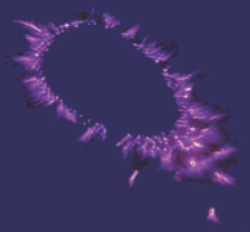
# The Science of Healing

## A Guide to the Principles of Healing

The Academy of Spiritual Sciences



By Carol Lamb

An Epiphany Press Publication

Copyright © The Academy of Spiritual Sciences

Produced 2010 by The Academy of Spiritual Sciences

Second Edition: Ebook 2013

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means without the prior permission in writing of the publisher, nor be otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

All images have been reproduced in good faith. Any holder of existing copyright we have been unable to identify is requested to contact the publisher with appropriate details.

Edited and Published by Academy Publishing at Epiphany Press.



The Academy of Spiritual Sciences

# THE SCIENCE OF HEALING

A Guide to the Principles of Healing

Living Memory
Research Trust

# CONTENTS


Author's Note

Preface

The First Principles of Healing

Heal or Cure

Historical Perspectives

The Physical Body

The Human Energy Field

The Subtle Energy Systems

Sound Vibration and the Human Energy Field

Health Perspectives and Positive Change

Energy Alignment

Emerald Alignment – Self-Help

Contact Details

# AUTHOR'S NOTE

*The Academy teaching programme is founded in the esoteric wisdom of the ages, gleaned from the mystery schools of East and West, which continues as unbroken communication to the present day. It is founded on the principle that consciousness is spiritual in origin, the soul personality temporarily experiencing life in the physical world before returning to the non-physical realm, retaining continuity of consciousness.*

*'New Age' philosophies relate not to new ideas but to age old wisdom, in comparison science is a virtual newcomer to the field but an essential component. The principles of metaphysical healing can be traced through every civilisation from the Sumerian, Phoenician, Egyptian and Babylonian roots through Indian, Tibetan and Chinese traditions to the Celtic and Native American cultures of the West. They are a synthesis of the divine sciences taught in temples, lamaseries and inner sanctums through time and now available to all.*

*The limitation of the physical science of the last centuries has in many ways led us to a spiritual impasse, in order to progress there must be a melding of science, religion and technology, a true spiritualisation of understanding. Many of the greatest scientists of the last centuries confounded their colleagues in their final years by their acceptance of God as the 'Geometry of Divinity'. To quote Albert Einstein 'Science without religion is lame, religion without science is blind.'*

*It is incumbent upon all who wish to be a part of this spiritual evolution to avail themselves of such knowledge. The integration of medical science with a deeper understanding of the multi-dimensional nature of consciousness is opening up new frontiers in healing. Reclaiming personal power through*

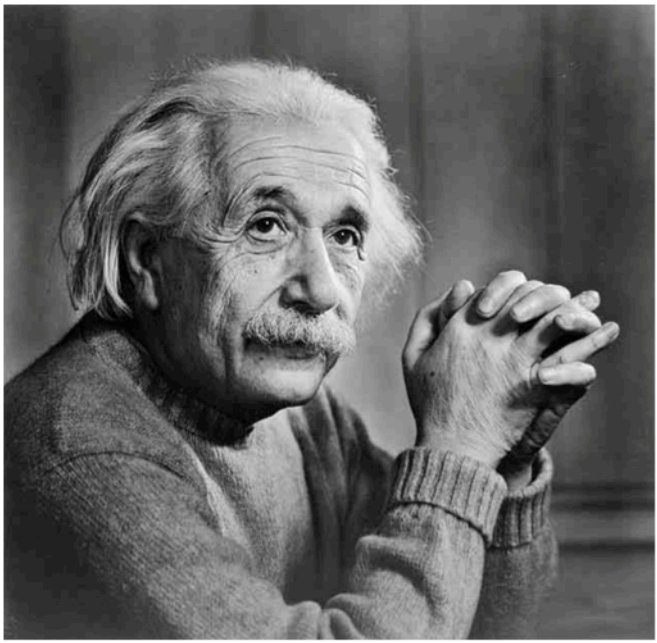
*an acceptance of personal responsibility for our own health equips us all for a journey of transformation of limitless potential.*

*I would like to extend an invitation to all who wish to join us, to play their part by engaging their hearts and minds today to lay a new foundation for tomorrow.*

*Carol Lamb*

*Founder of The Academy of Spiritual Sciences and the Quantum Light Programme*

# PREFACE



*What Light is.*

*'For the rest of my life I want to reflect upon what light is….*

*The most beautiful thing we can experience is the mysterious, it is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe is as good as dead……..his eyes are closed.*

*To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant*

*beauty which our dull faculties can barely comprehend only in their most primitive forms……this knowledge… this feeling is at the centre of true religiousness.'*

*Albert Einstein*

# THE FIRST PRINCIPLES OF HEALING

The manual provides a fascinating backdrop to the history of healing with a comparison of the differing approaches of holistic healing and medical practice.

The reader is taken step by step to a deeper understanding of the relationship between mind, body and spirit and the underlying factors, which create disharmony, resulting in disorder and dis-ease.

The manual identifies the subtle energy systems of the body and the links between physical, emotional, mental and intuitive faculties. It includes and incorporates an overview of anatomical structure and the body systems.

The principles of resonance and vibration are clearly explained together with their positive and negative applications.

A practical, self-help guide to relaxation and alignment is given, using the Emerald Alignment exercise to balance and align the energy field.

# HEAL OR CURE

A Comparison of Orthodox Medicine and Holistic Healing

## Fundamental Principles

The dictionary definition of cure is to 'alleviate' while the definition of heal is 'to make whole'. Here we have the differing approaches of holistic and orthodox medicine. The term holistic refers to wholeness, holistic health care therefore recognises the multi-dimensional aspects of the person being treated and seeks the integration of body, mind and spirit as opposed to the need to restore the function and mobility of the physical body. While the aim of all who are involved with the sick is to restore the patient to health, holistic practitioners would argue that the medical model is limited in that it is: a) symptom based b) does not incorporate the spiritual identity.

While restoration of function, mobility and ease of a part or parts might more correctly describe the medical approach, unification is the principle aim in holistic practice. 'Restore' implies a return to what was, this may be partial or total while 'unite' implies totality. We can for example restore function or mobility to an organ or a limb without uniting the emotional/spiritual elements. We cannot however achieve unification without a consideration of the emotional/ mental/ intuitive aspects, which underpin optimum health, for to unite is to create wholeness of being.

While there can be no disagreement concerning the motive of both professions to restore health and wellbeing, the views on how this is best achieved may vary and even conflict. This is the dilemma of medical science and holistic healing for their

beliefs as to the origin of disease and therefore their responses are fundamentally different. This does not however prevent both from achieving a partnership of mutual respect.

The underlying causes of disease are numerous e.g. shock, accident, trauma, loss and bereavement along with inherited genetic predisposition. It is our response to the symptoms which defines our understanding. To the untrained eye symptoms may appear unrelated however with even a basic knowledge of the electromagnetic field we can begin to perceive the links to the emotional and mental energy bands and the origin of the disorder. We are then faced with the option of whether to treat only the symptom pattern or attempt to identify the causative factors.

When we begin to view the body, the mind and the emotions as an interrelated organism we gain respect for the magnificent complexity of its multi-functional design and marvel at the almost indestructible, inbuilt self healing mechanism which despite all our best efforts to thwart it, sustains us in most cases well into old age.

With wisdom we can learn that there is another dimension beyond the brain, unlimited in its potential for growth and insight. It is through the experience of perceiving colour, light and sound beyond that of the four senses that we begin to accept our true nature, our journey can then begin.

## Healers and Healing

Healers see the human body as a unified system. It is impossible to treat an individual symptom in one part of the body and effect a complete cure, we may cure the symptom

but the underlying cause remains to surface at a later date, often in a different guise in a different part of the body.

To the untrained eye the symptoms may appear unrelated or even irrelevant, however with even a basic understanding of the underlying energy systems which power the body and the mind we can begin to perceive the origins, which lie always at the emotional, mental and spiritual level.

**Belief Systems**

Healers may or may not have an understanding of the energy systems of the body yet if they are working with respect and in accordance with universal principles they can effect a healing. Attunement to a higher power is the influencing factor.

**Education**

Education is a vital element of healing, the client should appreciate the underlying cause of the disorder. A basic understanding of simple anatomy, the subtle energy system and the factors which impede flow assists in making positive changes.

**Change**

Healing response varies and any improvement will be temporary unless there is a willingness to change. The role of the healer is to provide a positive environment conducive to change.

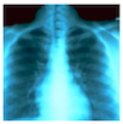


# ORTHODOX VIEW













- Orthodox medicine offers a scientific approach to the study of disease in the human body. It seeks to determine a measurable pathological basis for disease by observing the emerging symptom pattern.
- Doctors view the cause of disease as external and to some degree incidental and inevitable e.g. viral or bacterial infection, trauma, shock or ageing.
- These are seen to be factors beyond our control, something which happens to us; for while there are predisposing genetic factors and life choices there is deemed to be little or no element of choice in whether we are attacked by a virus or are the victim of an assault.
- Medication is often the treatment of first choice, the medical profession is therefore inextricably bound to the pharmaceutical industry.

- Treatments are often invasive, involving diagnostic tests, surgery or radiotherapy and seen for the greater good they can achieve.
- The medical profession has evolved as a tiered compartmentalised system offering expertise through multiple specialist departments to investigate, diagnose and treat symptom patterns of disease.

While all of the above may be beneficial the system is inevitably detached and clinical by nature.

# HOLISTIC VIEW



- Healers view the human organism as multi-dimensional and spiritual in origin. The energetic source is deemed sacred or divine.
- Each individual is seen as a unique individualised consciousness, illness and response is considered from this perspective.
- The body is viewed as a highly complex, interlinking, mutually dependent network of energetically charged systems, reflecting the spiritual, mental, emotional and physical aspects.
- The energy permeates every cell and atom of the body, which in health resonates to the corresponding frequency. If this element disconnects death occurs.

- Dis-ease is seen as an indicator of disruption within the energetic flow. The role of the healer is to identify the dislocation and reconnect optimum flow.
- Healing is the means by which negatively charged cells are re-polarised to positive flow. This can be achieved by various means including adequate rest and recreation, exercise and dietary consideration, improved detoxification and elimination and a positive outlook.
- 'Hands on healing' facilitates positive flow by transferring an energy charge to the recipient to restore harmony and balance. The healer invokes a higher consciousness resulting in increased vibratory flow.

# HISTORICAL PERSPECTIVES

## A 6,000 Year History of Healing

Throughout history, healing has always been closely linked to the spiritual life of the individual and of the community, with a belief that mankind benefited from divinely revealed information. From earliest times healing was deemed to be the province of shamans and priests who lived apart from the community, devoting their energy and attention in service to the community, with healing sanctuaries and temples set aside for the purpose. The remains of these can still be seen all over the world and remind us of a time when spiritual awareness was integral to the social life of the people. Priesthoods inevitably became corrupted by their powerful position resulting in the mistrust of hierarchy. Over time healing remained the province of those individuals within the community, who showed themselves to be connected to and able to communicate with higher forces. In every community such elders were invested with the authority to heal those who were sick, a tradition which continues today among indigenous peoples.

## Mesopotamia

The oldest recorded practice of medicine is that of the Sumerians in Mesopotamia, (present day Iraq) which flourished 6,000 years ago. These ancient traditions acknowledged medicine as one of the divine sciences along with astronomy, astrology and numerology. Retaining their affinity to the constellations and cosmic cycles, they understood man's place in the Universe; illness was therefore

seen as bodily response due to inner disharmony, conflict with the divine.



Astrologer Priests wrote out medical treatise on clay tablets, which show that they believed the blood to be the source of every vital function. We mistakenly believe that the present century shaped the codes and practices of conduct and belief when in reality the seeds were sown long ago in civilisations, which were in many ways more advanced than our own.

Between 1948-1905 BC the great ruler Hammurabi defined the concept of Civil and Criminal Liability for doctors. A copy of which can be seen in the Louvre today; article 215 states that *'If the doctor performs a major operation or cures a diseased eye he shall receive 10 shekels of silver'* however if the patient lost an eye or his life the doctor's hands were to be cut off!

**Persian Medicine**

Surgery is considered by many to have developed only in recent centuries yet ancient Persian records speak of ‘doctors who heal with the knife’ and there are accounts of successful Caesarean sections indicating a knowledge of anaesthesia.



Disease was held to have a common origin and cleanliness was considered paramount, with the sick segregated to avoid the spread of contagious disease. Their sacred book The Avesta stipulated a professional code of practice setting out training requirements and fees with penalties for malpractice by surgeons and physicians. The physician’s fee for service was based on the patient’s income.

**Egyptian Medicine**

Today we believe that the concept of a National Health Service is unique to the current century, however in the Nile Valley of the Middle East we find centuries old references to free health care on prescription, paid for by the State. *‘In wartime on all journeys within Egypt, the sick are treated free of charge because doctors are paid by the State and scrupulous observance of the prescriptions drawn up by great doctors of the past is incumbent upon them.’*

In The Secret Book of The Temple of Heliopolis in ancient Egypt are recorded the cures revealed by the god Thoth, known also to the Greeks as Hermes. Today the symbol adopted by the medical profession of two snakes coiled

around a staff is familiar, yet most are unaware of its origin as The Staff of Hermes. Medical papyri originating 3300 BC records the methods used to heal fractures, dislocations and wounds. The heart was acknowledged to be the seat of consciousness and physicians practiced 'auscultation' listening by placing an ear to the heart to identify heart disease. Medical practice remained closely linked to spiritual beliefs throughout all cultures and traditions; Egyptian embalmers mastered anatomical dissection, as the means by which the body could be preserved and prepared for the soul journey into the afterlife.





**Indian Medicine**

The Vedas' divinely revealed religious texts composed from around 1500 BC included medical treatise, which became the basis of all future practice. The Brahmin period followed, with religious tradition influencing all aspects of life, including medicine. Ancient Indian religious beliefs forbad

the dissection of dead bodies and as a result doctors were weak in anatomy. Strict religious laws provided opportunity for gaining expertise in reconstructive surgery. The Brahmin priests dictated that the penalty for adultery was to cut off the nose; reconstruction then became essential and commonplace. The method was basic but differed little in principle to that used by surgeons today. A leaf was cut to size and used as a pattern to dissect a piece of skin from the cheek, this was then stitched over the nasal wound. Two reeds were then inserted to allow the patient to breathe while healing took place. Today we refer to this operation as rhinoplasty.




**Chinese Medicine**

Medical knowledge was accrued over a series of dynasties dating back to Shen Nung a famous emperor who ruled 2838-2698 BC. This emperor became the Inventor of Medicine following divinely revealed knowledge given by Pan Ku, Creator of the World, according to Taoist legend. This stated that chaos is overcome and harmony established through a balance of Yin, the negative/feminine/passive element and Yang the positive/masculine/active element. Chinese medicine is based on the concept of flow, the harmonising of Yin/Yang energy, with flow measured through the pulses.

The religious tradition of Ancestor Worship widely followed in China required an unbroken family line; dissection of the body was not permitted as this was believed to interrupt the soul's path to eternity. As a result herbalism became the route for knowledge. The Emperor Hwang Ti who lived 2698-2598 BC is credited with the Nei Ching 'Book of Medicine', which was transmitted orally for centuries and believed to be first written down in 3 BC. Hwang Ti understood the circulatory system, stating:

*'All the blood of the human body is under the control of the heart and is regulated by it. The blood current flows continuously in a circle and never stops, it cannot but flow ceaselessly like the current of a river or the sun and the moon in their courses.'*




The Great Herbal of Li Shi Chen (1552 AD) is considered to be the greatest work on Chinese medicine and lists 1,871 drugs in 52 volumes and took 27 years to complete. Among the many advances made, the Chinese were the first to introduce immunisation with pustular crusts inhaled through the nostrils.




By 600 BC surgical techniques had advanced and castration provided the means by which the emperor could guard his palace without threat to his concubines. With the help of anaesthetic herbs to dull the pain the penis and scrotum were tied together with a strip of silk while a semi circular knife was used to sever them. A hot decoction of pepper pods was applied to the genitals and the urethra was plugged with wood to stop the bleeding. The patient was treated with rock alum and resin as aftercare. If the patient survived for three months he was considered ready for duty.

**Biblical Israelites**

A thousand years before Christ, the wandering Israelites adopted the Mosaic Law, which provided a strict code of conduct, equating physical and moral purity with salvation for the soul. Every aspect of life was governed according to purification ritual, much misunderstood in today's permissive society, which has lost the understanding of the cycles and rhythms of life. Husbands and wives were expected to regulate their sexual relationship in consideration of the cycles with intercourse forbidden for a specific number of days around menstruation. This has been simplistically interpreted as menstruation being considered unclean when the main

objective was in fact to increase fertility. Observance of natural cycles was intended to impose a period of abstinence to strengthen self-discipline, increasing ardour and therefore fertility on which the tribes depended.

**Ancient Greece**

Hippocrates, (c. 460 – c. 377 BC) is acknowledged as the Father of Medicine, he established his school on Kos in the Greek islands. Combining observation skills with clinical diagnosis he retained the link to the sacred sciences of astronomy, astrology and the principles enshrined in Egyptian and Jewish medicine. Hippocrates placed the services of the doctor at the feet of the patient, his students were taught to do their rounds in the morning 'because both patient and doctor are in a more tranquil mind' and the time provided a greater degree of observation throughout the day, allowing the doctor to make a more considered diagnosis of progress or relapse. Hippocrates set the standards for professional conduct and today, the Hippocratic Oath is still the means by which doctors are reminded of their vocation to heal the sick.



## Islamic surgeons of the 10th Century

The Islamic medical community began to develop and utilise a system based on scientific analysis, Muslim physicians and surgeons were applying purified alcohol to wounds as an antiseptic agent as Medieval Islam developed hospitals, expanding the practice of surgery. Medicine was included under the umbrella of natural philosophy, Islamic surgeons were guided by a strict spiritual code which reminded them not only to work with integrity for the physical welfare of their patients but also of their own spiritual and moral obligation:

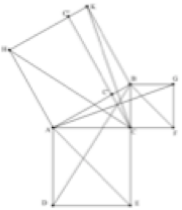
'God is watching you and knows if you are operating because surgery is really necessary or because of the love of money'

## Pythagoras c. 570-496 BC

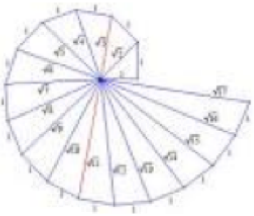
A mathematician, mystic and scientist, Pythagoras was a native of Greece. Pythagoras introduced the universal principle of Harmony and Proportion, the microcosm and macrocosm governing the elements of fire, air, water and earth. He formulated the sacred science of geometry and its correspondence to sound and discovered that musical notes could be translated into mathematical equation. Pythagoras recognised the healing influence of music upon the senses, which he termed 'musical medicine'. He established the first medical school at Crotona, Southern Italy around 530 BC following the ancient, esoteric tradition with strict rules of initiation. Pythagoras accepted the philosophy of the continuity of the soul, claiming that he had lived four previous lives that he could remember in detail.



The Asklepeion Healing Temple, Island of Kos, Greece







# ‘REDISCOVERIES’ OF MEDICAL SCIENCE

## 17th century: The circulatory system

William Harvey, Court Physician to Charles I ‘discovered’ the circulatory system, announcing this in 1616. This was hailed as the major medical discovery of the century despite the fact that a model had already been proposed by Hildegarde of Bingen in 12th Century AD and recorded in China centuries before.

## 18th century: Vaccination

Lady Mary Montague visited Turkey and was vaccinated against smallpox by peasant women using the ‘scratch technique’ later widely adopted. As a result of her favourable Royal connections she was able to start a limited vaccination campaign on her return to Britain. This was however dismissed by a male dominated medical profession.

In 1749 William Jenner was credited with the discovery of vaccination. Apprenticed at 13 to a surgeon, Jenner was well used to the ravages of smallpox, which was endemic with many fatalities. Advised by a farm girl that ‘I can’t take this disease, I’ve had the cowpox’, Jenner ‘discovered’ the principle of immunisation (already used for centuries in China). His initial findings were dismissed until his paper was published in 1789 assuring his place in history.

## 19th century Medical Hypnosis

Hypnotic inductions were part of the religious tradition of Hindus in India and also in ancient Egypt and Greece where

the sick were taken to ‘sleep temples’. The practice of medical hypnosis emerged for use in surgery in the West, drawing upon the spiritual traditions of the Hindu practice of deep meditation. James Braid a Scottish doctor became interested in trance techniques through an ancient Persian text on meditation and introduced the practice, which he named ‘hypnosis’.

**Hygiene**

The military hospital at Scutari in the Crimea was established by Florence Nightingale. Despite the filthy, overcrowded and infested conditions in which her nurses worked, her policy of hygiene and cleanliness (as proposed by the ancient Greeks) achieved results, providing a benchmark for nursing care in the Western World.

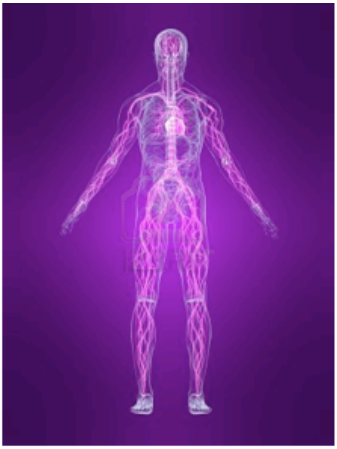
Ancient healers regarded hygiene as a corner stone of medicine. The very word hygiene is derived from the name of the Greek goddess Hygeia, daughter of Aesculapius, demi-god of healing. In ancient Persia physicians believed foul odours and stale air to contribute to infection, aromatherapy oils were used for their antiseptic properties.

# THE PHYSICAL BODY

The human body is comprised of interdependent parts. The physical body links to the subtle energy bodies of the electromagnetic field through the endocrine system; a fact increasingly acknowledged by pioneers of medical science. It is therefore useful to remind ourselves of the basic function of the physical body systems before progressing to an understanding of the aura or electromagnetic field.

- The cellular system holds the blueprint for the specific species, in health it can therefore reproduce as required to ensure continuity and longevity.
- The skeletal system is the scaffolding for the body, providing limbs and articulated joints, which allow flexible movement.
- The muscular system with its ligaments and tissues is attached to the bony framework of the skeleton.
- The major organs of the body link to each body system in turn and work together as a whole.
- The central nervous system connects to every part of the body through the motor neurone system. Commands are received as electrical impulses, transmitted from the brain to the spinal column and from there to every part of the anatomy.
- The respiratory system includes the nose and trachea, which filter the air as it passes to the lungs; these act as bellows creating the motion of inhaling and exhaling, the process by which the blood is oxygenated.

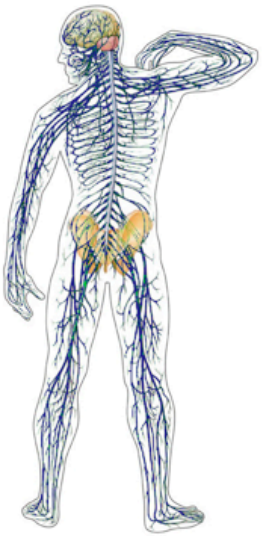
- The circulatory system is comprised of the heart, which pumps the blood around the body, the arterial system which carries the oxygenated blood and the venous system which returns it to the lungs for re-oxygenation.
- The lymphatic system is a network resembling the venous and arterial systems; it is the body's defence system. The spleen is the major organ, which maintains the proper function of the blood through the manufacture of white blood cells.
- The digestive system includes the oesophagus, the stomach, the liver, the gall bladder and the ileum which process the food on its way to the bowel.
- Following the initial digestive process, food is absorbed by the small intestine and passes to the large bowel with waste products eliminated via the lower bowel.
- The urinary system carries waste products from the body via the kidneys, urethras and the bladder from where they are eliminated.
- The glandular or endocrine system regulates the body's chemical and hormonal balance and is directly linked to the brain through the pituitary and pineal glands.
- The reproductive system, consisting of the testes in the male and the ovaries in the female, allows for procreation while the uterus carries the unborn child through the nine month period of gestation.



Vascular System



Heart Circulation



Central Nervous System



Muscular System



Skeleton



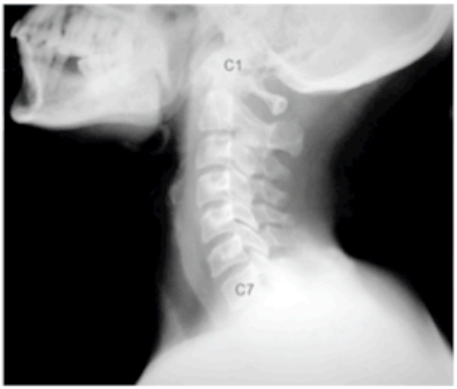
Digestive System



Brain



Brain and Limbic System




Cervical Vertebrae

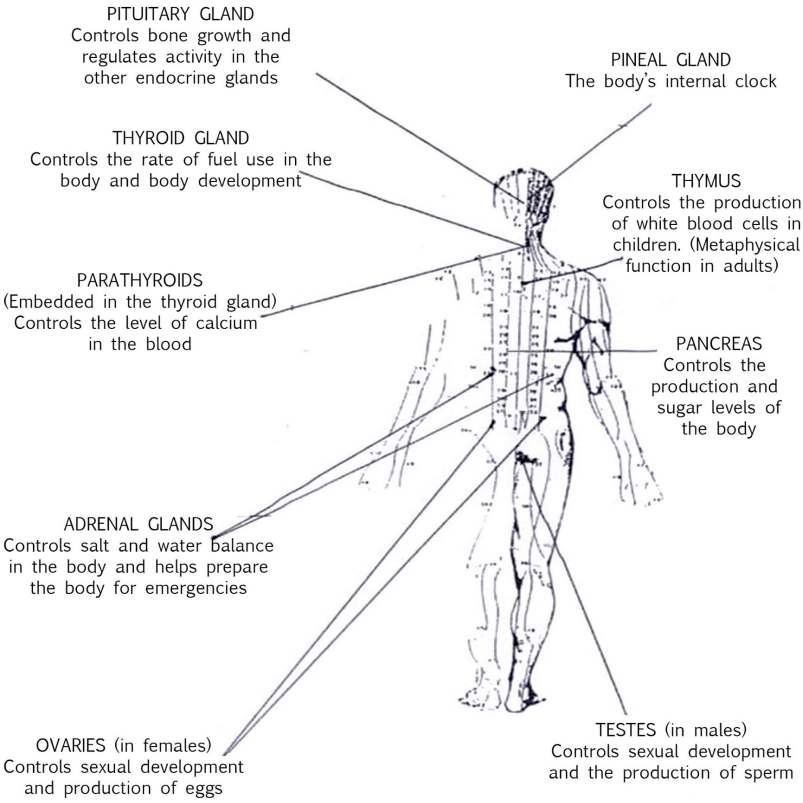
# THE ENDOCRINE SYSTEM

The endocrine system is comprised of glands, which secrete hormones to regulate body systems through brain chemistry and chemical receptors in the blood, which stimulate the central nervous system.

**ENDOCRINE SYSTEM**
The Hormonal System

| | |
|---|---|
| PITUITARY | Master Gland:<br>Controls the glandular system and growth mechanism |
| PINEAL | Internal body clock<br>Time and space/Far Memory |
| THYROID | Body fuel rates |
| PARATHYROID | Calcium levels |
| THYMUS | Production of white blood cells in childhood. No known medical function in adulthood.<br>(Metaphysical: Link to Higher consciousness) |
| PANCREAS | Blood sugar levels |
| ADRENALS | Body salts and water balance |
| OVARIES | Sexual development and ovum |
| TESTES | Sexual development and sperm |

Hormone receptors link directly to the subtle energy bodies through the chakras at the spine.



# TECHNOLOGY AND BODY SCANNING

Technological advances enable us to view the inner workings of the human body. X Ray images allow us to view the structure while ultrasound provides us with moving images to assess function, we are even able to observe and monitor the growth of the child in the womb. Today millions of people owe their lives to the MRI Scanner developed by Professor Sir Peter Mansfield, who left school at the age of fifteen without a single academic qualification, then went on to win the Nobel Prize for Medicine. None of this would previously have been imaginable and should give us cause to pause and consider that science is a work in progress and not the repository of all wisdom. We can look forward to the day when science embraces the laws of metaphysics and a new era of healing can begin.



## Magnetic Resonance Imaging

MRI provides a window into the physical body allowing us to view the soft tissue structure. MRI produces radio waves, a powerful magnetic field some 10,000 times stronger than the earth's magnetic field. Our bodies are composed mostly of water, two hydrogen atoms linked to a single oxygen atom. When the body is exposed to a strong magnetic field the nuclei of the hydrogen atoms all line up, like iron filings

scattered around a magnet. When hit by the radio waves they return to their normal position emitting a pulse of energy, which is picked up by the MRI scanner. Changing the strength of the magnetic field makes the atoms in different tissues resonate like a tuning fork with the note emitted. This shows the degree of tissue integrity.



This is the same principle as spiritual healing. By attuning to the energy of a higher vibration (the electromagnetic field) the healer connects to a frequency beyond the physical. When channelled and directed, this stronger vibrational field exerts a positive influence, aligning the atoms and molecules within the lower magnetic field of the subject's physical body, drawing them back to their true matrix.

# THE HUMAN ENERGY FIELD

The Aura and Electromagnetic Field

## The Aura

The human aura has been described by mystics and clairvoyants throughout time. In the past artists painted a halo around the head of iconic religious figures; the light emanating from the crown illustrating spiritual enlightenment, with the open crown chakra as the point of connection to higher awareness. This was not symbolic but an actual depiction of the auric field, the light which surrounds the body, observable by those with developed clairvoyant faculties



Mohammed with Jesus, Abraham and Moses in prayer



2nd Century Icon: Buddha with halo



Jesus and disciples depicted with halos

## Kirlian Photography

Science initially denied the existence of the auric field but in the late 19th century Kirlian photography provided the means by which it could be viewed. Today's technology enables us

to photograph, scan and map what science refers to as the electromagnetic or bioplasmic field, which surrounds not only the human body but all living things. The energetic corona can also be observed around non-organic materials which have been handled e.g. coins. This is a perfect example of science confirming what the ancients already knew and understood.

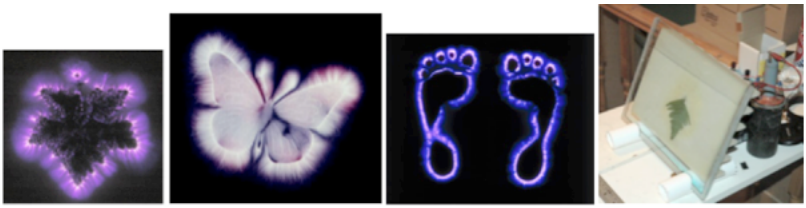


Image on
Kirlian Screen

## BODIES OF LIGHT

Beyond the physical body is the subtle energy anatomy relating to our sensory awareness, thought patterns and intuitive faculties, sometimes referred to as our extra sensory perception. Of the seven light bodies which correspond to the human condition, the first four operate in the physical world, the next three connect to our higher spiritual faculties operating multi-dimensionally. Beyond these are five more levels of consciousness which are non-terrestrial.



Multi-layered energy field.
Including the three higher bodies of light.

The first 7 fields are interconnected and sit one within another rather like Russian dolls. The energy flows between them in accordance with their capacity to receive. When fully integrated they operate as one.



## FUNCTION OF THE 4 LOWER BODIES

In order to understand our true nature and what directs our behaviour and beliefs we need to study the structure and form of the four lower bodies. In health the multi-layered energy fields operate as an integrated whole, located one within another

- The physical body facilitates movement, it is the densest vibration and correlates to the physical atoms of the Earth.
- The Emotional ‘body’ or energy field corresponds with our feelings and behaviour, as a large fluid field of movement.
- The mental ‘body’ is an accelerated energy field and corresponds to our mental capacity and responses generated by our thoughts and beliefs.
- The etheric or ‘astral body’ corresponds to intuitive or psychic connection. This field is the interface which connects to the three higher fields of consciousness beyond the physical dimension.



1st Physical Body
Solid



Physical Matrix
Structured



2nd Emotional
Fluid



3rd Mental
Structured



4th Etheric/Intuitive
Fluid

# STRUCTURE AND FORM

Anatomy of the Four Lower Bodies

**1st Physical Body:**



1st Chakra – Base

This is the vehicle which allows the soul personality to operate in the physical world. It is the densest and has the slowest vibratory rate.

**Physical Matrix:**

1st Chakra – Base



This energy matrix surrounds the physical body as a sheath and is anchored at the base chakra. It provides a mesh like interface between the next subtle energy body and the physical. It has the lowest subtle energy vibratory field and is observed as grey or bluish green, dependent upon health.

**2nd The Emotional Body:**



2nd Chakra – Sacral
Extends three inches beyond the physical body**.**
The feeling or sensory body is associated with inner feelings and allows us to express our individual creativity. It is an expansive multicoloured field, constantly expanding and contracting to reflect emotional response. In balance, its action is fluid movement.

**3rdThe Mental Body:**

3rd Chakra – Solar Plexus
Extends three to eight inches from the physical body.
The mental body is a structured matrix which connects us to logic and rational thought processes through the brain and central nervous system, allowing us to comprehend and make choices. The mental energy initiates thought and operates at the speed of light governing our actions. In health it is observed as a vibrant yellow.

**4thThe Etheric or Astral Body:**



4th Chakra – Heart
Extends one to one and a half feet from the physical body.
Observed as shimmering multicoloured light, the etheric body is an energy sheath which encapsulates the three lower bodies.

It is the intermediary between the physical body and higher spiritual planes. Holding a focus to the next higher body, assists positive re-programming. The etheric body has the fastest vibratory rate and can travel multi-dimensionally through the astral plane.

## ETHERIC BODY

The 4th light body is linked to the higher faculty of intuition, an egg which houses the three lower bodies, radiating their colour and light. It is observed as shimmering pastel colours. The etheric body operates as an intermediary between the physical and the spiritual dimension. As such it communicates the messages of the higher mind to the waking consciousness through the symbolic language of dreams, meditation and intuition. These messages are frequently ignored by the lower mind, which operates on intellect alone. The 4th body is the interconnecting doorway to the higher consciousness, the interface between the lower faculties and the higher mind. It is the body which is able to travel and communicate through the astral realm, often perceived in dream form.



# THE ETHERIC TEMPLATE

5th Body Matrix

Beyond the four lower bodies is the 5th Level Etheric Template, a Blueprint which houses the pattern for the Life Plan and all future potential. This is a structured matrix at which sound creates form. At this level, our thought forms translate into vocal expression as the higher frequency drops into the 4th level. Our consciousness is reflected in our vocal expression as our thought forms are shaped and projected into physical reality in the form of the spoken word. Contained within the etheric template matrix is the Memory Body, holding the record of 'past lives' which shape desires, based upon beliefs. Here thought forms are shaped and projected into physical reality.

Restoration of physical illnesses in the lower etheric body require healing work at this etheric template level. In health it is observed as a vibrant electric blue. It is this body of blue light on which we draw, to seal and protect the etheric body. In physical terms we associate blue with strength and protection, the reason we clothe our 'protectors' police and fire fighters in blue; this is a subconscious memory of Light.



4th Level:
Etheric Body
4th Chakra – Heart



5th Level:
Etheric Template Matrix
5th Chakra – Throat

At the physical level this frequency corresponds to the Will and at the higher level to Faith. We focus to the 5th etheric template of light to magnetise the specific vibration of the Blue Ray to seal the 4th etheric body through the Emerald Alignment.

# PSYCHIC DEVELOPMENT

The term psychic refers to the level of subtle energy which links to the physical, whether personal or planetary, it may also be used to describe someone who has the ability to connect with the non-physical element. Ability does not necessarily imply advanced spirituality; it is how the ability is used which denotes spiritual awareness. Discernment should therefore be used in deciding on the value of any pronouncements made by those who claim psychic ability. There are many mediums and clairvoyants who serve humanity unselfishly, bringing great comfort and healing and opening the door to greater awareness; there are also those who profess abilities they do not have or use their ability to manipulate, confusing many in the process.

Psychic energy is neutral and can be experienced both positively and negatively. An atmosphere in a room for example may be peaceful or uncomfortable depending upon the imprints. There is great interest and much misinformation regarding psychic development at this time. Caution should be exercised in paranormal investigation, which should always be undertaken with respect and the aid of an experienced guide or teacher.

# 'OUT OF BODY' EXPERIENCE

The physical body is clothed in three bodies of light, sealed in a fourth; it is this fourth etheric or spiritual body which saints, seers and mystics have developed and through which they experience the 'altered states' and visions they describe.

The etheric body can travel multi-dimensionally to visit people or places and may be seen by those with clairvoyant vision. It is the vehicle in which the consciousness operates in sleep or in meditation and through which we remember dreams.

The etheric body acts as a gateway to the lower mind while maintaining connections with the higher mind through dreams and intuition. We can learn to access this higher awareness for the purposes of healing and spiritual development; it is important to first align and connect to the etheric sheath of the Higher Mental Body to ensure the highest vibration is maintained.

## 'PAST LIFE' MEMORY

The blueprint of stored memories of other lives stored at the 5th level act as a data bank for the current life experience, providing the link as the continuity of consciousness for soul evolution. The ability to access memories of other lives is not uncommon but is normally limited in order to facilitate integration into the current life experience. Retrieving relevant past life memories can be of great assistance in spiritual development but should not be undertaken lightly, the help of an experienced practitioner is recommended.

## INVISIBLE FIELDS

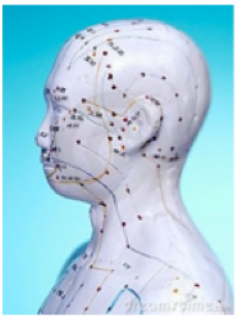
Seen and Unseen Worlds

All solid matter is surrounded by an energy field. The human aura or electromagnetic field is comprised of higher energy

bodies invisible to the naked eye. The role of science is to weigh and measure the physical universe, it is only through recent advances in technology that we have been able to scan and map the energy bodies which healers and mystics have been aware of for thousands of years. Science can take us only as far as its latest discovery, however the gap is closing between ancient wisdom and scientific knowledge. Slowly science confirms what has been carefully preserved and handed down to us through the Ages by those who have refined their faculties to reach beyond the gross physical level to observe the subtle energy bands at a personal and planetary level.

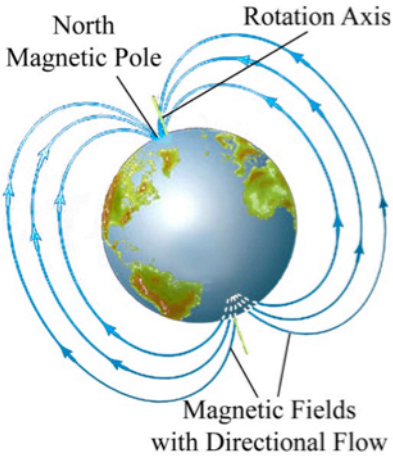
Today satellite images confirm the network of ley lines and energetic hubs on the Earth's surface, which are in fact the subtle energy body of the planet. The meridians and chakras of the human energy field are a mirror image, confirming the principle that 'all things are one'. This is fundamental to our understanding of our place in the Universe, for we begin to see that when we hurt the Earth, we hurt ourselves.

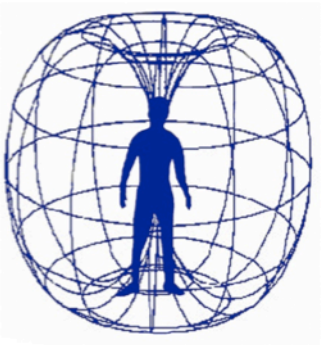




Environmental pollution is the greatest hazard we face in addressing the underlying cause of many of the disease patterns today with the long-term effects now becoming

apparent. Residence in close proximity to electrical pylons has now been shown to be a factor in cancer clusters; this is due to disturbance in the electromagnetic balance affecting cellular reproduction. The cellular pattern is warped and cancer may result.



Energy flow through the Chakra System of the Spinal Column

The correlation of electromagnetic flow at the personal and planetary level.

'As Above So Below'

# ELECTROMAGNETISM

The human aura is an electromagnetic field.

All matter including the human body is composed of atoms and molecules. The parts are positively or negatively charged, together they create an electrically charged field with magnetic properties, this is the electromagnetic field.

**Component parts**

- Particle: A very small portion of matter
- Atom: The smallest particle
- Molecule: A group of atoms
- Nucleus: The central portion of the atom
- Electron: Particles with a negative charge
- Ion: An electrically charged particle
- Electricity: An energy current occurring in certain particles
- Magnet: An element polarised to North
- Magnetic: Having the property of drawing to itself

We are conductors and transmitters of energy.

The Energy Field is electromagnetic and can therefore be re-charged by aligning to a higher frequency: The process we refer to as healing i.e. ‘to make whole’.

# COMPOSITION OF THE ENERGY FIELD

The human energy field has an anatomical structure corresponding to the physical body systems. It is comprised of electromagnetic bands vibrating at frequencies which correlate to the thoughts, feelings and intuition. This is the medium through which we connect energetically with others and with our environment, local and non local. The bands can be likened to the wave bands on a radio, we have the ability to tune in or tune out a particular frequency.

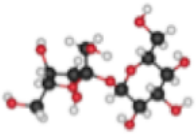
**Atoms** are the basic building blocks of matter that make up everyday objects including us. A **molecule** is a group of two or more atoms bonded together, molecules make up all living and non-living things.



Atom



Molecules



Sugar Molecule

A particle is the smallest measurable trace of matter. 'Subatomic particle' refers to anything smaller than an atom e.g. electrons, protons and neutrons.

The electron is the smallest known subatomic particle. It carries a negative charge, which is considered the basic unit of electricity.

An **electron** moving on an orbit around the nucleus is basically a tiny loop of electrical current, which sets up a magnetic field.



**Energy Follows Thought**

Energy is comprised of nuclei and electrons polarised to light as their natural state. Photons are packets of light energy.

Health and wellbeing is determined by our ability to maintain a state of equilibrium, many factors influence this process.

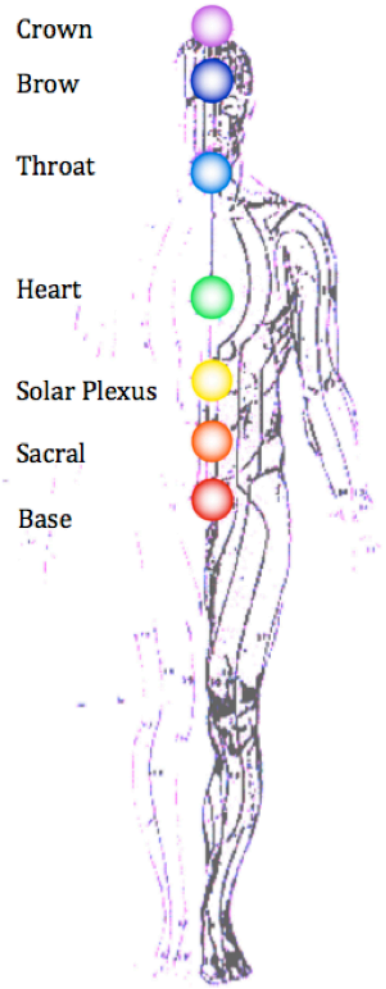
Through the action of free will we accelerate or inhibit the movement of subatomic particles exerting a positive or negative charge and the collective energy frequency respond.

# THE SUBTLE ENERGY SYSTEM

Chakras, Nadis and Meridians

‘Chakra’ is a Sanskrit word meaning ‘wheel’ or ‘disc’. These energy centres are observed as a whirling energetic vortex. There are seven key major chakras located in the spine, through which the subtle energy flows and is transmitted to every part of the body via a network of lesser channels.

There are three higher centres and three lower; the Heart Centre is the fulcrum and holds the balance. Each chakra acts as a receiving centre, metabolising subtle energy flow within the physical body. Each corresponds to a specific focus and is the means by which the primary energy source is regulated through the spine.




**The Seven Chakras**

The chakras metabolise flow. Nadis are three channels through which the subtle energy flows. They are located to

the left, right and centre of the spine and flow through the seven chakras.

## SPIRITUAL ATTRIBUTES OF THE SEVEN CHAKRAS

| CHAKRA | PHYSICAL | SPIRITUAL |
|---|---|---|
| 7. CROWN | INTUITION | ENLIGHTENMENT |
| 6. BROW | VISION | CLAIRVOYANCE |
| 5. THROAT | SELF EXPRESSION | INDIVIDUALITY |
| 4. HEART | COMPASSION | WISDOM |
| 3. SOLAR PLEXUS | ATTACHMENT | LOVE |
| 2. SACRAL | RELATIONSHIP | CONNECTION |
| 1. BASE | INDEPENDENCE | IDENTITY |

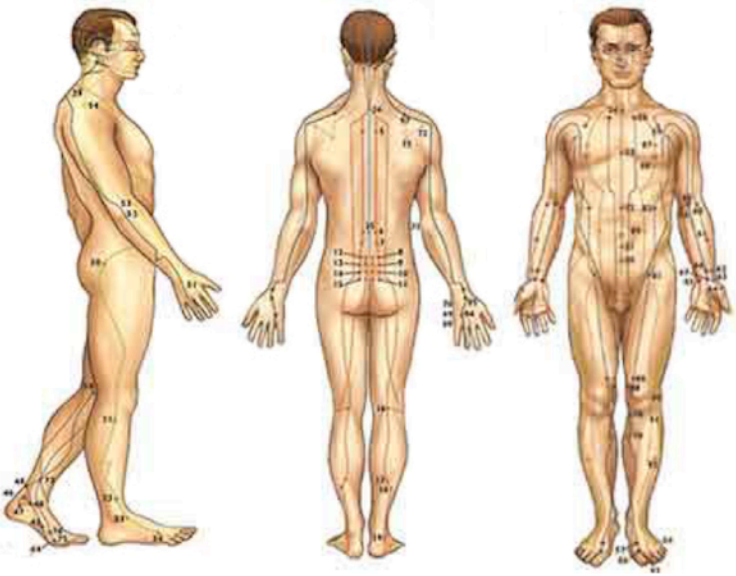
# MERIDIANS

Yin/Yang

Meridians are invisible energy channels, part of the interface between spirit and matter. They are a transportation network carrying the subtle energy from the four lower 'bodies' to the various parts of the physical body via the chakra system. This is a dual system of Yin/Yang energy; Yin, the feminine aspect has an upward flow from the Earth, Yang, the masculine aspect has a downward flow to the Earth.

Together they create an electrically charged field

In health they represent balance and harmony



A secondary network of meridians (tsubos) carry the subtle energy to the muscles, tissues and the cells. Tsubos are the points at which the minor meridian network connects through the endocrine or glandular system directly into the organs and systems of the physical body. This is the interface between the subtle and the physical body systems.

**METABOLIC ENERGY PATHWAYS**
Linking the chakra system

(Universal Energy/Primary Source)

↓

**CROWN**
Links the Higher (unconscious) Mind
of Intuitive faculties - subtle energy pathway
through the Right Hemisphere of the Brain

↓

**CHAKRAS**
**(SPINE)**

↓

**MERIDIANS**
Incoming Energy Flow
(Major energetic pathways linking to every body system)

↓

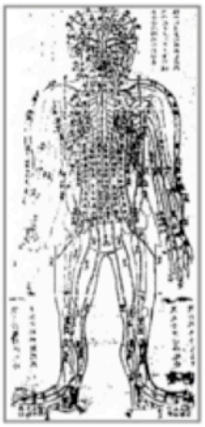
**NADIS**
Outgoing energy flow
(Secondary Energy Pathways linking to the tissues and cells)

↓

**CENTRAL NERVOUS SYSTEM**
Links the Lower (conscious) Mind
of the Subtle Mental Body
through the left hemisphere of the brain.

↓

**ENDOCRINE SYSTEM**
Links the Subtle Emotional Body
Through the glandular system



Ancient Chinese
Acupuncture Map



Confirmed by
modern technology



Four Lower Bodies
with Chakras

# SOUND VIBRATION AND THE HUMAN ENERGY FIELD

***Vibration – the ripple of the Universe***

*The unified field vibrating at a high frequency creates*

*You – the Mind*

*Resonating at a reduced frequency creates the*

*You – the Sensory/Emotional field*

*Resonating at a lower frequency precipitates into*

*Matter*

*Creating*

↓

*You – The Body*

# ORIGINS OF SOUND

All sacred traditions honour sound as the primal force which shaped the Universe and through which, knowingly or unknowingly, we continue to affect our environment.

In Genesis, the first book of the Bible, sound is inextricably linked to Creation:

'In the beginning was the Word and the Word was with God…'

**Sound carries a momentum of light energy.**

All things carry a vibrational signature.

The sacred chant of the OM
corresponds to the vibrational hum of the Earth.



**Sound and Image**

- When we use sound we project light energy which can be viewed as matrix patterns on an oscilloscope or observed clairvoyantly.
- Where the sound is pure, perfect symmetrical shapes arise and dissolve in the ether.
- Where the sound is discordant the image is imperfect, disjointed and misshapen.

## SACRED USE OF SOUND

The ethnic peoples who have maintained their connection to the Earth through thousands of years incorporated sound into their sacred rites. Sound is a key element of their rituals which conserve and maintain planetary energy through the subtle energy system of the Earth itself.





Hopi Indians who believe themselves to be entrusted with holding the balance of the planetary hub at the centre of the North American continent use sacred chants and dance to maintain its energetic integrity.

Similarly the Aborigines of Australia sing as they walk the Song Lines of the Earth's meridians for the same reason.



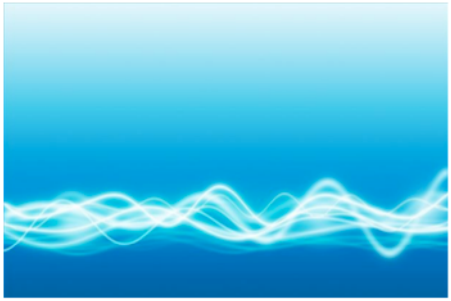


These people have retained the understanding that sound arises as a consequence of the movement of the ether; the interface between the physical and non-physical worlds. It can be affected by natural means, the elements in concert e.g. the song of the lifestreams, whale song or dolphin call and the human voice with all its possibilities.

## POWER OF SPEECH

Light energy is individually expressed as sound through speech. All sound carries a momentum of power with a positive or negative charge; we are each accountable for the right use of that energy, creating balance and harmony or imbalance and discord. If we believe in karma through the principle of the law of return i.e. that the energy we give out is returned to us magnified, we see that we should speak carefully and not carelessly, if we wish to build a momentum of light within the auric field.

This principle was expressed by Jesus when describing the 'Life Review' after the death of the physical body when all deeds are judged to enable the soul to progress.



'Every idle word that men shall speak they shall give account of in the day of Judgement. For by thy words thou shalt be justified and by thy words thou shalt be condemned.'

Similarly Buddhism teaches its adherents to practice right action through observing and refining thought patterns because words are the consequence of thoughts and beliefs.



"We are what we think.

All that we are arises with our thoughts.

With our thoughts we shape the world”

The Buddha

# LANGUAGE

Language evolved from primordial single sounds. These in turn became recognisable vowel sounds as early speech patterns.

A E I O U

Each vowel represents a specific frequency and resonates within the auric field of both human and planetary bodies. Vowels hold sacred energy blueprints in place and were formerly the means by which mankind maintained the link to God or the Universal Mind.



VOWELS

*(Speech sounds)*

*Became sacred chants*

CHANTS

*(Rhythmic, repetition)*

*Became sacred invocations*

INVOCATIONS

*(A call to the Divine)*

*Became sacred prayers*

PRAYERS

*(An entreaty or solemn request)*

*Became sacred songs and hymns*

Sound therefore represents an interface between the material and subtle realms and by definition holds a sacred connection.

# SOUND AS AN ENERGY FORCE FIELD

Just as letters each carry a specific vibratory charge, so words as a composite become a matrix and carry a momentum of energy, which can be either positive or negative in its effect, dependent upon the focus and intention.

Certain factors induce momentum and magnify energetic force fields, the effect is magnified by intention and numbers.

| | |
|---|---|
| • Repetition | Imprints the ether |
| • Acceleration | Builds momentum |
| • Collective expression | Magnifies effect |
| • Shared focus | Projects the intention |

**This can be readily demonstrated**

- Watch a football crowd as they collectively chant to inspire or jeer at their team, the individual chants are picked up by the crowd who magnify the effect collectively.
- Observe the response of the crowd at a rock or pop concert where artists induce a feeling of wellbeing or euphoria or a total loss of control with aggression.
- Consider political rallies e.g. Nuremberg, Germany where Hitler used collective slogan chanting as a

means of first uniting the nation followed by mass hypnosis.

- Watch and listen to the Gregorian chants of Christian monks or to Buddhist monks chanting the OM to bring about peace and harmony.
- Islamic teaching places great emphasis on unity through participation. Observe the response of the faithful to the Mullah (teacher) at prayers or a rally, binding the group energetically.





# POWER OF THE SPOKEN WORD

A true measure of the collective spiritual awareness of a people is the use of the voice, instrumentation and movement. The power and majesty of language is being eroded through successive generations as we become less aware of its power and effect. Martin Luther King, John F. Kennedy and Nelson Mandela are three examples of inspirational communicators who used their voice and language effectively.







**Communication**

As we increasingly choose to live life in the fast lane, standards deteriorate and language degenerates; this is inevitably reflected in literature, media and artistic expression. Relationship is compromised as verbal communication is replaced by abbreviated 'texting' to comply with our need for speed and instant response.

The voice expresses the Will and can be used as a tool to inspire or as a weapon to wound.

Words can be constructive or destructive.

Language can empower or dis-empower.

**Effect of The Voice on Human Potential**

Seedlings exposed to positive commentary respond with increased growth. Those exposed to negative commentary show decreased growth over the same period.

Children exposed to prolonged verbal abuse are less likely to achieve appropriate weight for age and more likely to show developmental delays educationally. Positive encouragement as we know brings results.

The damaging effects of physical abuse are all too apparent however verbal abuse is now accepted as harmful to health and wellbeing with changes in family legislation protecting children from verbally abusive parents and women from verbally abusive partners.

## EFFECTS OF NEGATIVE VIBRATION UPON THE AURIC FIELD

The long term effects of prolonged verbal abuse can be observed in the human energy field by those with clairvoyant vision. The delicate sheaths become damaged, worn or torn, undermining the health. Auric field damage resulting from the negative behaviour patterns of those around us is insidious and disempowering over time. Good company is therefore a prerequisite to maintain health.



| | |
|---|---|
| Directed anger | Cuts and tears in the energy field |
| Constant criticism | Small cuts in the field |
| Sarcasm | Deep stabbing wounds |
| Sustained accusation | Lacerations undermining the energy sheath |
| Humiliation | Stunted field due to repeated withdrawal |
| Complaining | Draining effect on the energy field |
| Gossip | Warping of the energetic sheaths |

## THE WRITTEN WORD

Written text also carries and holds the vibration of the matrix reflecting the content from the etheric, mental, emotional or lower astral dimensions. Clairvoyant vision allows us to see the momentum of light held within the text in the same way that a healer may view the colours of the auric field.

| SUBJECT MATTER | OBSERVED AS |
|---|---|
| Spiritual text | Golden light |
| Intellectual text | Clear yellow light |
| Pornographic text | Mustard or lime green |
| Satanic literature | Brown/black |

## USE AND ABUSE OF SOUND

The rise and fall of consciousness is directly linked to the use and abuse of sound through vocal expression, music and dance and correlates with the social degeneration so prevalent today.

Pure sound resonates within the cosmic scale and corresponds to the higher energy centres at the physical level. This might equate to a perfect tenor voice, a cathedral choir or a Mozart concerto. In the human energy field the frequency would resonate positively with the crown, brow (third eye) and sacral chakras.

Discordant sound is used in torture and in experimental weaponry.

The popular music scene currently accepts the most abysmal, degenerate sounds and profane and aggressive language as mainstream. Lyrics often promote violence and sexual perversion rather than loving relationship.



# MUSIC AND THE CHAKRA CONNECTION

Popular music reflects the collective energy field, traditional folk music for example, has a cohesive effect on the national psyche. At a personal level our musical preferences allow us to draw on energetic vibration, which either nourishes or depletes the energy bodies. As with all things a varied diet is advisable!

The chakras open and close in response to sound in the same way the petals of a flower open and close. The repetitive melody and emotional theme of 'country and western' music for example corresponds to the emotional centre of the throat and solar plexus and the earthy energy of the base chakra in varying degrees. Heavy beat e.g. 'rock and roll' resonates with the base chakra, energising and creating sensory/sexual response. Both are pleasing in their own way however constant exposure would tend to be self limiting with the sacral chakra depressed or over stimulated, expressing self-indulgent, needy, emotional/sexual demands.

Discordant sound fragments and lowers the energetic frequency within the auric field, certain forms of 'hard rock', 'punk' and 'gangster rap' correspond to negative base energy. In the most extreme form this would be observed in a rasping voice through a damaged throat chakra, patterns of addiction through the solar plexus chakra with violence and degenerate practice linked to the base chakra.

# MUSIC AND INSTRUMENTATION

Musical instruments reflect the prevailing consciousness of the people. The first instruments were drums and reeds, mirroring the elements; gongs and bells later became the man made vehicles of sacred ritual. Each historical period or even decade reflects the changing mood and the opportunity for self-expression. Where there is suppression we revert back to our spiritual origins and traditions. During periods of freedom and change, experimental music evolves. The electric guitar of the 1950s rose to prominence with the advent of rock music and a need for young people to express independence and individuality following the constraints of war.





In subsequent decades popular music has reflected an imbalance as freedom to choose becomes self-indulgence. The most gifted artists and musicians demonstrate a wealth of talent while much of the popular culture depletes the energy potential.

# MOVEMENT

The physical body is a vehicle of action; movement is a requirement for health. Dance rhythms accurately reflect collective consciousness.

Traditional folk dancing is collective and based on shared community with an opportunity for all to take part.

During the 'swing' era of the 1940s couples danced closely together, a reflection of emotional need brought about through enforced separation as a result of war.

The lively, post war jive of 'rock and roll' in the 1950s brought a new energetic wave denoting freedom and independence from previous constraints.

Current popular dance music is centred in the base and solar plexus chakras; in the extreme the movements are highly sexualised and suggestive, an individual expression reflecting the ego centred 'ME' society.

Interestingly the recent revival of interest in traditional ballroom dancing demonstrated by the popular television dance competitions marks the swing of the pendulum as we seek to restore the collective balance.









# WORDS AND HEALTH

The throat centre relates to self-expression. Restriction is a manifestation of fear; any restriction in the throat will affect the whole body. A temporary, acute condition may become chronic over time. The path of healing is to recognise the cause and release the pattern.

- Our words express our emotional stability or lack of it.
- Vocal expression is an absolute requirement for health.
- Suppression is not the answer. The Voice activates the energy.
- Repressed emotion creates energetic imbalance, eventually experienced at the physical level as illness or disability.

Speak Effectively

Say what you mean and mean what you say

| | |
|---|---|
| Passive | Speaking in a little voice, or not at all. |
| Effect | Energy introversion – energy block. |
| Aggressive | Shouting or speaking loudly to control others. |
| Effect | Draining the energy resources of self and others. |
| Assertive | Speaking clearly and calmly, allowing others to speak. |
| Effect | Creates clarity: An energetic communication bridge. |

# HEALING TONES

Toning is Vocal Expression with Focussed Intention

Through focussed toning, we restore health by stimulating the circulation and releasing energetic blocks. Each chakra corresponds to a specific tone, which equates to the hum of the electromagnetic field of the body in health. When we attune our attention to the specific tone, we choose to focus our Will, this is in effect our surrender to the Higher Consciousness.

A focussed intention is projected into the emotional body creating a desire, which then manifests in the physical energy body through the subtle anatomy connecting through the cellular body to the molecular level.

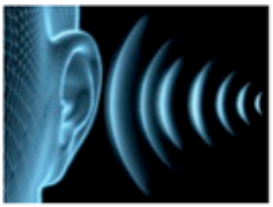
| | | |
|---|---|---|
| Energy follows thought | ↓ | Mental band/Intention |
| Desire follows intention | ↓ | Emotional band/Sensory |
| Action follows desire | ↓ | Physical body/Cellular |

This brings about an alignment of the four lower bodies, spiritual, mental, emotional and physical. The effect will be temporary unless a disciplined approach is maintained. The amount of time spent toning should be increased gradually as the process accelerates the energy spiral building a momentum, which displaces negative energy at the cellular level. This may initially be experienced as nausea or light

headedness, swirling solar plexus energy, back ache or headache. Respect the cleansing process.

When we tone, we intentionally make the shape of the tone with our mouth as we expel air from our lungs. This causes the vocal cords to vibrate along their midline to create a vibration of vocal sound. It is important to take responsibility for our own healing in order to boost the functioning of the immune system.

We now have evidential proof that the human voice provides the best nourishment for the brain, with chemical signals received from the ear.


# CHAKRA TONING SYSTEM

Documented evidence demonstrates that both adults and children with impaired communication enjoy toning and respond favourably. The flow of positive energy stimulates neurological pathways within the brain. Toning has also proved effective in the treatment of tinnitus because toning recharges and opens the ear enabling it to adjust and attune to the higher frequencies by releasing inner tension and opening up the neural pathways.

Toning incorporates a breathing technique which improves air flow, circulation and physical health to support the voice and prevent vocal strain. Each chakra corresponds to a specific tone, which links to a specific anatomical area of the body.



# THE THROAT CHAKRA – POWER CENTRE

| | |
|---|---|
| **Position** | Front of the Throat |
| **Colour** | Deep Blue (Physical Level)<br>Light Blue (Etheric Level) |
| **Positive Qualities** | Empowerment through Action<br>Mastery of the Energy Field<br>Manifestation of Abundance |
| **Negative Aspects** | Disempowerment of Self and Others<br>Control of Others<br>Mental Manipulation of Others |

## WORDS OF WISDOM

The tongue is the only tool that gets sharper with use.

Once spoken a word can never be recalled.

The body is the harp of the soul…
yours to bring forth sweet music or confused sound.

# HEALTH PERSPECTIVES AND POSITIVE CHANGE

RELATIONSHIP

## Mental/Emotional Health Perspectives

Physical health is governed by our mental perspective and our emotional balance. Where there is acceptance of any given situation, however challenging and a determination to succeed, the fullest potential is achievable. We see examples of people overcoming incredible adversity through a positive and determined outlook and a refusal to complain or blame. It is therefore not what happens to us but our response which decides outcome.

Whenever we respond negatively by thought, word or action we are creating conflict for ourselves and for others. We may express our negativity outwardly or hide it, both responses wound. It can be more damaging to respond in a seemingly passive or agreeable manner when there is turmoil below the surface. Learned responses such as avoiding talking or sulking are an attempt to appear the least hostile when in fact hostility is simmering beneath the surface, this is a cowardly attempt to gain control without addressing the situation.

When we avoid rather than confront, the energy becomes displaced, the flow is limited and becomes blocked or locked in the energy centres. The effect is a drained feeling because this is what is occurring, we are draining our energy resources. This will be felt in the body in a number of ways, knots or butterflies in the stomach, nausea, dizziness,

headache, panic attacks, tightness in the throat or chest and general tiredness. All of these are warning signs.

We do not associate the energy depletion as mental or emotional stress, the outward expression of our inner chaos and therefore become ill if we do not make the necessary changes. We may go to the gym, play badminton or run in an effort to feel energised; these will bring only a temporary relief as they provide only tension release while the cause remains.

Counselling and psychotherapy may be beneficial in helping us towards a more honest appraisal of our lives, however they can also allow us to become self-indulgent in reviewing rather than changing the circumstances and choices we are making or refusing to make. Many techniques serve no useful purpose. It is a fallacy that we can release negative emotion by shouting, screaming, or punching a cushion; we may access a deep well of emotion but simply exhaust ourselves as the energy is self-perpetuating unless we change.





# IDENTIFYING NEGATIVE RESPONSE

To achieve and maintain mental and emotional health, our strength must be tested and our weaknesses challenged. When faced with conflict, disharmony or even hostility we can choose whether to recognise it and disengage or whether to connect and become a part of it. Until we can identify our own responses we become a slave to them.

| | **Mental Responses** |
|---|---|
| Projection | Blaming others |
| Externalising | Blaming circumstances/Outside influence |
| Denial | Reasoning/Justifying to maintain a position |
| | **Emotional Responses** |
| Over stimulated | Oversensitivity/ Weeping/ Sulking/ Temper |
| Restricted | Insensitivity/ Detached/ Cold/ Controlling |

| | Physical Responses |
|---|---|
| Too fast | 'Chasing the tail'<br>Unreasonable demands on self and others<br>Scattered energy/ Failure to complete tasks |
| Too slow | Indecision/Prevarication<br>Lack of commitment<br>Missed opportunities |

## AURIC FIELD PATTERNS

Energy is crystallised and solidified within the physical body as a direct mirror image to thoughts and feelings; here are some of the physical disorders which result.

| | | |
|---|---|---|
| Mental rigidity | - | Joint restriction/arthritis |
| Mental conflict | - | Headache/Migraine |
| Not being heard | - | Hoarseness |
| Refusing to hear | - | Tinnitus or deafness |
| Not wishing to see | - | Conjunctivitis |
| Denial | - | Cervical vertebrae weakness |
| Ruptured relationship | - | Hernia |
| Suppressed anger | - | Viral infection |
| Sorrow and loss | - | Kidney dysfunction |
| Lack of joy | - | Diabetes |
| Lack of support | - | Ankle weakness or injury |
| Reluctance for change | - | Elbow restriction or injury |
| Over responsibility | - | Shoulder pain or dislocation |
| Uncertainty | - | Slipped disc |

# INVISIBLE PAIN

The many and varied body maps of the subtle energy field reveal to us the underlying causes behind symptom patterns. We can also gain insight both by careful observation and listening.

- Listen to the language used to describe symptoms, thoughts and feelings.
- Hear the unspoken words, expression and sighs.

The spinal column is the conduit for the energy of the whole body and is therefore always linked to issues of power and powerlessness.





**What lies behind the 'frozen shoulder'?**

- Unrealistic expectations of self or others.
- A tendency to accept everyone else's burdens.
- Refusal to put down unnecessary weight.

- A ‘martyr’ complex.
- Victim consciousness.

**What causes the stiff neck?**

- Rigidity of thinking.
- Refusal to learn.
- Denial and stubborn resistance to change.
- Dictatorial stance.

**Why is back pain the commonest disorder?**

- Pressure of lifestyle imposing burdens we can no longer carry.
- Lack of support in the home or in the workplace.
- Deeply buried emotional pain surfacing for resolution.

# HEALING THE BELIEF SYSTEM

Identify the Belief System – Correct Negative Assumptions

| ORTHODOX | HOLISTIC |
| --- | --- |
| 'There is actual damage, nothing can be done.' | The energy field when activated regenerates the body's self-healing mechanism at the cellular level. |
| 'It's too late.' | Healing begins in the moment of decision. It is the mind which gives permission to heal. |
| 'It's just the natural ageing process, you have to accept these things.' | Most symptoms are a reflection of mental attitude and belief. When we change these, we change our expectation and our ability to achieve our maximum potential for life. |
| 'I don't have time, it will take too long.' | Health is our most precious commodity. If we cannot give time to promote our own health this is a reflection of our true desire, a refusal to be the best we can be. |

# CHOOSING TO CHANGE

In the process of attaining and maintaining mental and emotional health, our strength and our weaknesses must be tested and challenged.

We can choose to recognise and disengage from conflict, disharmony or hostility or we can choose to connect and become involved and part of it.

Remember: until we can identify our own responses we become a slave to them.

PAUSE

And

LEAVE A SPACE

STOP, OBSERVE, QUESTION

Do I feel calm and centred?
Can I speak calmly, without anger or resentment?
Will my response assist either the other person or myself?

ACT

Listen then speak.
If you cannot respond calmly admit this, speak later.
If the other person is not listening do not attempt a discussion.

# ENERGY ALIGNMENT

The Light Spectrum

Light frequencies are stepped down according to the capacity to receive. If we again use the analogy of a computer download, this can only be done successfully if the right 'software' is available.



Today, advanced technology allows us to register the light within the fields and even to measure output from specific energy centres. It is possible to perceive the colour emerald within the energy field when the Emerald Alignment exercise is done in a disciplined manner.

The spectrum can be viewed clairvoyantly as a sequence of colours, each of which has a specific affinity. Each ray or beam of light emits a particular frequency and can therefore be located and identified within the electromagnetic field as the rainbow colours familiar to us in the physical world.

**Action of Light**

| | |
|---|---|
| **Spectrum:** | 'Bands of colour or sound forming a series according to their wavelength.' |
| **Ray:** | 'A single line or narrow beam of radiation, a trace or radiating line.' |
| **Beam:** | 'A shaft of light.' |

## TRANSMISSION OF LIGHT – ANATOMICAL PROCESS

When we draw the emerald light frequency into the energy field and into the body, the effect is to realign the subtle energy bodies and the cellular structure of the physical body at the molecular level.

- The Universal Energy is stepped down through the subtle energy bodies to the crown chakra.
- Descends through the major chakras to be anchored in the base chakra.
- Energetic flow is then transported to the Major Meridians.

- Energetic flow connects via the Minor Meridian system to connect at the molecular level where the energy is transposed as biochemical formulae.
- Cells receive instruction from this biodynamic information system.
- Connective tissue acts upon the commands generated in the cells.
- Endocrine system picks up the biochemical signals translating them as instructions to regulate hormonal function.
- Glandular system and neurological system link to instruct cellular tissue in the organs and systems of the body.

**Energetic Process**

Emerald is the 5th Ray of the energy field spectrum, the link between spirit and matter, having an affinity to the physical world of form. Green is the colour manifest in nature, seen in chlorophyll in plants, algae in sea water etc. This is this is the frequency we magnetise through the Emerald Alignment.

'As Above So Below'

The 5th band of the higher sphere of consciousness precipitates spirit into form as the Emerald Ray, to act in the physical world as a mirror of higher consciousness. The key note of the Emerald Ray is 'abundance', the manifestation of health and wholeness.

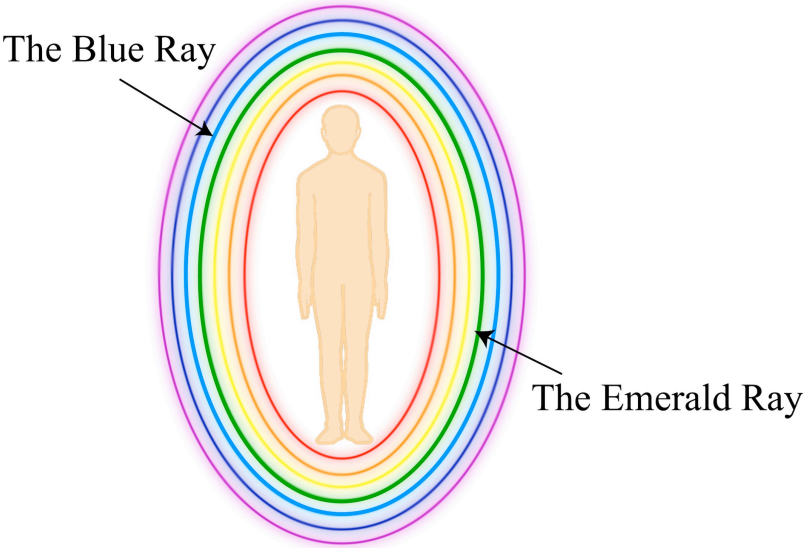
**Biochemistry and Behaviour**

- Epigenomes are the biochemical triggers which instruct DNA function.
- Brain chemistry is affected by the transformative action of light upon epigenomes which in turn affects attitudes, behaviour and belief.
- The photons (light) re-programme and restructure the DNA, changing biochemistry.
- Biochemistry instructs cells which determines physiology.

**This is the Alchemical Formulae for Change**

## Activating Force

Connecting to and through the subtle energy interface, the activating force impacts as photons (packets of light) directly affecting the physical cells of the body at the submolecular level.




## ALIGNMENT

Emerald Alignment – The Action of Light

The guided instruction which became the Emerald Alignment exercise was received during a period of deep meditation with its effectiveness proved in subsequent healing sessions with clients over many years. It is a means by which we can attune to the source of the energy which governs the body. We have seen that energy follows our thought process, the reason we should remain positively focussed. By focussing our attention we accelerate the energetic connection.

The principle behind alignment is personal responsibility for choices made and actions taken. The Emerald Alignment provides a simple method of attuning to a positive frequency in order to correct energetic misalignment. This might be viewed in the same way as physiotherapy is used to align and strengthen the physical body. Just as muscles need exercise to build stamina, so we must build an energetic momentum to sustain well being.

This may sound like an obvious statement however it reminds us that we are correcting a misalignment. When we align the physical, mental and emotional bodies of the energy field we are bringing the misaligned atoms and molecules of the lower body into line with a higher vibratory rate, i.e. the governing consciousness.

All healing is light transmission. The Emerald Alignment is a simple, safe and effective method of releasing anxiety and aligning the subtle energy of the body through the emerald ray. This is a self-help method which can be taught to all age groups, used in schools, clinics, residential homes or as part of fitness programmes. It is important to understand that the alignment exercise is not simply a visualisation technique but rather a transformative process based on scientific principles.

The visualisation process is helpful in sustaining focus to enhance effect; however this also initiates an actual metaphysical process, which we may or may not be aware of. While many of us place great emphasis on maintaining physical fitness most remain unaware of the need to stabilise and maintain the subtle energy which is the source of life. The result is that we are running on empty drawing upon limited available resources which are not replenished.

# HOW THE EMERALD ALIGNMENT WORKS

Consciousness is transmitted as a spectrum of light comprised of rays or beams radiating from the source which is divine, to the mind as the receiver.

We might use the analogy of a computer downloading information in sequence. Science tells us that all light emits a specific frequency observed through technology as a colour spectrum, the rainbow colours familiar to us. The spectrum can also be viewed clairvoyantly as a sequence of colours each of which has a specific resonance and affinity. Specific resonance can therefore be located and identified within the electromagnetic field.

## Energy Follows Thought

When we understand this principle we can use our energy and attention more productively. If we focus upon a specific ray of the colour spectrum we can draw upon the qualities of this energy to strengthen and enhance the auric field, which is where we store energy.

By focusing our attention to a higher frequency, a positive electromagnetic charge is transmitted via the auric field to and through the crown of the head. The energetic transfer is carried through the spine by the central nervous system to every part of the body, then through the muscles, tissues and organs to the cells. The effect is to realign the energetic core pattern at the cellular level.

The effects are cumulative, without a disciplined practice improvement cannot be sustained. Where a determined effort

is made to integrate the Emerald Alignment into daily life, a momentum of light builds in the electromagnetic field.

**Emerald is the 5th Ray of the spectrum**

Its action is precipitation, linking spirit to matter realigning the molecular structure to the original source.

**Blue is the 1st Ray of the spectrum**

Its action is to seal, strengthen and protect.

It is essential to seal the auric field at the end of the exercise.

## EFFECT OF THE EMERALD RAY

- Reverses negative spin at the submolecular level.
- Releases energetic debris from atoms and molecules.
- Regenerates and rejuvenates cellular tissue.
- Aligns the physical, emotional, mental and spiritual energy fields of the four lower bodies to the Divine Blueprint held at the fifth level.
- Creates balance and health through observance of the natural order – spirit to matter.

In a real sense we are reborn.

When we make a determined effort to integrate the alignment exercise into daily life, a momentum of light builds in the auric field, which can be seen clairvoyantly.

Without a sustained practice, results will be temporary.

## SUSTAINING ALIGNMENT

The process of alignment can be easily demonstrated and taught. What is more difficult is to sustain the focus through disciplined practice, a free will choice.

However beneficial healing may be in bringing ease, true healing occurs as a result of understanding the underlying cause of the dis-ease and the desire for change.

A healing response, which on occasion may initially be dramatic, will only be sustained by continued application. This requires effort on the part of the individual and also the choice to accept or reject factors related to the disorder. The Will is capable of enormous resistance to change, seeking always to defend its long cherished beliefs and position. The process of change can be long and painful or brief and enlightening.

**Patterns of Resistance**

While the Emerald Alignment is frequently readily accepted there is often a reluctance to seal the energy sheath with the Blue Ray, reducing the effectiveness of the exercise.

Green equates to the physical matrix of Earth, the divine feminine/mother and simply being human, we feel an affinity.

Blue is the vibration of spirit/the divine masculine/father and associated with faith and protection.

Issues of doubt and uncertainty that are held and protected are often reflected in a subconscious reluctance to access the Blue Ray.

The Emerald Ray infuses light into the physical matrix.

The Blue Ray is required to strengthen the etheric matrix.

In simple terms when we acknowledge the divine order and focus upon alignment to the divine matrix, we access the emerald and the blue rays of the spectrum and receive optimum health.

# EMERALD ALIGNMENT – SELF HELP

The Emerald Alignment is a self-help programme which can be taught to all age groups, used in schools, clinics, residential homes and as part of fitness programmes.

**Four Minute Alignment: A First Aid Measure**

- Can be practised anywhere, at any time, at a bus top, in the office, in a chair; particularly at times of stress or tiredness.
- Can also be used effectively for protection where there is a disturbed environment by creating a protective bubble of peace and harmony.
- With practice it takes only seconds to attune the focus of attention and the effects are immediate.
- The Alignment can be used as often as required and will be most beneficial when used regularly.

# RECOMMENDATION

Use the Alignment in the same way that you might take medication i.e. four times daily, on waking, at midday, evening and before sleeping. This allows the energy to build and prevents energy depletion.

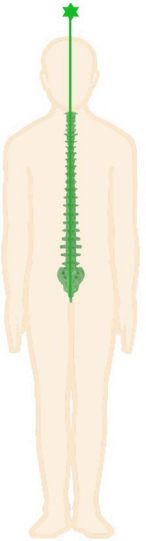
There are distinct stages to the alignment process, it is important to maintain focus as 'energy follows thought'. With practice the exercise becomes automatic and the effects immediate.

| | |
|---|---|
| 1) Tension Release | Letting go of tension/anxiety/worry |
| 2) Visualisation | Awareness of the crown of the head |
| 3) Attunement | Connecting to positive flow |

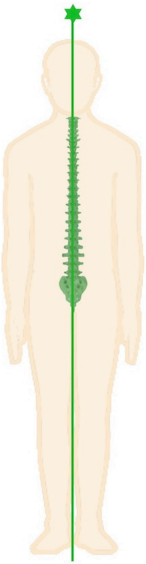
# EMERALD ALIGNMENT – SELF HELP



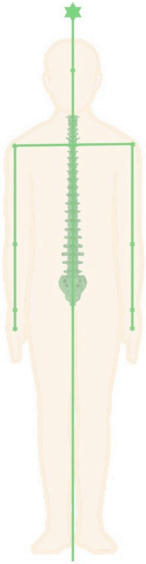
Relax and breathe down to the fingers and toes, releasing any tension or heaviness within the body.



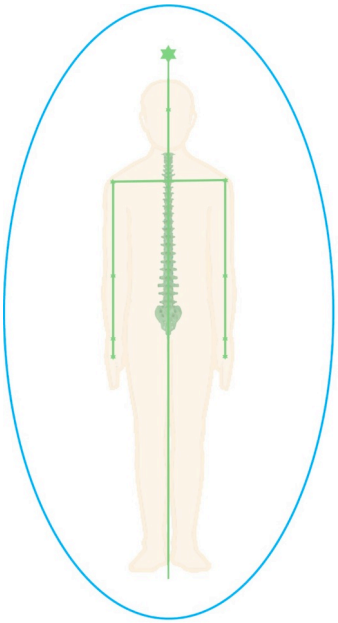
Visualise a point of light above the crown of the head and see the point as emerald green. Breathe the emerald down to the top of the spine and into the body, following the line of the spine. Anchor the emerald in the base of the spine.



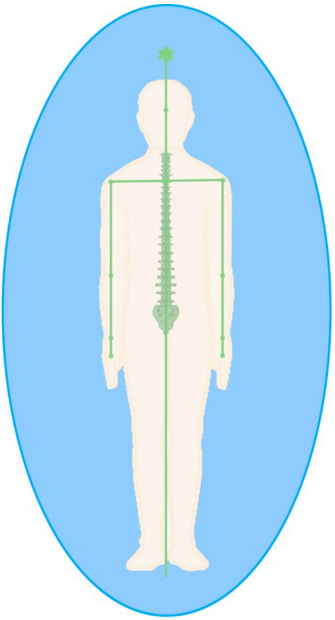
Continue breathing the beam of emerald down between the heels and into the earth. Visualise the beam of emerald from crown to heels and feel the body straight and balanced on each side of that line.



Again to the crown of the head, drawing the emerald green down to the top of the spine across the shoulders, from the tip of one shoulder to the other shoulder, holding the shoulders straight and balanced. Breathe the emerald down the arms, to the elbows, to the wrists and into the palms of the hands.



At a distance of arm's length visualise a bubble of blue light right around the body.



Visualise this bubble of blue light sealing and protecting all of the positive energy within.

**Alignment:** Focussing upon the anatomy of the physical body helps synchronise the major and the minor chakras of the subtle energy system.

**Tension Release: Breathing Down**

Close your eyes

First take your attention to the Crown of the head

Breathe down from Crown to the top of the spine

Breathe out and allow any tention to release from the muscles of the neck

Breathe down and follow the line of the spine

Be aware of the muscles of the back, allowing the muscles to relax as you breathe out and away

Breathing down to the base of the spine

*Be aware of the hips and pelvis*

Breathe out and away, allowing any tightness and heaviness to fall away

Breathe down from the hips to the thighs, to the knees

To the ankles, heels and through the feet to the toes

*Exhale: Breathe out and away from the body*

**Tension Release: Breathing Down continued**

Be aware again of the Crown of the head

Breathe down to the top of the spine and to the shoulders

Breathe any tightness and heaviness away from the shoulders

Breathe down from the shoulders to the elbows

From the elbows to the wrists and through the hands

*Breathing out and away from the fingers and thumbs*

**Attunement: Breathing Up**

(Breathing up and over the front of body - from the feet to the crown)

*First be aware of the feet*

Breathing up, lightly skimming over the surface of the body

Over the feet and ankles and over the lower legs

Over the knees and over the thighs

Over the hips and the pelvis

Breathe up, over the abdomen, lightly over the chest

The muscles of the throat, over the mouth and jaw,

The muscles of the face, ears, eyes, brow

Up to the Crown of the head

*Pause*

*Be aware of the hands*

Breathe lightly over the hands, the wrists

The elbows to the shoulders

Up and over the muscles of the throat, over the mouth and jaw,

The muscles of the face, ears, eyes, brow and up to the Crown of the head

*Pause*

**Alignment: Emerald**

*Be aware of the Crown of the head*

Visualise a point of Emerald Green light above the Crown

Visualise the colour as the green of the grass

From that point of light draw a beam of emerald to the crown of the head

Breathe it down to the top of the spine

Breathe it down through the spine

Feel it anchored in the base of the spine

Breathe it down to between the heels

Feel it anchored with the Earth

*Visualise the line of emerald from crown to heels*

**Alignment: Emerald continued**

Again, take your awareness to the crown of the head and draw the beam of emerald down to the top of the spine.

Be aware of the tips of the shoulders

Visualise a point of emerald light at the tip of each shoulder

Visualise a beam of emerald light from shoulder to shoulder

Feel the shoulders balanced, straight and strong

Draw the beam of emerald down from the shoulders to the arms

Elbows to the wrists and into the palm of the hands.

*Be aware of the outline and shape of your body*

Breathe in to the centre of the body (Abdomen)

**Sealing: Blue**

Visualise an egg shaped bubble of blue light right around the body

Feel yourself to be sealed and protected within that bubble of blue light.

*Pause*

Breathe into the centre of the body

Be aware of your hands and feet

Move your fingers and toes

*Open your eyes*

Repeat the visualisation of the emerald line to the Earth if you feel unsteady

## WHO CAN BENEFIT FROM THE EMERALD ALIGNMENT?

- Panic attacks can be reduced or eliminated.
- Use the Emerald Alignment before and after dentistry or surgery.
- Alignment prior to sleep will reduce disturbed sleep, eliminate nightmares and help to overcome insomnia.
- Children can be taught the Alignment; it can be used effectively for behavioural problems, attachment disorders and to restore sleep patterns.
- The Alignment can be used for those with special needs, learning difficulties and is particularly welcomed by the elderly.
- The Emerald Alignment can be used to good effect in establishing a peaceful environment in the home, in social settings or in the workplace.
- Use the Alignment to deepen individual meditation or as part of a meditation programme.
- Incorporated into an existing healing practice the Alignment will enhance therapeutic effects.



**Sayings of the Buddha**

*It is better to conquer yourself than to win a thousand battles.*

*Anger is like a charioteer careering wildly.*

*He who curbs his anger is the true charioteer.*

*Others merely hold the reins.*

*Your worst enemy cannot harm you as much as your own thoughts unguarded. But once mastered, no one can help you as much.*

# THE POWER OF CHOICE

Autobiography in Five Short Verses

| | |
|---|---|
| 1. | I walk down a street<br>There is a deep hole in the pavement<br>I fall in<br>I am lost…I am helpless<br>…….It isn't my fault<br>It takes forever to find a way out |
| 2. | I walk down the same street<br>There is a deep hole in the pavement<br>I pretend I don't see it<br>I fall in<br>I can't believe I'm in the same place!<br>…….But it isn't my fault<br>It still takes a long time to get out |

| | |
|---|---|
| 3. | I walk down the same street<br>There is a deep hole in the pavement<br>I see it is there<br>I still fall in……. It's a habit<br>My eyes are open<br>I know where I am<br>……. It IS my fault<br>I get out immediately |
| 4. | I walk down the same street<br>There is a deep hole in the pavement<br>I walk around it |
| 5. | I walk down a different street |

# CONTACT DETAILS

The Academy of Spiritual Sciences has been incorporated into The Living Memory Research Trust which now holds all teaching material and copyrights. Online Training courses are no longer available however course material remains available as free download for self help with the Intermediate Level manual and DVD for purchase. Our Mentoring Programme also offers support for anyone wishing to contact tutors of The Academy Programme.

Publications, audio and video recordings are available through

enquiries@livingmemoryresearch.net

Website details:

http://www.livingmemoryresearch.net
http://www.spiritualalchemy.co.uk