

Energy Bodies and Human Health

First of all, I would like to express my gratitude to the readers who have shown interest in my column. Thank you for all the interesting questions, which you have sent to Tatiana's Healing Center. I will try to answer them to the best of my abilities. Let me remind you that your questions are welcome at (408) 730-4586.

Jacob from Palo Alto asks: **"I've heard that besides the physical body, there exist also energy bodies. What are their functions?"**

Eastern esoteric schools state that humans are composed of the physical body, as well as seven other bodies, which are so thin, that they can not be seen by the naked eye.

Official medicine cures us with pills, shots, and various other procedures, in extreme cases, removing the diseased organ(s). In other words, this medicine works with our physical bodies. However, there also exists the energy membrane, by affecting which many diseases can be successfully cured. This membrane has the structure of a nesting doll. While we can see the physical body, we do not detect the other 7 bodies, due to the limited abilities of our sensory organs. After all, we can not see air either, but we are certain it exists. Together the seven bodies form the aura. There are special cameras, which can take pictures of one's aura in color; however, the camera photographs all of the thin bodies as one, without differentiating between them. But these differences are extremely important, as each of the seven bodies has its own name and performs a separate function, which I will try to describe.

The first (the closest to us) thin body is the **etheral** or energy body which is the exact copy of our physical self and traces all its contours at a distance of about 3-5 cm. This body has the same structure as the physical one, including all the organs and body parts. It is composed of ether, and any person can see the bluish gauze of ether around his/her fingers after staring at them with dispersed vision over a white background. Kirlian Effect, discovered at the end of the last century, makes it possible to photograph ether. The ethereal body contains different energy currents, including the so-called "energy meridians," which transport energy from the chakras to each organ, and which are affected by acupressure and acupuncture. Because the ethereal body traces the physical one, it can be referred to as a man's ethereal double. The ethereal body weighs about 5-7 grams. This was determined by American scientists; their experiments showed that if a person died while laying on the extremely sensitive scales, after death, the person's weight decreased by about 5 grams. After death all of the thin bodies abandon the physical self, but of the seven, only the ethereal body has weight, as the other ones are too incorporeal. The ethereal body dies only on the ninth day after the person's death. This is why sometimes it is possible to see blue light over fresh graves in the evening. People sometimes claim to have seen a ghost in a cemetery. They are right about seeing something, but the visions are not ghosts, but energy doubles of the deceased. Another peculiar trait of our ethereal bodies is memory. Many have heard people

with amputated legs complain of pain in the nonexistent fingers, or of an itch in the removed heel. These phantom discomforts exist because of our ethereal doubles. It is for this reason, that during the first visit I always ask my clients about the surgeries they have undergone. The ethereal body carries information about all organs, even those that are no longer existent.

The next, **astral** body (or the body of emotions), is composed of a matter thinner than ether. This body stretches about 5-7 cm past the physical body. It looks like continuously glistening clots of energy. When we are nervous or experience negative emotions, the energy becomes "heavy," dark, even black. Sometimes, we say about people of such dispositions "darker than night itself". If a person is emotional, but quickly recovers his temper, the clots of negative energy disperse relatively easily in the emotional body. However, if for a long time a person holds a grudge against people or life, or carries constant aggression towards people or life, the emotions form long lasting clots of negative emotional energy. In the future, these clots begin to harm our health; in other words, our own emotions begin to destroy us.

After a person's death, the astral body also perishes, but only on the 40th day after death.

The third one is the **mental** body, the body of our thoughts and knowledge. The mental body stretches out 10-20 cm beyond the physical body, and also traces its contours. It is composed of even thinner energy- the one of the mental type; it has a bright yellow color, which originates at the head and disperses throughout the whole body. The mental body contains clots of energy, which reflect our beliefs and persistent thoughts, or our thought structures.

After a person's death the mental body also dies along with all the knowledge of the deceased. Researchers state that it dies on the 90th day after one's death.

The three described thin bodies belong to our material world; they are born and die together with the physical body.

The fourth body, the **karmic** one, belongs to the person's immortal part, and passes from one life to another, because, as we know, one life is not the end. This is a body of the soul, which contains the reasons for all of the person's actions and information about possible future actions. Clairvoyants see the karmic body as a cloud of different colored clots, mostly- shades of bright pink, of thin energy, stretching out 20-30 cm past the contours of the physical body.

The karmic body is regarded as our "guardian," in charge of "educating" the person. As the karmic body is very close to the bodies of emotions and knowledge, it has a power to control our thoughts, beliefs and actions, and, upon detecting violations, to take the necessary measurements to correct our wrong emotions, or beliefs.

After one's death, one's karmic body does not die.

The next, fifth body, is the **intuitive energy** body, which concentrates in itself higher, subliminal processes. B. Brennan calls it the ethereal determining body. This body is a matrix by which the ethereal, or the first, body is constructed. If there is a breakdown in our ethereal body, it is fixed by the template, which is this fifth body. Clairvoyants see it as a dark blue oval, sticking out about 50-60 cm past the physical body. The fifth body can easily reconstruct, as well as damage our ethereal body. As you understand, all curses and hexes affect the intuitive body at first, which, in its turn passes the changes onto the ethereal body.

The sixth body received the name of the **heavenly** body. It stretches out 60-80 cm past the physical self. Clairvoyants see it as different colored rays of flame in times of meditation or prayer.

The last, seventh body is the highest, **ketern** body. It stretches out 80-100 cm past the physical body, and even farther in people with high energy potential. It appears as a golden egg, encompassing in itself all of the previous bodies. The outer edge of the egg contains a defensive membrane about 1-2 cm thick. This membrane is durable, flexible, and prevents outward influences which may affect the person. This is the same egg, which I have asked you to materialize around yourselves in my previous articles, by imagining yourself inside of this egg at least once a day, before going to work.

More information can be found on my website at www.tatianahealingcenter.com

With my clients I have visited an American researcher to film a movie about my work with aura, which can be viewed in my office. It is most interesting that in the movie, apart from the physical body, our thin bodies are very clearly pictured. So, now the existence of the aura, our energy double, is a solid fact, while recently someone could have doubted it.

May There Be Peace In Your Home!

**With love and respect,
Tatiana Trofimowa**