

## Awakening Your Personal Energy-Body Consciousness

by Dottie and Joe Asselin

Out of every culture and every time, the human energy field, the aura, has been given different but similar descriptions. It has been found that this aura of indescribably rich and dynamic energy, reacts and responds to the surrounding universe before the conscious mind is aware, and that conditions of the spirit, mind and body are beautifully displayed in a flowing kaleidoscope of color, pattern and form.

The personal energy field is the pattern and form through which all of the energies of the universe flow - both inward and outward - through the physical, mental, and spiritual structure that make you a unique being. It radiates outward from the center of your manifest presence in both visible and invisible waves of energy, mixing and blending the lowest and highest frequencies of vibration.

It is not a single, but a composite field, and contains such readily recognizable components as the heat and odor emitted by our physical body, the words and sounds we make to communicate with the world around us, and the subtle energy radiations that wax and wane with the changing quality of our feelings and thoughts.

Even our appearance is transmitted and interacts with our surroundings, as can be visualized in the different responses we get from our friends with a smile or a frown. Our presence in any environment is established and maintained by the millions of energy transactions that continuously and simultaneously occur. Every expression and impression that we give and receive as we move and breathe is animated and enabled by the field of energies that envelop and surround us like a living flame.

We are connected by interactive flows of energy to the chair we sit upon and the sun that bathes us in its warmth and light. We know ourselves as being the combined product of genes received from each of our parents. We identify our personality traits and habits as having been formed by the

experiences we have had during our lifetime. We recognize the effect of our habits of food and drink in our physical and psychological condition. It does not take any great stretch of the imagination to see this flowing combination of ingredients as encompassing every choice we have ever made and every action we have ever taken.

Your aura is the fullest expression of your being. It is the carrier and the distributor of your living presence. As you come to know the fullness of the beautiful fountain of energy that is your expression of being on this Earth, you will find that the universe speaks to you and enlivens you as you give creative expression to your life.

It is vitally important that an individual become aware of and have an understanding of this cosmic connection with the universal flow of energies. We are affected by, and do affect, everything and everyone around us - both past and present, near and far.

The aura is the field of energy that surrounds and envelops each individual form of animate and inanimate being. From the universal galaxies down to the finest particle of matter, everything radiates wave lengths and frequencies of vibration which can be identified as light, sound, color, form, movement, odor, temperature and intelligence. It is evident in electromagnetic energies that are radiated by our sun and all of the other stars in our universe. It is exemplified in the magnetic field that surrounds our Earth, as well as the reflected light-energy that makes the planet visible from outer space.

It is the field force at the sub-atomic level of matter binding together the elements into molecules, organs, and structure of physical form that holds together our individual existence and being. The individual personal energy field, then, is a composite field of energy representing the combined interactive effects of all forms and levels of energy on the

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unique field pattern that you recognize as your selfhood.

As you become more and more aware of the influences that continually modify and mold your feelings and prompt your actions, you gain more and more control over your experience of life.

The human energy field provides an energy matrix structure upon which the cells, the organs, and the physical body take shape and maintain themselves. If the field is in some way distorted or modified, the change is felt by - and eventually incorporated into - the physical structure of the body and its operating systems. It is also at this field level that the psychological processes and structures associated with the personality take shape and operate.

The auric field, then, is the common denominator which gives rise to the mind-body relationship we define as psychosomatic reaction, whereby conditions of the mind become manifested as conditions in the body and vice versa.

The physical structure contains several independent but interactive mechanisms such as the circulatory, nervous, and muscular systems which cooperatively maintain and operate the physical body at a higher level of organization. Similarly, the energy field incorporates several levels of organization and structure, independent but interactive, that are defined as energy bodies. These separately definable levels of energy are superimposed and contained within the field much in the same way as different radio or television transmissions are contained in the same volume of space, but can be tuned into individually; or again, in another context, the same way that inches are contained in feet and also in miles.

Herein lies the importance of an awareness and understanding of the personal energy

field. If your energy field in all of its levels is functionally strong and dynamically balanced, you can have a full life in all dimensions of human experience. But if your energy field is not functioning properly at any level, you will have difficulty functioning in areas associated with that level and your experience will be limited.

Why are we not more aware of our personal energy field, the aura? Why is this most basic part of our total person seemingly invisible and undetected? The answer to these questions is to be found in examining characteristics of the commonly recognized five senses with which we circumscribe our experience. Conscious awareness of what we see, hear, smell, taste and feel is an evolving, ever-changing panorama. Primarily, what we see or hear is determined first by its degree of familiarity; and second by that which, by force of will or intent, we look and listen for.

There is an underlying primary sense of perception that we are born with which includes all energy interactions between our self and the surrounding environment. As we develop our personality and acquire our social and cultural patterns, we begin to build up and strengthen our awareness of those things we want to perceive in an effort to maintain a sense of physical and psychological comfort. At the same time, the primary sense of a much wider range of perception is being weakened in terms of our conscious awareness by reason of its increased familiarity.

So it is by force of will, by intent, that we choose to perceive, to perceive poorly, or not to perceive at all. Conversely, we have the capacity to choose with willful intention to reprogram or deprogram our sense perception and return our conscious awareness to the primary sense of perception, which includes awareness and use of the full range of energies that comprise our auric field.