

Introduction to the Subtle Bodies - The Aura

Please also listen to the mp3 on this. Below are brief notes.

The aura is part of what we call the subtle bodies. The aura is an electromagnetic energy field which surrounds us.

There are many perceived layers to the aura (seven or more).

In crystal healing we are most concerned with the first four layers, Although later we'll look at others.

First layer - the etheric layer - closest to the physical body. This layer can be seen by many if we take our eyes slightly out of focus when looking at someone we see it as a glow around the body. Strongly connected to the base chakra and our physical body.

The Emotional Layer - this one is the most useful to us as crystal Healers. As humans most of our experience is through our emotions. Therefore, emotional issues can create blocks which prevent flow through to the physical body and also create stagnation of thought patterns above in the mental layer. The emotional layer of the aura is Some ten centimetres (4 inches) above the physical body. Strongly connected to the sacral chakra and heart also.

The Mental Layer - above the emotional layer around 12cm or more above the physical body. This layer is concerned with our thoughts, Thought patterns and beliefs. When we are studying or this layer might be very strong and energised. If someone is confused it may be erratic or weak. Strongly connected to the solar plexus.

The Astral layer - 25 cm (8 inches) above the physical body. Its at this point where our aura begins to connect to the energies of Source. We are connected to all there is, the cosmic soup of energy that we share with all living things. Through this layer we are connected to the divine source, and to others. We may perceive the thoughts and emotions of others through this level. Strongly connected to the heart chakra.

As you feel the aura with your hands, you will become more aware and more sensitive to the layers, you'll get to feel the subtle differences.