

Seven Chakras and Aura

By Cara Elliott of HealingHouse

What is Energy - Universal Life Force Energy?

Life Force Energy is considered 'the consciousness of the universe that flows through every living thing'. The purpose of understanding and consciously using this energy 'is to increase the available life force within us' thus increasing our ability to fulfil our potential.

We move into alignment with the universe and life feels increasingly harmonious. We feel successful, fulfilled and abundant. We have more joy, love and peace in our lives.

Falling in love or feeling sad are life force energies that our 'emotional body' and personality experience. Our bodily functions occur because life force energy drives those processes, not because of interactions between the chemicals that compose it.

Let's start with our PHYSICAL dimension (3D). This vibrates at the lowest rate of all our dimensions. It is represented by solid matter and held intact by underlying worlds of energy (meridians, blood, and bone) and consciousness. Our energy bodies are more subtle and vibrate at higher frequencies than the physical.

Plants/rocks/minerals are 2D.



Understanding our Human Energy Field - Our Aura

The purpose or function of the human energy field (AURA) is to take in higher-dimensional energy from the Universal Energy all around us and translate or step down its frequency and vibration to that which can be used within the physical body, via the Chakras.

The Aura (human energy field) is egg-shaped around the physical body. When seen together, it looks like a "rainbow mix of swirling light - to - a luminous pure, clear white Light of Spirit".

An imbalance or distortion in the energy field, will eventually cause 'dis -ease' in the physical body.

The Aura:

The Aura is an Energy Field that surrounds all matter. Anything that has an atomic structure will have an Energy Field - Aura - that surrounds it. The energy fields of trees, plants, animal and people are more easily detected and experienced because they are more active than those energy fields of inanimate matter.

The human Aura is an energy field that reflects the subtle life energies within the body. It is made up of an electromagnetic energy, light and vibration. This ethereal light emanates from the chakras and surrounds us extending out a few inches and up to three feet in all directions from the body, depending on the individual.

The human energy field - aura - is seen as an elliptical or egg shape around the body. The healthier you are both physically and spiritually, the more vibrant your energy field will be. The more vitalized your auric field is, the more energy you will have to live the life you want and desire.

- ↪ It is a dimension of the life force - human energy field/aura
- ↪ An energetic framework or grid structure upon which the physical world rests
- ↪ Everything created in the physical world must first exist or be created in this energy world
- ↪ Every feeling that we have, exists in this 'dimension'

The Aura's 7 'bodies' connect to our 7 chakras - the Energy Centres for these bodies.

- ↪ These seven 'bodies' are integral and have distinctive features. They are variations of the whole human energy field just as red, blue and yellow are parts of the spectrum of white light.
- ↪ The 'bodies' continuously interact with one another through the chakras, and they are also affected by the energy fields of others. It is this interpersonal interaction that keeps us alive.
- ↪ To maintain a state of health, the energy in all the 7 'bodies' must be incoming, outgoing and freely flowing.

Physical Layer:

1. Etheric Body - Base/Root Chakra
2. Emotional Body - Sacral Chakra
3. Mental Body - Solar Plexus Chakra

The Bridge between Physical and Spiritual:

4. Astral Body - Heart Chakra

'Spiritual' Layers:

5. The Etheric Template (or spiritual body) - Throat Chakra
6. The Celestial Body (or Casual Body) - Third Eye Chakra
7. The Ketheric Template - Crown Chakra

(Brennan, Barbara Ann. (1993) "Light Emerging- The journey of personal healing". USA)

Human Energy Centres - Chakras

Chakra is the Sanskrit word for 'wheel' or 'disc'. It is pronounced "sharrkra". There are seven Major Chakras or energy centres within the energetic body, and 100's of minor chakras.

The other 5 'Higher' Major Chakras (Earth, Core, and Soul Star Chakras, High Heart Chakra, Casual Chakra, and Stella Gateway) are explored in detail in the Advanced Crystal Healing online Certificate Course.

<https://www.caraelliotthealinghouse.com/advanced-crystal-healing-online-course>

According to ancient Indian texts on medicine, are believed to exist in the surface of the 'etheric double' of each human.

Each major chakra vibrates or spins at a different rate, and each chakra is the focal point for the reception and transmission of energies that are harmonically related to its own frequency. The lowest rate is in the Base Chakra and steadily increasing up to the highest rate of spin in the Crown.

Chakra's are in the centre of the body, starting at the base of the spine and moving up to the top of your head. The front of the body is known as the 'Feeling Centres' and the back is known as the 'Will Centres'.

On the physical level the chakras govern specific main organ(s) and glands. Each chakra also has its own colour, tone and vibrational frequency, yoga pose, tarot card, Element, Shape, Seed sound, Vowel sound, psychological function, tarot suit and associated Crystals. * See below for more details

As we begin to understand that our wellbeing is in direct relationship with our mental, emotional and physical energetic patterning, it becomes evident that we hold the power of health and wellbeing in our own hands.

To help balance our chakras either on an emotional, spiritual or physical level we use;

- ↻ colour & crystals to amplify
- ↻ sound (which resonates at the same frequency)
- ↻ breath
- ↻ movement (yoga) and meditation

Spiritual 'hands-on healing' is one of humankind's special legacies for achieving optimum health and wellbeing and is a valuable component of the 'medicine' of the new millennium.

- ✓ * For more explanation and information about **Our 7 Chakras & Auras** you can purchase [here](#) or join us on one of our workshops in person or online courses.

<https://www.caraelliotthealinghouse.com/retreats-courses>

<https://www.caraelliotthealinghouse.com/onlinecourses>

