

## Levels of the Human Energy Field

### **1st Level (Structured): Welcome to Your Energetic Blueprint**

This first level of your field is the template for your physical body. Your energetic blueprint has a bluish white glow that can extend around one to two inches from the skin (on a healthy person). The first level of the field is strengthened by exercise and is weakened by drugs and surgeries. This energy body appears to me like a blue and white grid in the shape of the physical body. Some areas of the first level may have energy “leaks” where the physical body has been torn, damaged or cut. Similar to the protective barrier of the skin, the 1st level is an energetic boundary.

### **Maintenance and Care for the Energetic Blueprint**

To care for the first level of your field, exercise, drink high vibe water and avoid surgeries and injuries whenever possible. Cutting into the energetic blueprint compromises the protective energy barrier, making it appear like a frayed screen. It is possible to enhance your physical body by visualizing a strong blueprint in the shape and size of the body you desire. 1st Level Field Repair is possible to perform on yourself. I will teach you how in the video tutorials.

I was in an auto accident and used First Level Field Repair successfully after the collision. If you are a Reiki practitioner, you might notice that the damage to the first level of the field is not addressed in a traditional Reiki protocol. This is why some people say that Reiki can hurt. The reason for this is because energy is being blasted through a frayed screen and the work will not hold very well unless field repair is done FIRST.

## **2nd Level (Unstructured): Welcome to Your Emotional Body**

This level of you extends slightly further out from your physical body than the first layer. The Emotional Body is unstructured and can be seen as swirls or clouds of primary colors. Our emotions control so many things in our lives. The emotions we feel have a direct effect on our physical bodies. How we process and manage our emotions determines our state of well-being or dis-ease. You can affect this subtle body that is made of colors, sound and frequency by listening to a piece of music or being stressed in traffic or having an argument or eating food or making love. This level of you is constantly fluctuating like a symphony of color. This is the field level that many clairvoyants can see the easiest.

### **Maintenance for the Emotional Body**

Our emotional bodies are full of emotions that are not relevant to our current experiences. My guess on this is that we are full of mass collective emotions and that we take on the emotional residue of everyone around us. Some of us take on more than others because of the permeable nature of our energetic fields. I will talk about that in great detail later.

Maintaining a healthy emotional state requires time alone in nature. I have found no other way to preserve and protect my emotional body. If anyone out there knows another way, I'm all ears. I truly believe that nature can save us from ourselves. To care for your Emotional Body, you need:

\*Time Alone

\*Time Connecting with Nature

\*Sleeping Alone\*

\*Healthy Emotional Expression-this could include art, song, sound therapy, talk therapy, writing, creativity of all kinds. There's no limits on healthy emotional expression. Creativity is energy work!

\*Emotional awareness and responsibility

### **Awareness Exercise:**

Spend at least one night sleeping alone and pay attention to how your energy feels the next day after charging your field through sleep. This exercise could be practiced one night a month or one night every 6 months. Just do what you can. Sleep with no other humans or animals in your energy field once in a while. Write in your journal about the quality of your sleep and dreams compared to when you sleep with others.

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\*A note about sleeping alone: If you have a partner that you are very close to and sleeping together is an important part of your bonding time, that is perfectly fine. I am not suggesting you lose your connection with your partner. What I am suggesting is simply energy maintenance. In our culture, sleeping in separate quarters has been perceived negatively for healthy partnerships. Sleeping apart may not be a negative factor at all, depending on what kind of energy field you have. If it seems like too much of a stretch for you to sleep alone so that you can use that time to recharge your energy battery, start by experimenting with the Awareness Exercise included above and write in your journal about how you feel.

## A Recap of High Sense Perception Abilities & Styles

Know the “6 Clairs”:

- Clairsentience-clear feeling
- Clairaudience-clear hearing
- Clairvoyance-clear sight
- Clairaliience-clear smell
- Clairgustance-clear taste
- Claircognizance-clear knowing

### HSP Questions for Reflection:

Do you feel energy when you walk in a room?

Can you feel cold or heat when you are in someone else’s energy field?

Do you ever smell the scent of a loved one (living or crossed over) when they are not around?

Do you ever smell a scent that transports you to another time, even if that smell is not physically present?

Do you see auras around trees, plants, animals and humans? Can you see angels, spirits, fairies, elementals and poltergeists?

Can you scan someone’s aura with your hands and feel where the imbalances and disruptions are located?

Can you hear a chakra? Do your spirit guides communicate with you through tones in your ears?