

Meditation: Observing Your Energy Field

Take a deep breath in and out. Sit quietly and comfortably. Do this exercise somewhere you will not be disturbed or overstimulated by noise or interaction.

As you breathe deeply and close your eyes, feel the protective boundary of your skin. Notice the space where the edges of your body stops. Trace the outline of your physical form in your mind. Notice how YOU actually extend further out past where your skin stops. The typical human energy field extends three to four feet from the outline of your physical body.

You might imagine a grid work of light, like luminous fibers of color that make up your physical form.

You may visualize shapes or patterns of color moving in and around your physical body. When you visualize your energy field, what do the colors, shapes or patterns look like in your imagination?

How far out from your physical body can you feel your energy extend? Does your energy field feel powerful & strong OR weak & depleted?

Are certain areas of your field stronger, brighter, more intact than other areas? Do certain areas leak energy or seem dimmer to you? Pay attention and do this observation regularly.

Awareness Exercise

Make a point to notice your energy field throughout the day. Set a timer so that you take an assessment of how your energy feels at least three times a day. You will notice how your subtle body acts differently in various environments.

Questions for Reflection:

Does your energy field feel weak or strong right now?

Does your field extend out further in certain environments, around certain people or at different times of the day? Does your energy field contract in certain interactions? What can you sense or experience with only your energy body (not from touching anything or anyone with your hands)? Can you touch someone with your energy, on purpose?