement of the shell.

It also acts like a counter balance to the Etheric Field. As the Etheric Field expands to protect the body, the outer shell contracts to provide a mirror for intensifying the experience. Sometimes they do move together in the same direction. When the Etheric Layer does not need to expand for perceived survival threats, the being can start to integrate higher energies and higher thoughts and the outer shell can expand to encompass and stimulate and accomodate this spiritual growth.

The shell and platelets can become distorted, and lose their geometric integrity, which allows the movement of energies into and out of the energy fields. If the shell expands or contract quickly energies that are close to the shell can also get caught within the energy field.

The platelets can act as a lens for the body. When you are highly energised and your chi is flowing the platelets turn outward shining our energy out and magnifying our being. When the platelets turn inward we appear small and separate to others.

Past life bands can be found on the protective outer shell as coloured bands of light and can be found anywhere on its surface.

Barbara Ann Brennan describes the shell as a basket-like network of power currents and energy vibrations, that surrounds and holds within it the entire auric field. This network shows the power of the golden light, the divine mind that holds the whole field together in its entirety and integrity.



DIVINE GATEWAY —●

COSMIC GATEWAY —●

UNIVERSAL GATEWAY —●

STELLAR GATEWAY —●

SOUL STAR —●

CROWN —●

BROW —● — **FRONTAL**

—● — **CAUSAL**
Back of head

THROAT —●

THYMUS —●

HEART —●

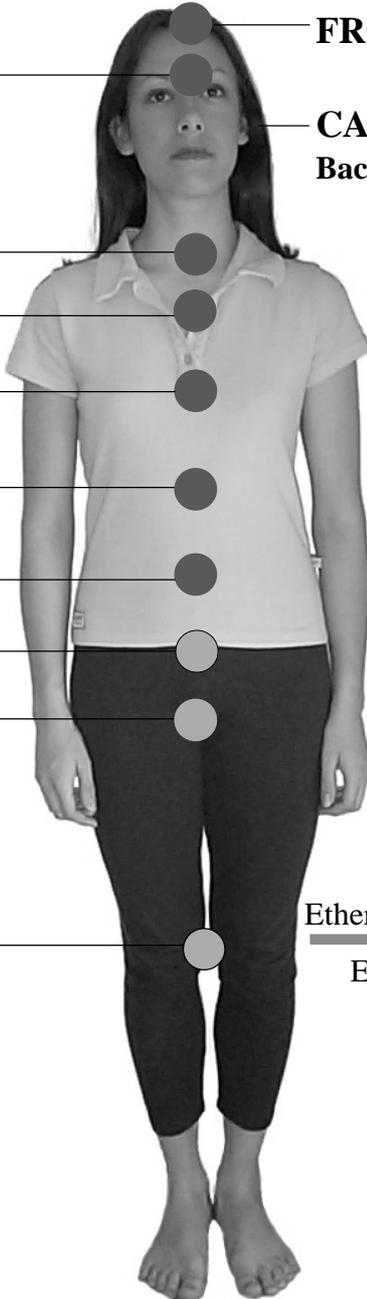
SOLAR PLEXUS —●

NAVEL —●

CENTRAL —●

ROOT/BASE —●

LINK —●



Etheric Body

Emotional Body

Mental Body

Astral Body

Etheric Template

Celestial Body

Ketheric Template

EARTH STAR —●

