

Etheric Body

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ETHERIC BODY

The Etheric Body is the energy body that directly interfaces with the Physical Body and is in association with the acupuncture meridian system. The meridian system transduces the electromagnetic energy from the Etheric to the Physical Body. We understand this to be Chi. The Etheric Body is the primary interface between the electromagnetic flow of the Physical Body and the auric field. The Etheric Body supports us physically by holding space, reflecting our feelings and allowing us to express our spirit into the physical world.

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

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.

When there is perceived threat the Etheric Body 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 Body.

It is the connection between the Physical Body and the Light Bodies, "ether"-the state between energy and matter. It vitalizes and energizes the Physical Body, pro-

COLOUR

White, outlining the body

SOUND

Note C

LOCATION

Skin and ¼ - 1 inch away from skin

ASSOCIATED CHAKRA

First chakra - Base chakra

EXPRESSION OF CONSCIOUSNESS

Physical sensation

STATEMENT OF CONSCIOUSNESS

I feel physically

PROPERTIES

Physical

State between energy and matter. It has the same structure as the physical body including all the anatomical parts and all the organs.

PURPOSE

Bridges the connection of material bodies to higher spiritual bodies.

ASSOCIATED

with physical aspects and awareness of the material body.

ISSUES

Roots
Grounding
Nourishment
Trust
Health
Shelter
Family
Prosperity
Appropriate boundaries

PHYSICAL ATTRIBUTES

Skin and skin disorders
Acne
Psoriasis
Shingles

MENTAL ATTRIBUTES

Deservedness
Safety
Sexuality

EMOTIONAL ATTRIBUTES

Thin skinned
Anger
Hurt
Rage
Terror
Joy
Pain
Guilt
Shame

SPIRITUAL ATTRIBUTES

It draws forth our hidden or learned beliefs about the divine source and our relationship to it.

HEALING APPLICATIONS

Our basic programming
Family of origin belief system
Childhood abuse

viding 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 who see auras mostly see the Etheric Body.

It contains the aspect of judgment, which is needed in its position as our watcher for potential danger. It holds the keys to flight and fight. It is 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 also influences 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.