

Mental Body

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MENTAL BODY

The Mental Body generates thoughts as vibrational patterns that can be called thought form. Thought form is the way in which the Mental Body can transmit ideas to the brain for screening, manifestation, expression and possibly action. The Mental Body gives the body the ability to discern abstract thoughts and make decisions. This auric body allows our mind fields to interconnect with other mind fields creating a wholism of thought and learning that moves beyond our time/space continuum. When enough people start doing or thinking similar patterns we are able to shift consciousness. We sometimes call this the 100th monkey theory. Scientists have found that when monkeys in laboratories are taught to do certain things that somehow monkeys in the wild can inherently do the same task without training. Through the Mental Body, we can tap into a cross-dimensional pool of wisdom that supports our body, mind and soul with ideas that support us in health and wealth.

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

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 directives 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

COLOUR
Yellowish

SOUND
Note E

LOCATION
3-8 inches away from skin

ASSOCIATED CHAKRA
Third Chakra – Solar Plexus Chakra

EXPRESSION OF CONSCIOUSNESS
Thinking

STATEMENT OF CONSCIOUSNESS
I think

PROPERTIES
Mind and rational thinking
Thought form can be seen in this layer.
Matrix lines are quite apparent.

PURPOSE
It contains the structure of our ideas.

ASSOCIATED
with the vibrational level of thoughts and mental processes of ego.

ISSUES
Energy
Activity
Autonomy
Individualism
Will
Self- esteem
Proactivity
Power

PHYSICAL ATTRIBUTES

Assists in opening us to energy, ideas, concepts and notions that affect us physically with metabolism and digestion

MENTAL ATTRIBUTES

Potentially links us to infinite storage and processes of data, information, and concepts.

EMOTIONAL ATTRIBUTES

Connects the thought with the feeling, which creates momentum called emotion.

SPIRITUAL ATTRIBUTES

Helps us open ourselves to structures, ideas, explanations and assistance for achieving our soul purpose.

HEALING APPLICATIONS

By working with the third auric layer, we can isolate thought processes and beliefs that are harming us. After diagnosing them, we can change them. This auric layer can also change them. This auric layer can be used to diagnose and work with intellectual problems or learning difficulties.

thoughts, mental processes and our states of mind. It enables people to think in a clear and rational fashion. It can be influenced by the Etheric Body perceiving 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 maintain their proper functions. The Mental Body is thus able to, like a loving father; interpret our experiences with 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 energized.

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 under active 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 coexists 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 inner sense of power.