

# Emotional Body

273

EMOTIONAL BODY

The Emotional Body helps us to creatively and emotionally express ourselves in a manner that exhibits our true nature. Emotions exist as a vibration pattern that then interfaces with the Physical Body, which transpires into feelings. Feelings are then experienced on the physical level, which drive us into action. The purpose of the Emotional Body is to both protect us from external energies that could harm our feelings and to register realities by awakening or deadening certain feelings.

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

“The Emotional Body is fluid-like and appears as clouds of constantly moving multi-coloured light of all the colours of the rainbow including white. Clear and highly energized 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 judgment, 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 judgment 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 physical 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 different sound 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.

**COLOUR**  
Fluid, watery, shimmering

**SOUND**  
Note D

**LOCATION**  
3 inches away from skin

**ASSOCIATED CHAKRA**  
Second chakra – Sacral chakra

**EXPRESSION OF CONSCIOUSNESS**  
Personal Emotions

**STATEMENT OF CONSCIOUSNESS**  
I feel emotionally

**PROPERTIES**  
Emotions  
The feeling layer. Its structure is more fluid than the etheric body.

**PURPOSE**  
Expresses the full spectrum of our emotions.

**ASSOCIATED**  
with the vibrational level of inner feelings.

**ISSUES**  
Movement  
Sensation  
Emotions  
Sexuality  
Desire  
Pleasure

**PHYSICAL ATTRIBUTES**

Links us to the energies that create passion. Helps us to stay in the flow and be energized.

Co-dependency  
Stress-related illnesses  
Poor relationships  
Creativity issues

**MENTAL ATTRIBUTES**

Affirming feeling in others and ourselves. Keeps the 2nd auric field in shape and operational.

**EMOTIONAL ATTRIBUTES**

Connects us to earth and every feeling that we have ever had or every feeling that lies dormant within us. It feeds and heals our feeling bodies and protects us from feelings that are not ours.

**SPIRITUAL ATTRIBUTES**

It keeps us alive and connected to our honest reactions.

**HEALING APPLICATIONS**

Recognize the link between feeling and illness. Helps clients to label and understand their feeling, clear blocked emotions and release feelings that are not theirs. The Emotional Body renews and lightens the second chakra.

It is related to the Sacred Chakra, our creative Chakra. It is our emotional experience 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, judgmental 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 acknowledge our emotions non-judgementally and can honor 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 stagnate, 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 into 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, love and honor all of yourself, you will have a strong, healthy Emotional Body. Affirmations can help with this process, particularly affirmations about loving and accepting Self.

Our judgments 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."