

A photograph of a young child with light brown hair lying on their back in a field of green, leafy plants. The child's eyes are closed, and their feet are raised towards the camera, showing the soles. The background is a clear blue sky.

From the Heart

The Body Electric

by Shelley A. Harrison

We have a deep connection with the Earth. Our entire vital energy system is nourished by the Earth's energy field. The fruits of her harvests nourish our physical body, but our physical body is also recharged and replenished through direct energetic connection to our lovely planet.

When we broaden the perspective of our wholeness one dimension deeper than our physical body, we arrive at our Auric Field. According to the paradigm I was taught at the Barbara Brennan School of Healing, and visible in the wonderful colour plates of her book *Hands of Light*, there are 7 layers to our aura, each extending farther out from the boundary of our skin. Each successive layer contains a range of frequencies higher than the ones below it, and each embodies a part of our consciousness.

The layer closest to our body, from about 1" over the skin and then deeply interpenetrating the whole physical body down to each cell, is called the Etheric Body. If you could see it with extrasensory visual perception (which some people can, and all of us can learn to perceive it through the visual or other senses) it appears as fine standing

lines of blue light which form a web that traces out every organ and structure in our physical body. It is like the warp and weft of a finely woven garment. The lines appear to scintillate as photons of light energy and consciousness pulsate down the lines of light. How beautiful!

We entrain energy right up from the ground through the root chakra in the base of the spine, which opens down toward the earth. This is what it means to be “grounded”: our energy is connecting down, and earth’s energy is flowing up to feed our body. When we “ground down” and let this energy flow to connect, our whole energy field begins to pulsate at the same rate as the Schumann waves of the planet, about 8 hertz. This is very healthy and calming. An easy way to benefit from this effect is to lie down on the earth. Well, maybe not so easy in the city. This energy is distributed into this first level of our auric field to charge it.

What is happening in the Etheric Body? Within this dimension we feel physical sensations, both pleasurable and painful. Flow along the lines of light correlates with sensation in the physical body. So, for example, when someone caresses your skin lightly, a soft trail of energy or light and consciousness particles will flow along the lines, charging and awakening them. When you receive a massage, which is a deeper touch, a stronger flow of light will be stimulated. If you receive a traumatic impact, the lines might distort; this will show up in the physical body as a bruise or even a contusion. If the impact is sharper, the lines might break, and so might the skin and bones. Numbness in a body part means that there is no energy flowing along the Etheric Body. Etheric repair work is very effective for sewing the lines back up, which helps the body to heal faster. When I do this work as a healer, it looks like I am doing fine sewing with my fingertips over the body.

Those of us with sensitive bodies tend to have Etheric bodies with fine, thin, aqua blue lines. We are quieter and less physically active, and also less physically robust. At the other end of the spectrum, athletes and dancers have a highly developed first level, with more lines which are thicker, more elastic, highly charged and bright blue. Their purposeful movements bring more consciousness into the body. One of the purposes of exercise, aside from making you feel attractive and healthy, is to awaken the consciousness on this level of your being and settle awareness into your body. The more you take care of your body, connect to it, and exercise it, the stronger your Etheric Body becomes. A whole new reason for your workout!

When you are healthy on this level, you enjoy pleasurable

sensations in the form of vitality, physical activity, sex, sleep, touch, and the arousal of your five senses. Because it feels pleasurable, you will seek more of these healthy interactions and thus continue to charge your field. A weak first level appears as thin, broken, tangled, or undercharged lines. They become thinner and weaker over the parts of your body less cared for. Because you feel weak, you may not like to connect with your body as much or experience pleasure through it. It then stays weak from lack of use. It can be hard to break this pattern and get moving to experience the pleasure of vitalizing this part of your being. The problem with pain in our body, which correlates to damage, density or distortion on the first level, is it causes us to withdraw from that area, or even wall it off, which makes things worse. It makes sense to get injuries and pain attended to through any of the many wonderful healing modalities, so we can return to a state of ease.

Delightful ways to recharge the Etheric Body are fresh air, sunshine (but not too much, sunburn frays the lines of energy, causing damage), swimming, especially in the ocean as the salt water clears stagnant energy from our energy field, rest, and good food. Organically grown food has a stronger energy field than other produce, and fresh food also has more *prana* than overcooked meals, or the stuff that sits in the fridge too long. Getting out of the city into a natural environment where there are lots of nature energies is very healing and replenishing. Perhaps you need to make a regular habit of going to the beach for the day with a lovely fresh picnic! If you can’t get away, try soaking in a hot bath of Epsom salts and/or sea salts, and then laying in a sunbeam afterwards. Breathe deeply!

We really are more connected to the earth and our environment than we think. Ignoring this fact just erodes our health. Putting a little energy into the nourishment of our body through healthy habits can only bring more pleasure and aliveness. Have fun this summer charging yourself up!

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