

Stay Healthy

Take care of your body! See your doctor regularly for check ups. Maintain a clean energy body.

If you have symptoms that can't improve or are slowly improving with standard medicine, see a certified Pranic healer to evaluate your condition. Some ailments require energetic solutions. And nearly all ailments will heal more rapidly when standard medicine is combined with energy medicine.



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Energetic Hygiene

What happens to energy when it gets used up?

When clean, or vitalized energy is used up, it becomes devitalized, losing its rate of vibration. In effect, it becomes waste. In this state it can no longer be used by the body, and if it isn't expelled, can cause the body to malfunction. This can cause pain, or disease, which can lead to chronic illness or even death. Devitalized energy can build up in the body over time or due to illness and injury.

A good way to mitigate build up of devitalized energy within your system is to practice energetic hygiene. The five keys to energetic hygiene are:

Emotional regulation- Keeping negative emotions in check. This helps reduce energy blocks in the body.

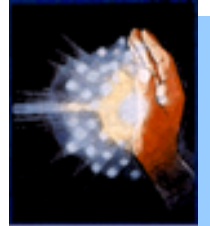
Proper diet- Eating natural foods, esp. fresh fruit and vegetables provides fresh energy.

Physical exercise- Maintains the body and expels devitalized energy.

Clean environment- Ensures your space is free of devitalized energy.

Cleansing with salt- Salt has properties that break down devitalized energy. Occasional salt baths help to clean the aura.

Your Energetic Anatomy



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What is your energy body?



The Energy Body

The physical body runs on more than food. It's also fed by subtle energy which interpenetrates its entire structure. This energy is called prana or chi. The body needs prana to function properly. In fact when energy ceases to flow through the body, it can malfunction, become sick, or die. Prana is life force.

The energetic anatomy is composed of various parts, the energy body, the meridians, the outer aura, the health aura, the inner aura, and the chakras.

The Energy Body is in the exact shape of the physical body and serves to fuel it.

The Meridians are channels that transport energy throughout the body.

The Chakras are centers that absorb and distribute energy to various parts of the body. They also expel devitalized energy.

The Inner Aura most closely corresponds to the energetic condition of the body's organs. It's used for energetic diagnosis.

The Health Aura expels devitalized energy and repels contamination.

The Outer Aura acts as an outer shell further repelling contamination.

The Auras



The Inner Aura

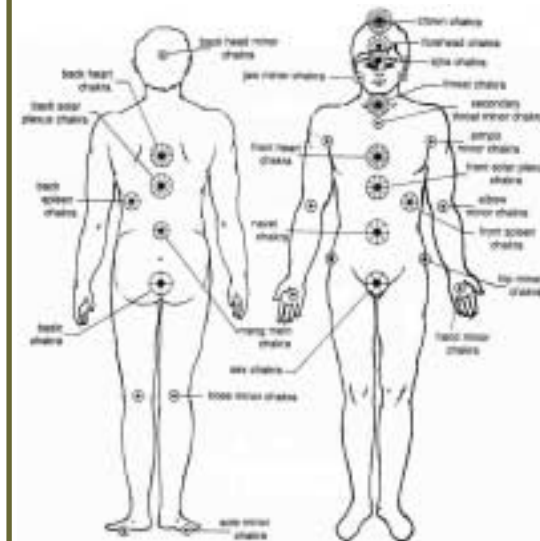


The Health Aura



The Outer Aura

The Chakras



While all of the various parts of the energetic anatomy are important, the chakras are probably the most vital aspects. Besides drawing in and distributing energy, the chakras control the energy levels of their associated organs thereby controlling the health of those organs.

Chakras are also related to the emotions. For example an over activated chakra can make you feel restless, agitated, or worse. An under activated chakra could leave you feeling depressed or moody. Maintaining a clean and balanced chakral system is necessary for overall health.

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