

Astral Body

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ASTRAL BODY

The Astral Body is the bridge between the physical manifestation of sensation, emotion and thought to the ethereal expression of divine will, universal love and divinity.

Our Astral Body links us to the astral plane, which is a dimension that our spiritual guides and teachers dwell. We will travel “home” to this astral plane in times of need when we require help beyond the physical. Via a silver cord we visit this astral plane when we are children and even when we as adults become students of the universe at night. It is in this astral layer where we store our cords and contractual agreements.

The following is the writing from Phillip Rafferty's Kinergetics Manual:

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 and the 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. This helps to move Yin and Yang, linear and expansive, logical and intuitive, into the one divine balanced energy.

The Astral Body also has orders, and keeps records 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 or order for record retrieval. In this aspect it organizes all our experiences by their relationship to each other, and it can retrieve these records at anytime for us. It can access

COLOUR
Rose glow

SOUND
Note F

LOCATION
6-12 inches away from skin

ASSOCIATED CHAKRA
Fourth Chakra – Heart Chakra

EXPRESSION OF CONSCIOUSNESS
I and Thou Emotions

STATEMENT OF CONSCIOUSNESS
I love humanity

PROPERTIES
Higher expression of the physical, emotional and mental levels.
It is the layer that all energy must pass through when going from one world to another.

PURPOSE
Connects us with the higher dimensions of reality. Higher expression on the physical, mental and emotional level. It is the bridge between the denser or lower vibrations of the physical plane and the finer or higher vibrations of the spiritual plane.

ASSOCIATED
with areas of expression on a physical, emotional and mental level.

ISSUES
Love
Balance
Self-love
Relationship
Intimacy
Devotion
Reaching out and taking in

PHYSICAL ATTRIBUTES

Provides information on general physical issues

MENTAL ATTRIBUTES

Clues us into our ideas about relationships and our beliefs regarding deservedness.

EMOTIONAL ATTRIBUTES

Melds physically oriented feelings and awareness with spiritually adept feelings and awareness. The astral level provides us with the opportunity to experience and manifest all we dream about.

SPIRITUAL ATTRIBUTES

Working through life's lessons with others from the astral plane. We allow divine source energy to support us.

HEALING APPLICATIONS

Detect physical heart imbalance
We can explore our heart's desire.

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 to 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. 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 of intuition and telepathy. The Astral desires clear vibrations in all aspects, and to work with all objects and experiences as forms of light.