

## Chapter 4 –THE ELECTROMAGNETIC SPECTRUM IN MAN

### Introduction

You probably remember your biology teacher in high school putting toothpicks in marshmallows attempting to explain how electrons move around the center, or the nucleus, of every cell in the body. This is the most basic background needed to begin the comprehension of human electromagnetics. The electrons whirling around the nucleus create something called oscillation, also known as a magnetic field. All living matter begins on a cellular level with these electrons whirling around the nucleus (center) of each cell. Atoms (electrons and protons) come together to create molecules, molecules come together to create cells, cells come together to create tissues and tissues make up organs. Because all living organisms contain electrons “whirling around the nucleus”, it is not hard to believe that all living matter creates a magnetic field.

The World Book Encyclopedia (Vol. 6 p 189) states that, *“Everything around us consists of atoms. Atoms, in turn, are made of three main types of tiny particles: electrons, protons and neutrons. Both electrons and protons have an electrical charge. An electron has one unit of negative charge, and a proton has one unit of positive charge. A neutron has no charge. Protons and neutrons are heavier than electrons and are crowded into the nucleus, the central core of an atom. Electrons whirl around the nucleus.”*

Many of you may be thinking, “Who cares about whirling electrons.” Really, we aren’t all scientists. Leave that stuff to the people in a lab with fancy equipment. Well, this little tidbit of whirling electrons should matter to you because if electrons stop moving around the nucleus of a cell, it will not perform all of its functions. If the issue, or cause of the disruption is not corrected, the cell dies. And maybe this does not seem significant because we all have more cells than we can count. What’s a few dead cells? Cells die off and are replaced by newly created cells all the time. The problem occurs when cells begin to die off faster than they can be regenerated, but that is not the most common scenario. Most of us are accumulating toxins that inhibit the function of cells by interfering with the electron process. The problem is sub-metabolic, so you would never know it is occurring until years and years down the line when enough atoms, cells, molecules and tissues are dysfunctional. At this point, you will begin to experience a symptom. If you are tough, you try to ignore the symptom; if you follow medical thinking, you chalk it up to age; if you are progressive, you see if there is a medication that will make it go away, or a surgery that will stop it. If you are alternative, you find a chiropractor, a homeopathic, an herb, or something natural to help. And most of us are happy knowing the symptom is gone. But what of the cause of the symptom? What caused the cells to start dying off long ago? Are you doing anything about that? If not, cells will continue to die. If you find a way to patch the initial symptom up, the body will simply affect cells in a different area. Thus it is important that you understand human electromagnetics. If you do not, you cannot learn kinesiology, which is the only method that can tell you how your electrons react to all the foods you eat, the things you drink, your hobbies, work, people, what you think, etc, etc.

*“In the light of present knowledge, it can be seen that disease starts primarily at the atomic level when the proper release and utilization of energy are interfered with and proper control of biological activities is disturbed by malpositioned molecules.”* R.W. Walker in *Energy, Matter and Life*

### What is a Frequency?

A frequency is defined as the periodic motion of electrons moving around a center. How fast electrons move around a center indicates the frequency of that item. The atomic weight (periodic table) of every element dictates its frequency because the number indicates the anion (electron) cation (proton) ratio. I have explained that electrons moving around the center of a cell create a magnetic field. All magnetic fields create electromagnetic fields, which simply means a field of energy created by the movement of the electrons. The larger the magnetic field is, the larger the electromagnetic field will be. The faster the electrons whirl around the nucleus, the larger the electromagnetic field will be. The electromagnetic field of the human body, often referred to as the aura, should be as far out as your hands can reach in opposite directions if enough of your cells are healthy (each living cell produces a mini magnetic field during its process of operation).

When two or more elements (frequencies) are bonded together to form a compound, it creates resonance. Every organism we encounter in life is generally a combination of frequencies (elements). The most complex frequency is mankind. The technical name for just about everything we will be discussing is resonance, but most people use the word frequency loosely to include anything with a magnetic field.

Generically speaking, the resonance for man is .000026 and the resonance for woman is .000025. Keep in mind that the human body is made of many organs and glands. Each of these has its own resonance that combine to create the generic human resonance. Inside each organ are multitudes of actions and functions and each of these also has its own resonance. Thus every organism, including the smallest virus, bacteria or fungus will generate a frequency or resonance depending on the complexity of the elements and the speed of electron movement. Organic chemistry indicates that the body is made up of a particular combination of elements. It has been determined that health of the human body is determined by the intricate balance of elements (frequencies) found on the periodic table. People often believe that taking supplements that supply these elements are the key to health. As we look deeper into

the aspect of human electromagnetics, we will discover that all chemistry is really just a reflection of what is occurring on the electromagnetic plain, or the balance of electrons (anions) and protons (cations).

The unique electromagnetic ratios of anions to cations in each element is the ratio that gives it a unique electro-chemical, electro-physical and electro-magnetic characteristic. As you continue reading, you will learn that science has only been able to analyze the electrochemical part of neurology, and that is why chemicals and drugs are the only elements understood to help balance the body. Unfortunately, the therapies used in modern medicine create even further imbalance in the electromagnetic field. As I mentioned, electrochemical is secondary, or a reflection of electromagnetic activity. The ratio of anions and cations in every element give it its ability to conduct a current, its color, its density, and controls its ability to bond with other elements in a new ratio relationship. This factor is important because God did not make it possible to supplement single elements. You cannot go to the hydrogen tree or the calcium plant, God made all of nature as a combination of many elements. Each plant has a concentration of specific elements, thus each plant has its own resonance (harmonically combined frequencies) just as all organisms do. The key to health on the electromagnetic level must allow us to find the imbalance in resonance, which means anomaly (abnormality) of a single frequency that keeps it from harmonically resonating with the whole. Previous books discussed nutrition and supplements. But this book is not referencing the next supplement, the best nutrient, this is beyond something you can eat or take in a supplement.

### **Can the Frequency of an Item be Changed?**

*Mastering Health*, by Dr. Reuben T. DeHaan, explains that outside influences will vary the speed of the spinning electrons. That means that the people you come into contact with, the environment you are in, the foods you eat, the medicines you take and even items that you touch will in some way affect the rate, or speed, at which the electrons spin around the nucleus. You can already begin to see that life is not the simple series of chemical reactions modern medicine perceives it to be. We are, and become, that which influences the atoms of our existence from day to day and moment to moment. I'm sure you recognize  $E=MC^2$  as one of the most famous formulas of all time. With this formula, Einstein proved that the core of all matter is energy. According to Einstein, all matter (form) can be described in terms of energy. It has now been discovered that every cell in the body is a mini-battery pumping out 70-90 millivolts if the cell is healthy. Death is defined as the absence of electrical activity in the brain; in the end, all life is energy. Understanding why (how) a frequency changes is important when we get to the part where we test items against the body and look for responses.

### **Neurophysiology**

Most of us know that we have nerves running through the body like a network of veins and arteries. Veins and arteries carry blood to and from the heart while nerves carry information to and from the brain. The nervous system is much more complex than the vascular system (veins and arteries) so its potential is still being explored. We do know that nerves are made up of trillions of tiny particles called neurons. Think of neurons as tiny receptacles that receive and transmit information to and from the brain. While we can count the large nerves and even see them when we dissect a body, we are said to have more neurons than can be counted. The latest estimation of neuron activities would be the number two written on a piece of paper, then followed by two-hundred miles of zeros. If you know what that number is, then you know exactly how many networking actions are occurring in the body on a continual basis. Perhaps that is why the brain is said to be more sophisticated and capable than the most advanced computer at NASA. Remember that the greatest computer in the world was designed and built by a human brain. Because neurons cannot be seen by the naked eye and there is no way to test for them with any standard medical test, we are not sure how many neurons a healthy body should have, how many are working or dysfunctional. Thus neurological health cannot be gauged. Not with medical equipment anyway. Never the less, every action and function of every cell in the body is healthy or dysfunctional depending on the information coming from neurons. This is a very important aspect, I suggest you read that last sentence again.

A standard textbook on neurology will tell you that neurons are electro-chemical substances. Since medicine does not know how to influence the "electro" part of the neuron, they focus on the chemical part. Chemotherapy, radiation, hormone therapy, antibiotics, antidepressants and every other therapy used in modern medicine influences the chemical part of the neuron by stopping, interrupting or supplying chemicals. The question is, which is more important, the electrical part or the chemical part of the neuron? Well, we all know that the brain tells the body what to do, and the brain does not send chemicals, it sends electrical impulses. The glands and various tissues or cells of the body produce the chemicals we need to feel happy, healthy, fight infections or bring on a monthly female cycle. These hormones and secretions throughout the body are released when neurons receive this electrical information from the brain. So which is more important? The answer is, the electrical stimulus. Without healthy electro-health, there will never be chemical balance. Again, medicine does not know how to influence the "electro" part of man, so focus is placed on the chemical response, but they will always be secondary to electrical stimulus. If you read and understood the message in chapter 1, you realize that 93% of DNA is an electrical receptor for the electromagnetic frequencies we are exposed to and that information is what travels along the neurons and ultimately affects our chemical body.

Another factor in neurology is that nerve transmission is not linear, but functional. This means that signals to and from the brain do not occur along pathways that have no connection or influence on other areas. Rather, every neuron that fires influences other neurons in an innumerable amount of responses that ultimately dictate the action of the cell or brain response. Thus every neurological

response will have an effect on many other areas. This point is critical and needs to be remembered because the summarizing point of this book is to explain how every aspect of life has an effect on the neurological body and it is impossible to know exactly what effect a negative response or experience might have on the body, particularly on the emotional level. It cannot be determined how or where the body will store the memory of emotions and experiences. A broken leg at the age of ten interrupts neurons that could eventually lead to neuron deficiency to the heart or some other area years or even decades down the road. The body is intricately connected and while a certain amount of this connection can be understood in studying the Chinese Five Element Theory, remember that the number of activities performed by the neurons is a number at least two hundred miles long. The chances of an accurate diagnosis of the cause of the problem is pretty distant if we rely on the ability of reasoning and deduction (science and logic) no matter how advanced technology becomes. The best of technology can tell you the area of the body that is in trouble, but it can't begin to tell you the true cause, meaning the original source (it is generally accumulation of several) recorded in the neurological system.

*The Magnetic Blueprint of Life*, by Albert Roy Davis and Walter C. Rawls says, "Energy is life in motion that can change form but, to our present knowledge, cannot be destroyed." In 1923 Soviet biologist Alexander Gurwitsch, who initiated research to prove that the biochemical reactions are a special part of the continuum that has as its essence electromagnetic energy stated, "Every living cell also produces electromagnetic currents." His fellow countryman Georges Lakhovsky stated, "Every cell in the body is stimulated by the resonating interaction of the rhythmical flow of electromagnetic currents from the cosmos and the environment." Everyone knows of Einstein and his famous equation  $E=MC^2$ , but do you actually know what that equation means? In the equation E is energy, M is mass, and C is the speed of light. So the equation tells us that mass can be described in terms of energy and that mass and energy are not independent entities. But in fact their conservation are intertwined into one. Energy is never created or destroyed, only changed.

In recent years, *The Body Electric*, by Dr. Robert O. Becker indicates that electrical impulses transmitted directly to areas of the body in need of repair healed many times faster. A good alternative practitioner would think of supplementing the nutritional elements needed by a particular part of the body as a measure of supplying the tools the body might require to heal faster. Becker's work shows that if we supply the right electrical impulses to increase the whirling action of electrons, the cells heal much faster. In fact, supplementing may be contributing to an overall increase in electron movement (which creates the "electro" part of neurophysiology) more than anything else!

#### **Accepted electro-based evaluations and therapies**

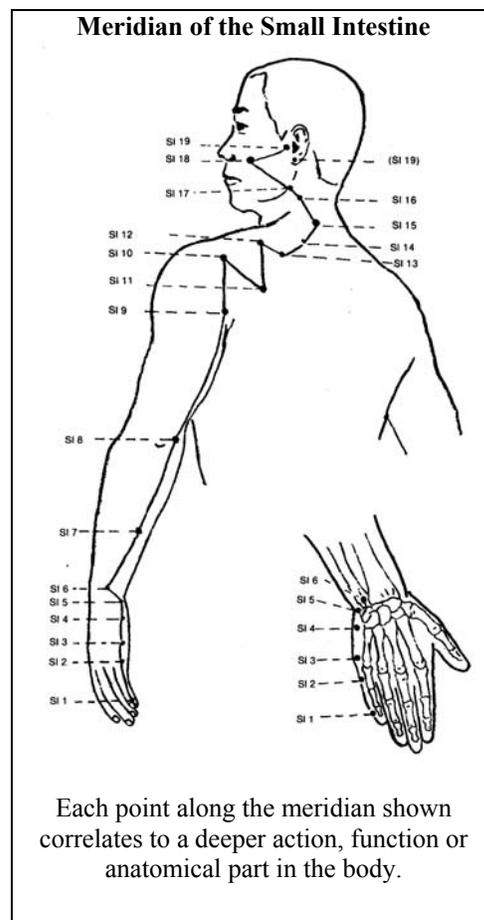
- Electroencephalograph: The EEG was developed in 1875. It records the electrical activity emanating from various areas of the brain. This is the lie detector, which is common place and currently accepted without question, but it wasn't always so.
- The electrocardiograph was first developed in 1887. It records in graph form the electrical activity emanating from different areas of the heart. This is standard procure found in practically every hospital in the world today although it met its share of resistance when it was first invented. Today it is accepted without question.
- Of course, we all know of the paddles that are used to initiate heart beating when a heart has stopped. The heart beats without your conscious thought –why? Because of electrical activity.

## ACUPUNCTURE POINTS AND MERIDIANS

You are probably aware that we all have veins filled with blood. Every part of the body has blood flowing to and from that area because of our vascular system. If blood did not flow to all the tissues of the body, nutrients and oxygen would not reach the tissues and they would die. Now take the mental concept of veins networked throughout the body and think of meridians as electrical pathways flowing through the body much like a vein. But a meridian is not visible and there is no substance running through them. I previously explained that the body creates frequency through the process of oscillation (whirling electrons). We know that the body is the most intelligent organism on the earth so it should not be surprising that the electromagnetic fields created during electron whirling would need to flow in a specific direction along specific pathways. There must be an order to this flow, right?

Every major system in the body has its own documented meridian. The Chinese mapped fourteen major meridians more than 5000 years ago, but the aid of new technology is revealing many more meridians. More than 20 have been measured thus far, but it is likely that there are many more. If we could see the meridian pathways running through the body, I suspect we would look like a complex, human shaped circuit board.

We know that every major system in the body has a multitude of anatomical parts and physiological functions. The Chinese found that these meridians run under the skin and have points along them that correspond with the internal parts and functions of the related system. Although there is little technology advanced enough to map some of these subtle energy fields, there is equipment on the market that can measure these mapped points. Acupuncturists have been using the knowledge that external points on or under the skin correspond to deeper parts and functions in the body. Thus an acupuncturist is trained to locate major deficiencies in these meridian cycles through something called pulse diagnosis. When they identify the area of weakness, they stimulate the points by inserting needles into a combination of points that will either stimulate or sedate the internal parts or functions that correlate to those points by redirecting the “electro” energy running through the meridians.



The information on the following experiment is taken from the book, *Vibrational Medicine* by Richard Gerber, M.D. Rather than footnote each statement, the interested reader may find the fuller study of the experiment and full documentation in his book. Keep in mind that when we begin to discuss the phenomenon of “energy” in the body, it goes much deeper than acupuncture points, meridians and the electromagnetic spectrum. Even though there is evidence of magnetism (energy) being created by whirling electrons, when you follow the nature of energy in quantum physics to its deepest level, you eventually get to a point where science can no longer explain where the energy comes from. I hate to freak you out in such an early chapter, but the particles of energy that come together to make the very atoms that we need to sustain our tissues seem to come out of thin air. And so Dr. Becker says, “Meridian lines and acupuncture points are part of the body's subtle energy field. If indeed the body is more than chemical elements, if indeed various soul and spirit energies from God, the Creator and Sustainer of life, also run through the body, then we would expect that there might be ‘wires’ carrying this energy, and points where this energy enters and exits the body.” Well, indeed there are. The energy “wires” have been called meridian lines and the points where energy enters the body are called acupuncture points or acupoints. Their existence has been proven through some amazing scientific experiments.

French researcher Pierre de Vernejoul conducted the following experiment. “Radioactive technetium 99m was injected into the acupoints of patients, and the isotope's uptake was followed by gamma-camera imaging. De Vernejoul found that the radioactive technetium 99m migrated along classical Chinese acupuncture meridian pathways for a distance of 30 cm. in four to six minutes. Injection of the isotope into random points on the skin, as well as deliberate venous and lymphatic channel injection, were unable to demonstrate similar results, suggesting that the meridians were a unique and separate morphological pathway. (Ibid. p. 123)

In another experiment, fluid extracted from an acupoint contained over ten times the blood level of adrenalin, and high concentrations of DNA, amino acids, hyaluronic acid, sixteen types of free nucleotides, corticosteroids, estrogen, and other hormonal substances in levels far different from those ordinarily found in the bloodstream. This suggests some link between the meridian system and the endocrine glands of the body. In veterinary acupuncture, it is common to draw blood from certain areas of the body through acupuncture point locations and inject the blood from the same animal back into other points to activate certain functions that may have needed stimulation. The above experiment may suggest that this works merely by transferring blood with higher concentrations of various elements into areas that have become debilitated for whatever reason and needed a jumpstart, if you will.

During the 1960's, a team of researchers in Korea, headed by Professor Kim Bong Han, uncovered the following: When Kim severed the meridian going to the liver of a frog, within three days serious vascular degeneration took place throughout the whole liver. Within 30 minutes of severing the perineural ducts, reflex time was prolonged by more than 500 percent. These studies would tend to confirm the classical Chinese acupuncture theory stating that the meridians provide a specialized nutritive flow to the organs of the body. It also suggests that the chemical functions of the body are secondary, or governed by the electromagnetism that flows along these meridians. Kim began to study, in different species, the time at which these meridians were formed. Within the membronic chick, the meridian ducts were formed within fifteen hours of conception! This is most interesting because even the most rudimentary organs have not yet formed at this stage. This would again suggest that the functioning of the acupuncture meridian system exerts an influence upon the migration and spatial orientation of the internal organs. Is it possible that energy medicine might have a higher impact on the body than chemical medicine?

Quantitative measurements by various researchers have demonstrated that there occurs a nearly twenty-fold drop in electrical resistance at the acupoints. It is well known that energy tends to follow the pathway of least resistance. Dumitrescu, utilizing abdominal electronographic body scans, has found that changes in brightness of the acupuncture points precede the changes of physical illness in the body by hours, days, and even weeks. (Ibid. p. 127) While medicine does its blood tests and various scans that might identify changes in chemistry, it appears that chemical change is the last stage of disease. If there were a way to identify and/or monitor changes when they were still in the electromagnetic stage, we would truly have advanced medicine.

### **Electroacupuncture**

EAV stands for Electro Acupuncture by Voll. Dr. Voll was a medical doctor from Germany who stumbled across electro acupuncture when seeking a method to cure himself of terminal cancer. He had been dismissed from the medical institution and was told to enjoy his last days as there would only be a couple months worth of them left. Voll was the first to find a way of using equipment to measure the electrical currents running through the body. Over time he discovered that there were specific points on the skin that reflected the general health of internal body functions. It was almost as if the voltage irregularities created by imbalances in the body were stored in peripheral areas of the nervous system instead of the brain alone, as previously thought. When Dr. Voll died, he had discovered over 800 of these points on the skin that could be measured for voltage output. Now the art of EAV is called electrodermal testing or electrodermal screening and there are almost 2000 mapped points.

An EAV evaluation is generally done with the master points of the meridian (available in Dr. DeHaan's Practitioner's Manual). These points are almost exclusively non-traditional acupuncture points found on the meridians that run to and from the hands and feet. If you were to be evaluated through EAV testing, you would sit in a chair next to or across from the practitioner doing the evaluation and take all metal off the body as it can interfere with the body's own electromagnetic charges. The practitioner would then have you hold a probe that was connected to a computer system and on the opposite hand or foot, the practitioner would touch the acupuncture point with a second probe. The computer would indicate if there was an extreme amount of voltage running through that point, or not enough voltage. This information is interpreted as either an under active or over active function in the anatomy or physiology correlated to that point.

Visible symptoms will not occur until the electromagnetic currents have shown imbalance for some time. This makes EAV, or similar energy based methods of evaluation, preventative as well as diagnostic. A good EAV machine can be readily purchased for \$15,000 - \$50,000. You will need training to use the equipment, you must learn the exact acupuncture points and learn how to use a very precise amount of pressure when measuring the points or you can treat the point while attempting to evaluate it. EAV also requires electricity. Those who have studied the potential of Kinesiology see that kinesiology can provide all of the same information with much less training and no electronic equipment to purchase or keep up with. While a well trained kinesiologist can be just as effective as an EAV practitioner (even more, some say, because one is not restricted by the protocol of the computer program), the EAV practitioner has the tangible evidence of a computer printed graph. Some people just can't get past the idea of having a diagnosis with no equipment involved and EAV does give an amount of tangible evidence in that respect.

### **Electromagnetic fields**

If we understand that electrons whirling around the nucleus of a cell creates a small amount of electrical charge, it is easy to grasp the concept that every cell in the body would be equal to a small electrical generator. The healthier the cell is, the larger the electromagnetic charge that it creates will be. Electromagnetics created in the body radiate outward to create what has been called the electromagnetic field. Some call this field an aura. If you think of this in the context of a science fiction movie, you might imagine an invisible field all around the body. While it sounds strange, this field actually has properties that can work to shield the body from certain harmful elements.

Most people cannot see the human electromagnetic field although it is present around all living organisms. Babies and small children often see these fields, which look like colored bubbles around the person or organism emitting it. Adults have a hard time seeing these primarily because it is not in the 3 dimensions that our conscious brain has told the eye to process. Most of our deficiency in this area is not from lack of ability as much as the accepted mentality that makes that sort of "thing" unscientific and unacceptable. After all,

you wouldn't want to be weird right? God forbid we be a peculiar people that stand out from all the "normal"! Fortunately, there are people who have either learned to process the wavelength of light that creates the aura or have been born with the ability to see it and somehow did not lose the ability even though it did not fit into the average mindset. It's not spooky and it isn't evil, it's simply something most of us have little understanding in and less ability to see. Remember, most of us base truth on facts that can be processed with one of the five senses and the inability to see auras does leave one with a certain amount of uncertainty when those who can see them discuss it. I can't personally see auras, but I have friends who can and have seen the proof as documented with modern technology such as the Kirlian photography mentioned below.

Once again stating from *Vibrational Medicine* by Richard Gerber, M.D.:

A holographic-type energy field surrounds the physical body and guides its growth and development. During the 1940's, Yale University neuroanatomist Harold S. Burr was "...studying the shape of energy fields around living plants and animals. Some of Burr's work involved the shape of electrical fields surrounding salamanders. He found that the salamanders possessed an energy field roughly shaped like the adult animal. Burr wanted to find precisely when this electrical axis first originated in the animal's development. Burr discovered that the electrical axis originated in the unfertilized egg. Burr's data suggested that any developing organism was destined to follow a prescribed growth template and that such a template was generated by the organism's individual electromagnetic field." (Ibid. p. 51,52) Earlier it was proven that meridian lines are formed even before the tissues are formed, and now we see confirmation for the evidence presented in chapter 1 that the electromagnetic field is created at the stage of conception. It seems once again that life begins as electromagnetic information and pathways (meridians) are formed to carry this information which then dictates the actual composition of the tissues that form.

Kirlian photography can photograph this subtle energy field. Kirlian photography is a technique whereby living objects are photographed in the presence of a high frequency, high voltage, low amperage electrical field. This technique was pioneered by the Russian researcher Semyon Kirlian in the 1940's. Evidence of an energy field surrounding living things is provided by the "phantom leaf phenomenon." When a leaf is cut in half, with half being removed or destroyed, a Kirlian photograph taken of the remaining half will still show the energy field of a whole leaf. It is widely known that people who have amputated limbs struggle with "phantom" itches and often have a hard time acclimating to the missing limb. Perhaps it is because the energy field of the body still contains the limb. Why this energy continues to hold the memory of the limb will be discussed further when we discuss the holographic nature of the body.

Studies by I. Dumitrescu in Romania, utilizing a scanning technique based on the electrographic process, added a new twist to the Phantom Leaf Effect. Dumitrescu cut a circular hole in a leaf and then photographed the leaf with his electrographic equipment. The image revealed was that of a tiny leaf visible within the hole of the larger leaf, and interestingly enough, this tiny leaf also had a hole in it. Thus Dumitrescu's results with the Phantom Leaf Effect would seem to confirm the holographic nature of an organizing energy field that surrounds all living systems. This energy field, in all likelihood, is an energy interference pattern similar to a hologram. Holograms will be discussed shortly, but here again we see that the activity of a cell does not regulate the electromagnetic flow as much as the electromagnetic flow regulates the activity and health of the cell. Interestingly, when the body is exposed to trauma such as an accident, the electromagnetic field contains the information to help the body initiate healing and regeneration of that area. It is important to expose the body to the least amount of physical trauma possible, in this case I am referring to surgery, piercing, contact sports, etc., so that you are not disturbing/altering the electromagnetic body any more than necessary.

### **Evaluating the electromagnetic field**

I have discussed the importance of electromagnetics and shown in a variety of ways that electromagnetics govern the chemical reactions that most of us try to improve when attempting to achieve health. I explained that by the time something is visible in a medical exam, the problem is rather advanced. I also touched on the EAV machine which allows the user to identify glitches or imbalance by testing resistance in specific acupuncture points. This makes EAV testing the most theoretically advanced testing procedure available. But then we learned that the electromagnetic field is created before meridians are even formed in the body. Of course, acupuncture points, which are needed for testing in EAV, are formed even later in the stage of growth. Perhaps there is something even more accurate, or advanced, than EAV. Taking all that we know into account thus far, the most accurate form of testing would be a system that allowed evaluation of the information contained in the electromagnetic field. If you wait until meridians and then acupuncture points are formed, it is likely that the problem has already progressed. If you want the total picture of a situation, the electromagnetic field would contain the most original information as it is the origin of all the other facets.

There is another factor involved as well. Going back to understanding the human electromagnetic field, remember the research that showed all the information of the leaf even after a piece had been cut out? Well, the electromagnetic field contains all the information pertaining to every level of our being. Biblically, there is a spirit, soul and body. Somewhere in there, there is the spirit realm, which is the part of us that connects and communicates with the Creator. Part of our being includes our will, ability to choose and the seat of emotions, and of course, there is the physical body that we all see. Different belief systems have different names for these, and some of the people in metaphysics break the basic three down further. If a machine such as EAV is used for testing, is it possible to pick up imbalance on any or all of those levels? If spirit, soul and body all have to do with our being, then all of these must be analyzed if the

true cause of the problem is going to be revealed. All of the information from all levels is permanently recorded in the electromagnetic spectrum, but it isn't always measurable with a machine because a machine can only pick up imbalances that have already progressed to some degree. And I am not talking about medical testing I am talking about the evidence in meridians and acupuncture points. As wonderful as it sounds, how can a machine created with 8% of a human brain really give a comprehensive analysis of the human being? It seems we are back to square one in terms of an adequate evaluation tool/system.

Because we are a generation with unquestioning faith in what the medical community dictates, it would be reassuring if I could now tell you that we have developed a scanner that the practitioner holds up to the body and evaluates all the data in the electromagnetic field. I believe there is such a scanner in the sci-fi world of Star Trek, but I have yet to see one that actually works in real life. Besides, I tend to believe that we were created with everything we would need to diagnose and treat disease without the use of electricity, microscopes and needles. I have to believe this first because I don't think God left anything out by mistake. If this were not true, health would not have been achievable for all these centuries because modern medicine and electricity were not yet discovered. Secondly, I have personally used the system I will be discussing shortly for more than a decade and found it able to achieve answers when the best of modern medicine was at a loss.

So what do we do? Assuming God created everything we would need somewhere in nature, where in nature do we find a tool good enough to test the electromagnetic spectrum produced by the human body? This may be too hard to believe, especially for the science entrenched mentality, but we were all born with the tools needed. You don't even have to go into nature to find it, just within yourself. The potential we seek is built into each of us as part of our sixth sense or inner knowing, which isn't as mystical as it may sound initially. Science tells us we only use 8% of our brains. That much brain sent people to the moon, created wireless internet, holograms, and advanced military technologies that civilians are not even aware of. If 8% of the brain can do all of this, what is the rest of the brain for? Mass storage? I doubt it, or hope not because I have very limited access to mine. I think much of that brain is able to interpret aspects on the electromagnetic plane. If you learned how to use it, your own brain is able to process the information contained in the electromagnetic field and give you the feedback. The potential is limited only by your ability to believe in the potential and use imagination. I really wish I had more scientific proof for you, but it may be some time before science catches up with the potential of the human brain. The human being was created by God, I am sure there are many aspects that will never be understandable, but that does not make them any less real.

Realistically, everyone is not ready to jump into their full potential. Socialized fear and trust in the godhood of modern medicine is hard to negate for something as deep as I am describing. Society has made us numb to these possibilities, but lack in wanting to know, or lack in belief does not make them any less effective for those willing to step out of their previous mind sets. The truth is, your brain creates a response to every item or person that you come into contact with every day. That response is somewhere on a sliding scale of terrible (-10) to wonderful (+10). The response is not something you must learn, your brain is responding all the time, whether you want to admit it or not. The key, that which needs to be learned, is determining the severity of the response. Where on the mentioned scale is the response? If you want to know what is occurring on the electromagnetic realm, you just need to figure out a way to decipher the feedback occurring in the brain. If the electromagnetic field is reacting negatively to foods, pets, people, situations or even certain thought processes it means electrons are slowing down or stopping altogether. This means cellular death. After enough cells die, tissues are effected, symptoms occur and we then begin to seek medical help. But the problem started long before the symptom. Wouldn't it seem advantageous to figure out how our magnetic fields react to each area of our life? Fortunately, there is a way to amplify, or magnify the positive or negative response that occurs every time a reaction occurs.

### **What is kinesiology?**

Kinesiology is the strength challenge of a given muscle. If you went to the average kinesiologist, which is most often a Chiropractor or certified health practitioner, you would be asked to hold your arm up at a 90 degree angle from your body. Most practitioner's have you sit or stand, some have you lay on a table. The practitioner would apply about 5 pounds of pressure to establish that the muscle being challenged would hold strong with the challenging pressure. The arm is the most common muscle used, but any muscle will work for the kind of analysis we are discussing. There are a variety of modalities that incorporate a form of kinesiology, but I am painting a picture of one of the original, most basic, yet I believe most used even today.

People who want to gain physical muscle strength work out regularly, but muscle strength is actually the by-product of electrical activity in the body. Technically speaking, the strength of each muscle reflects the health (electrical activity) of the physiology it represents, but that is not relevant for what we are trying to learn at this point. The reason I mention this is because muscle bound people often come in wondering why I think I will ever get their arm down (I'm not a large person). Of course they are astonished and I generally have to repeat the process many times before they get over the phenomenon that I over powered one of their muscles. My illustration indicates that brute force developed by strength training (working out) is only as good as the electricity running through the body. The higher the electrical activity (electrons whirling) the stronger a muscle will be. Of course, physically working out, in terms of strength training, does nothing to increase the electron movement in the body. That is why I indicated earlier that every cell is like a mini generator. This information is relevant because once you identify a strong indicator muscle, all the person you are testing has to do is touch an item that has a negative effect on their electrons and the strong indicator muscle will become weak. It happens in a

fraction of a second. As fast as you can touch the negative item and retest the muscle, it will have created weakness. Why does this occur? Touching the item simply causes a temporary short circuit because it influences the speed or the whirling electrons. We see everything as matter, but we need to start thinking of everything in terms of energy. Any energy that is not health promoting will create a short circuit. The severity of the short circuit is determined by how bad the item you are exposing yourself to is, or more accurately, how well your body can adapt to the energy. Unfortunately adaptation is a combined effort of the spiritual, emotional and physical levels. We will get into this more as the book progresses, but the way I explained it in a workshop is:

“The fact is that every event, situation or circumstance is filtered through the **spirit** (connection to the Creator), the **mind** (perception of all previously accumulated knowledge and emotion) and the **body** (ability for the physical body to sustain the effect of the spirit and the mind). The outcome of filtered events that we experience determines how well the body is able to adapt to the stress of the event. This is what determines whether the experience destroys neurons and adds to the factors that will ultimately cause or contribute to further spiritual enlightenment or just one more factor that leads to a state of illness and disease.”

If we are in touch with our inner most being, the sixth sense, intuition, or whatever you want to call it, you should feel a response that occurs on the electromagnetic level. It is occurring in each of us, so the only thing that needs to change is our sensitivity level with it. The highest goal is to become tuned to what is really happening in our body, or become sensitive enough to feel the subtle changes happening on the electromagnetic level. We have clearly seen that what happens on the electromagnetic level, the “electro” governs the “chemical” reactions. Modern medicine and society in general has conditioned us to believe that we need elaborate tests run to be able to find the health problems, but this is not the case at all. On its best day, medicine is lucky to find the chemical reactions, but kinesiology can identify the problem, when it is at its “electro” stage, before it catapults into a chemical reaction that creates terrible symptoms, or worst! Since we are no longer trained to be sensitive to what happens on the electromagnetic level of our being, kinesiology is the tool that allows us to get the answers needed. In one sense, kinesiology is simply a method of amplifying the response occurring on the electromagnetic level. When a kinesiologist finds a weakness, let’s say the muscle becomes weak, the weak external muscles represent something happening on a deeper, more subtle level. It would be great if we all learn the principles and skills needed to become tuned to our inner selves, but while we do that, kinesiology can fill the gap and supply much needed answers. All kinesiologists are not alike, by any means, and the protocol used will have a lot to do with the results achieved. But in terms of ability to identify information occurring on the electromagnetic level, kinesiology is the absolute best, most accurate evaluation form available to mankind. No man-made machine can beat its potential if the protocol is good and the practitioner is well trained.

### **Why Does Kinesiology Work?**

*Mastering Health*, by Reuben T. DeHaan explains that “an electron remains in its state of orbit around the nucleus as long as it is not disturbed. If any outside force acts upon the atom, the electron can change to another quantized orbit.” Remember that the electron whirling around the nucleus at a certain speed creates a magnetic field. If you change the speed of the electron, the frequency, the wavelength of the magnetic field changes. We know that electricity creates a magnetic field (oscillation created by the whirling electrons) and through induction, this magnetic field can influence objects nearby. A visual of this occurs if you take a strong magnet and inch it toward a pile of small nails. You can be some distance from the nails before they will be pulled toward the magnet. In this case, the magnet had the power of induction and influenced the nearby objects. The stronger the magnet, the further away from the nails it can be before the nails get pulled into the field. The same principle applies for the body. Everything in life has a magnetic field because of the electron movement occurring in that item. When two magnetic fields meet, they are each influenced by the other. This is why you are not to put magnets near your computer, especially a strong one; it can change the electromagnetic field in the components, and this will change or destroy the information in your computer.

### **What is the Power of Induction?**

One must wonder what qualifies as a “disturbance” or “outside influence” that can change the orbit of the electron movement, which basically means altering the health of the cell. The answer is anything that has electrons moving in orbit around a nucleus. You guessed it, that’s pretty much any and everything. Everything is made of atoms, which means protons, neutrons and electrons or it would not be able to exist. Thus everything has a potential influence on the orbital pattern of the electrons in your body. People, food, supplements, your pet, family members, coworkers, jewelry, cleaning products; everything has its own electromagnetic field and is creating induction on its level. Electromagnetically hypersensitive people can simply be in close proximity of an item with a negative electromagnetic field and feel the response of induction as weakness in the knees, heart palpitations, depression, anger, or some other response that actually produces a physical symptom. As a matter of fact, we are all subjected to induction in the world around us, but we do not use our instinctive ability to be perceptive of the reactions that occur when we come into contact with other electromagnetic fields. Every living organism has an electromagnetic aspect, which means it all has a certain amount of induction occurring. Remember that energy is never destroyed, only changed, and now you know part of how that change occurs. The changes occurring in your body, the process of ageing and disease are accumulative reactions to the induction that has been occurring over the years. Those of you able to grasp the depth of this matrix-type reality no doubt see the awesomeness and intricacy of creation. Of course, the strongest induction force will always win in magnetism. The earth is magnetic and creates induction. Different geographical areas create different frequency patterns, so where you live may be positive or negative to your electromagnetic field. Anything that is electric, especially power lines and electronics with coils (hair dryer, refrigerator, etc,) creates a very negative induction for the body.

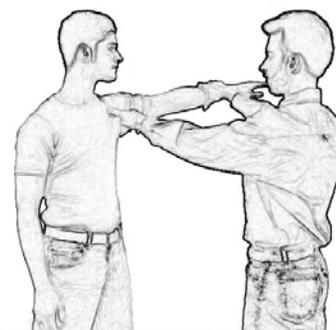
Because people are unique, even the people you hang around may have a negative induction response to your electromagnetic field. The final point of this book is to help you realize the importance of induction. Because we do not always feel it instinctively, I highly recommend you learn the method of kinesiology self-testing so you can find out if the changes occurring in your body are positive or negative. The foods, the places, the people, the music, everything creates induction and the person or item with the strongest electromagnetic field will influence the weaker fields.

### Application of Kinesiology

Know one really knows where and when kinesiology really started, but a Dr. George Goodheart was the first to really begin documentation of what is currently known as Applied Kinesiology. This form eventually progressed into an evaluation/treatment form known as Touch For Health. This form of kinesiology is most commonly practiced by Chiropractors, but anyone who wishes to learn the form can. It involves isolation and strength challenge of very particular muscles in the body. Just as it is understood that external acupuncture points reflect the health of internal physiology, muscles have been typed and correlated to corresponding systems. Thus a strong indicator (specific) muscle in the strength challenge test would give a pretty fair indication of the balance or health of the correlating system. Touch for Health/Applied Kinesiology is an excellent evaluation tool, but as understanding in quantum physics and human electromagnetics has progressed, the potential of kinesiology has made the styles mentioned kind of old fashioned. When kinesiologists realized that touching one of the acupuncture points on the skin “changed the quantized orbit” of the electrons to create a positive or negative effect, they chose to touch the appropriate point and challenge the strength of the arm rather than test all the muscles individually. Thus Applied Kinesiology developed into point testing which was able to reveal more specific information than basic muscle challenges. It is more informative than Applied Kinesiology because point testing allows the practitioner to find the area of weakness, any nutritional elements that might be needed in that area of weakness and if the kinesiologist is trained in an advanced protocol such as TBA, they can also identify any toxic agents that might be accumulated in the tissues of the body. Kinesiology has progressed to methods where self testing can be done, but let’s start with a basic application of the more traditional form.

**APPLICATION:** Most kinesiologists use the deltoid muscle for their kinesiology evaluation because it is the most convenient. The deltoid is a shoulder muscle, so it is convenient and non-invasive. The tester placed a hand between the wrist and the elbow of the client and exerts about five pounds of pressure to see if the muscle is initially strong. You must start with a strong indicator muscle. When the strength of the muscle is identified, the practitioner would proceed by touching the many points documented for Nutrition, Anatomy & Physiology and Disease Causing Agents (evidence of toxin accumulations). If there is a problem, the muscle that was previously strong will become weak when the corresponding point is touched and the strength of the arm is challenged again. When there is imbalance in the body, the current in the corresponding acupuncture point, or reflex point, will change. If it is anything other than normal, it short circuits when touched by the tester-an outside influence. With protocols such as TBA, even point testing is now considered old school because it only reveals information in the acupoints and meridians, but not the entire electromagnetic field.

Standard position for kinesiology.



Complete instructions on how to learn kinesiology either for self testing or for helping clients is available at [www.hcmionline.com](http://www.hcmionline.com)  
Videos 01, 02, 03 & Book 01, 02, 03

Typically, if a kinesiologist wants to test the body’s electromagnetic response to something, that item is held in the hand or held against the body of the person being tested. You now know that the electromagnetic field of the person is simply reacting to the induction created by the item. If the arm goes weak, the effect of the item is negative on some level. That does not mean your throat is going to swell up and you will die. We are talking about electromagnetic levels. If you use that product or item, there will be a negative response on some level. If it is on a metabolic level, you will not feel the effect externally. The body will ultimately reveal the effect of the accumulated factors that have occurred over time though. After years of exposing yourself to foods, environments and emotions that are negative for the heart, to pick a system, the energetics which run through the heart meridian will eventually become faulty and the health of the tissue will show it. When a point is touched on the skin, the brain does not respond if there is no “hazard”, but if there is any potential “hazard” correlated with that point, the body will react with a voltage signal and this initiates the weak muscle. The voltage signal literally works as a non-invasive and non-harmful electric shock to the nervous system that short-circuits muscle strength for a fraction of a second. This neuron compatibility is the body’s way of monitoring the environment and helping to initiate immune response to antigens that may be of concern before they can fully activate or create damage in the body. These microshocks occur all the time, but we are not trained to feel them, which is why I stated that kinesiology is basically a form of amplifying the information for us.

People who have been trained in the medical profession and use modern equipment to identify weakness or disease in the body have a hard time with the level of simplicity that is incorporated in kinesiology. And that’s putting it nicely. The truth of the matter is that kinesiology is not accepted in the medical field, but the medical field is not open to the energetics of the body. I am not talking about the individual as much as the science of medicine, although most individual doctors fit this stereotype. Many of the people in the church get their information from people trained in the medical field rather than people trained in magnetics and quantum physics.

And so there are those in the church that utilize energy medicine like kinesiology and homeopathy but the majority scorn it and even label it as occult. Unfortunately, ignorance tends to settle more comfortably than truth. Perhaps that is why the Bible explains that "...a king must search out a matter."

The purpose of this book is not to teach you kinesiology. If you are interested in the how's, why's and protocols, I encourage you to read Book 2, *Mastering Health*, by Reuben T. DeHaan. This book is more about the underlying nature of the body that allows the energy that makes kinesiology possible at all.

#### **SUMMARY POINTS FOR HUMAN ELECTROMAGNETICS** -summary from Book 2, *Mastering Health*

- One hundred trillion impulses travel between your brain and your body each second. This is done with electrical impulses that travel along the nervous system; the energy is organized along pathways called meridians and surfaces along points called acupuncture points.
- The brain monitors every condition in the body every trillionth of a second, thus the brain knows exactly what is wrong at all times.
- Kinesiology is a method of accessing information from the brain
- An EEG (electroencephalogram) can be used to monitor the electrical voltage produced by neurons or nerve cells in the brain.
- There are neurons in the skin that have the same composition as those in the brain, thus anything that comes in contact with the skin is immediately communicated to the brain where neurons respond with a voltage signal. Thus the arm goes weak or not in a kinesiological evaluation.
- That same energy becomes distorted when a person is thinking negative thoughts, thus it is readable on the polygraph test (lie detector test).
- The five stages of progression in a nutrient deficiency are:
  1. Nutrient reserves in the body are depleted
  2. There is a depletion of the nutrient from the body's tissues
  3. The depletion causes biochemical changes which can be detected in blood or urine
  4. Depletion causes functional changes internally, such as fatigue, gas, bloating
  5. Depletion causes notable/visible manifestations such as changes in skin, skeleton, tongue, etc.

*\*Medical procedures cannot produce a diagnosis until level 4 or 5, but kinesiology can initiate a response from the brain and pick up on level 1.*
- The body is made of tissues, tissues are made of cells, cells are made of molecules, molecules are made of atoms. The World Book Encyclopedia (Vol. 6 p 189) states that. "Everything around us consist of atoms. Atoms, in turn, are made of three main types of tiny particles: electrons, protons and neutrons. Both electrons and protons have an electrical charge. An electron has one unit of negative charge, and a proton has one unit of positive charge. A neutron has no charge. Protons and neutrons are heavier than electrons and are crowded into the nucleus, the central core of an atom. Electrons whirl around the nucleus."
- Electricity is the movement of electrons or ions (which are charged atoms).
- Electricity creates a magnetic field.
- Through induction, this magnetic field can influence objects nearby. Quantum mechanics reveals that in an atom, tiny particles of negative electrical charge called electrons move in orbits around a nucleus of positive charge. An electron remains in its state of orbit as long as its atom is not disturbed. If any outside force acts upon the atom, the electron can change to another quantized orbit. This defines induction.
- Einstein demonstrated that the core of all matter is energy;  $E=MC^2$  (energy equals mass times the speed of light squared). Thus all matter can be defined in terms of energy.
- How many times an electron moves around its nucleus creates a vibration known as a frequency.
- When testing a product against the body, we see that introducing any element into contact with the body simply introduces another frequency that acts upon the atoms in the body causing the electron movement to change (changing the quantized orbit) and the body reacts with miniscule electrical impulses that travel along the nervous system and can be interpreted as positive or negative responses. Thus a strong or weak muscle. Thus medical science views Kinesiology and other forms of alternative medicine as amateur and unscientific, when in reality we have jumped to a stage of science that is far beyond the empirical (experimental) base that modern science is based on.
- Electromagnetics radiate outward to create the electromagnetic field (aura)
- Kerlian photography and EAV machines can be used to test for these electromagnetic charges and changes in voltage in the body.
- Thought energy also creates an electromagnetic response measurable and seen in the polygraph test, but it can also be interpreted with Kinesiology because of the changes created in atomic particles and photon signatures (wavelengths). The body can interpret these wavelengths as strong or weak by challenging any given indicator muscle.
- All men have a like frequency (.0000026), all woman have a like frequency (.0000025), yet everything has a different vibration. Although two men have the same frequency, they look different because of a variation in the micronage. Twins have similar micronage, but independent thought and personality because they have a different milli micronage.

- If we all have a similar frequency, is it possible that we could "tune in" to each other and be able to feel what they feel, even feel what they are thinking?
- We know that all matter is energy, but we have not been able to convert energy to matter. God is the energy that brings cations and anions together to create atoms, thus the base of all matter. And so God is in everything, the Creator of everything!
- Surrogate testing is simply the use of one person as a jumper cable to transfer electrical impulses.

### **Auras - Layers of the electromagnetic field**

The human electromagnetic field contains seven primary colors (same as the rainbow). They are interrelated, and affect one another and the person's feelings, emotions, thinking, behavior, and physical health as well. These particles of energy are suspended around the healthy human body in an oval shaped field. This "auric egg" emits out from the body approximately 2-3 feet on all sides, but its size, shape and color vary depending on the precise condition of the individual. It extends above the head and below the feet into the ground. We were created to have a symbiotic relationship with the earth (actually designed as caretakers, or stewards), as discussed in various places of this book, and the aura demonstrates part of that connection where the earth's electromagnetic field morphs with the human aura. What happens to one will affect the other. Each auric field (also referred to as layers or levels), represents a different depth of the electromagnetic spectrum. While an electric object (like the coils in a hair dryer) creates a magnetic field that measures a particular distance, living matter emits a much more complex field representing connections between the carbon, physical body and the highest form of cosmic reality and spiritual belief. These layers are continuously moving and interpenetrating each other. The movement within the fields is initiated to environmental inputs as well as shifts in thought, feeling and physical wellbeing. The layers of the aura are premanifestation of the whole person, each corresponding to a different aspect of the human function. The study of nutrition, diet and lifestyle as discussed in Book 01 are fundamental, but only a fraction of what the phrase "whole person" really means. The physical body is a part of reality, the part governed by carbon, but study of the auras will manifest how and where one can monitor at least a part of the emotional and spiritual elemental attributes (referring to the first chapter).



And you might say, "Who cares about the colors in the electromagnetic field, leave that for the people who study such things." Unless you are content being in the state of imbalance that you are in, you must know. And yes, we are all in a state of imbalance in some area. But the point of spiritual growth is to learn about ourselves so we are always moving away from denial, guilt, reactions, emotional pain and anything else that would be less than manifestations of Godly attributes. You do not have to become an aura expert, but this is a physical, tangible method to see where we are in different areas of our lives. And let me say right at the start that it is incredibly difficult to research this subject in books or the internet without coming into ridiculous information. Everything I write in this book is based on some science or mathematical principle first. When you get into this subject you find reincarnation, ferries, ascended being and kinds of things that come from tradition and myth but have no actual place in the world of energy and quantum physics. But here is my best attempt at writing it in plain language.

The primary seven layers of the human aura are often represented as follows:

- The first auric layer is the Etheric Body associated with physical aspects and awareness of the material body and is related to the First (Root) Chakra (Red). It is on the next higher vibrational level to the physical body which has the lowest vibrational level. It bridges the connection of the material body to the higher, electromagnetic plane. It is the energy manifestation of the physical body. If you live a healthy emotional and spiritual life and don't take care of your body, this level will suffer. The etheric body is an energy matrix and the form is shaped and anchored to the physical matter of the material body. The etheric body extends only a quarter of an inch up to one inch outside the skin of the physical body. The etheric body is invisible to most people, while some can see it as a faint grayish-white color outlining the physical body.
- The second auric layer is the Emotional Body associated with the vibrational level of inner feelings and related to the Second (Sacral Plexus) Chakra (Orange). You might think of it as the emotional condition with respect to self. It extends three inches around from the physical body. This body or auric layer and all higher layers are perceived by the third eye. Diseases may be perceived at this level before they make themselves felt in the organism at the first level. What this means is that the energy produced along meridians can be detected in this level. In ancient times, sickness was deemed foreseeable and thus preventable by the manipulation of the body's energy system. It is said that Chinese doctors who specialized in acupuncture were prone to be dismissed or even executed by powerful clients in the event of their falling sick because the practitioner should be able to detect a problem in the energy field produced by meridians before it manifested physically. Russian scientists in recent times have succeeded in photographing this energy system and their method, known as Kirlian photography.

- The third auric layer is the emotion level which is associated with the vibrational level of rational thoughts and mental processes and related to the Third (Solar Plexus) Chakra. It extends three up to eight inches around from the physical body. In one sense, it is misleading to categorize this layer as the level of the emotions, for the emotions have an effect at all Levels, as does energy, thought, etc. Nevertheless, from a clinical point of view, chronic infections at this Level have a particular effect upon the emotions; thought-forms of feelings, rather than concepts, affect this layer strongly. Bach flower remedies work well if this level is detected with imbalance. When you find yourself acting or reacting out of emotion rather than logic, this layer is out of balance.
- The fourth auric layer is the Astral Body associated with areas of expression on a physical, emotional and mental level and is related to the Fourth (Heart) Chakra. It extends one half foot up to one foot around from the physical body. Level Four is the Level of Thought. It holds the concepts on which we build our ability to recognize reality. These concepts take objective shape at this Level and are known as Thought Forms. Logical activity is experienced at Level Four. You might say that it is where thought and insight meet. It is said to be the layer that connects the physical with the spiritual, or how well the physical and the spiritual will blend with one another. If you can't learn from mistakes, it might be related to this level, or if you do much in terms of seeking spirituality and yet you cannot access physical manifestations in the body, it may be this layer.
- The fifth auric layer is the Etheric Template associated with aspects of the physical body and related to the Fifth (Throat) Chakra. Known as a blueprint of the lower etheric body and where matter is shaped into the physical aspect. The vibrational level in this layer is where sound creates matter. This is the field or focal point of Intent. This is the layer from which a positive affirmation begins to take effect. As the affirmation takes shape as a thought form (Level Four) and is repeatedly driven into the subconscious, it gains emotional power (Level Three) and active energy (Level Two) until it begins to stabilize and take effect in the world at Level One, which is where we see the physical manifestation. The functions of Insight and Self-Awareness are experienced at Level Five. It extends one and one half up to two feet around from the physical body.
- The sixth auric layer is the Celestial Body associated with processes of enlightenment and related to the Sixth (Brow or Third Eye) Chakra. It is composed almost exclusively of light and is also known as the intuitive level. This layer gives us access to higher qualities of feelings, thoughts and manifestations. Level Six allows us to project our energies beyond ourselves. It is the Level of Love, of our ability to be happy. The more we actualize this Level, the more expanded and fulfilled we become, until our awareness reaches out to encompass and to serve all the living things on this planet. It extends two feet up to two and three and a quarter feet around from the physical body.
- The seventh layer is the Ketheric or Causal Body associated with "all that is," what quantum physics calls point zero, but people often understand as Universal Consciousness. It is related to the Seventh (Crown) Chakra. Some refer to this level as connecting to the Divine, but universal connection to all things is known in quantum physics and yet something beyond that remains unexplained. This would be the Divine, meaning Divine does not fall under the category of the seventh layer or Chakra. The causal body contains the manifestation of ones destiny. It brings out the awareness in us of our true potential. Level Seven also governs our Perception of the needs and wants of others. This layer is on a level that cannot be experienced from the limiting viewpoint of ego. It extends two feet up to three and one half feet in an oval shape around the physical body.

### **Why know about the electromagnetic field?**

Keep in mind that every organ has its own energy field, which is in fact its own auric manifestation, as does every cellular function. So the aura in terms of layers is a basic culmination of all the smaller aspects and ratios occurring in the body. Now we all have the same principle colors arranged in the same order around us. The first (Etheric layer) starts closest to the body, followed by the next and so on. There are seven basic layers, each with a color representation. And while each layer has its base color, the person who sees auras, or the cameras taking the photos, don't always see the basic colors. The interrelation of the colors and all that is occurring on a physical, emotional and spiritual level play into the color scheme that actually manifests at the moment.

As you will see next, each color has a kind of personality, or character trait pattern that goes with it. We are aware that some people are gifted at sales, others are good with numbers, some are good actors, etc. Each different personality actually reflects the attributes of dominant color patterns in the aura. There is debate as to whether you can change your dominant color. Some say that what you are is what you are. You can have attributes of other colors, but you are principally one color with a close second dominant color for some people. The other school of thought is that you can work to change attributes about yourself and change your primary color. Right or wrong in theory is not the point though. Consider that your current primary is the result of what your life has been thus far. When you work to discharge and deprogram all the negative emotions and patterns that have built up through your life (we discuss this in the last chapter), your colors will change. So personally, it isn't about "what color" you are, it is about what color you are manifesting in the now, then looking at the less desirable attributes of that color and working to correct the way you express or react in that color. A color is not a destiny, only a revelation of what is at the moment. So don't let what you discover dictate who you are. You can have tendencies in a color, but you always have choice and will, which combine to create motivated change in areas of need.

Keep in mind that your current color is the culmination of your physical, emotional and spiritual past and present. It isn't just your actions, reactions and physical health, it is everything. What you do most of the time creates who you become. For instance, some colors can handle things that other colors are not settled with. Some people can watch a surgical procedure while others faint at the sight of blood from a splinter in the finger. One is not tougher than the other, they simply have a different color scheme that does not process that sort of thing well. The worst thing you can do in terms of higher growth is desensitize yourself. To do this in any area is to shut off the awareness your body has with your spirit. And it isn't that one color should be strong enough to be gory while the opposite faints at the blood produced by the splinter. There should be a certain amount of tolerance in any color for any stimulant. Moderation in all things. The key is to know what your areas of sensitivity are and know your boundaries. When you start to cross the line, step away.

What will effect your color? There is no specific list I can give you because the answer is everything and anything. The kinds of people you are around, the music you listen to, the kind of television you watch, the pictures you look at and the places you spend your time. Everything is creating a morph, which is an interaction, with your auric field. We are all made with an intuitive sense that monitors this mechanism for us. Everything about the way most of us live is designed to shut that intuitive mechanism off. Most languages are not mathematical, the learning styles in school are not brain enhancing and social acceptance polishes off most of what might have been left. So most of us have had generations of a mechanism that has been shut off. Fortunately DNA never forgets. It is important that we begin to be more aware of ourselves. Learning a self test method of kinesiology is a great way to amplify that feeling we don't yet have working. As you build your kinesiological skills, it will actually build your intuition as well.

### Colors of the electromagnetic field

You can go online and google for quizzes to identify your aura color, but if you take several of them, you will find each answers you differently and the answers are kind of like those you find in a fortune cookie – probably applies in some area for all people. Thus a good book, perhaps *What Color is Your Aura*, by Barbara Bowers might be good. It has a quiz that will help you identify your color and give you an incredible psychological profile for the kind of person that functions in that color. A beginning hint for the color you manifest most is probably the same color that you like most. What is your favorite color? Find that on the following charts and you may have a basic idea of where you are, or what you are manifesting. Here are the primary colors as you find in general information about auras. The mentioned book is highly recommended for those who find interest in this area. I spent an incredible amount of hours looking for reliable explanations of the colors. Only those who can actually see auras and reflect their findings with the people whose auras they have seen have a knowledgeable piece to offer in this field. After much searching through a world of gibberish, I found what seemed to fit the greatest picture.

One person who sees auras and gave their account of what each color means (no name was found with the descriptions) writes, "I have heard and seen many people offer many different explanations on what the colors in auras mean. I think the best way to learn this is to read the different opinions, and then weigh them against your experiences. I think different colors can mean different things to different people and situations. Look at someone's aura and notice what they are doing at the moment, or if they are ill, or injured, or upset, or mad, and notice if there is anything notable in their aura. Keep a record of these things. Compare them with the definitions of others. I think this is truly the only way to get your own understanding of what they mean. The colors and definitions I'm going to list here are simply "my beliefs" of what these colors mean. I think you'll find my list pretty common, as I try to keep it as basic as possible. One of the most important factors I see people over look is that the colors within the different layers can mean different things. Such as an example, "red". If you saw red on someone near the hip area, where someone not aware of the importance of different layers, might expect that since they read that "red" means anger, that this person might be angry. However, this in my opinion would mean that the person has some inflammation, pain or injury in that area of the body. There are also the different shades of colors that need to be considered, such as muddier shades or hazy shades as opposed to bright or soft shades, but, as I said, I'm going to give a basic overall definition of each color."

- Red: Reds usually love sex. For them it's a hearty, wanton, playful, and joyful physical release. Reds don't necessarily need to be in love to enjoy sex, since sheer physical pleasure is the most important thing. They are passionate lovers and are not afraid to fully experience their sexuality and turn their fantasies into reality! Red signifies high energy, physical and emotional driver. If you want to have an exciting fling with a partner who takes control, choose red.
  - Clear Red - Powerful, energetic, competitive, sexual, passionate. In a good, bright and pure state, red energy can serve as a healthy ego.
  - The densest color is red, it creates the most friction. Friction attracts or repels; money worries or obsessions; anger or unforgiveness; anxiety or nervousness.
  - Dark or cloudy red shows violent or passionate tendencies; "red with rage."
  - Deep Red: Grounded, realistic, active, strong will-power, survival-oriented.
  - Pink-bright and light: Loving, tender, sensitive, sensual, artistic, affection, purity, compassion; new or revived romantic relationship. Can indicate clairaudience.
  - Dark and murky pink: Immature and/or dishonest nature.

- Orange Red: Confidence, creative power Scarlet - Lust, lower passions, materialism.
  - Rose Pink - Selfless love, gentleness, modesty.
  - Scarlet - Lust, lower passions, materialism.
  - Rose Pink - Selfless love, gentleness, modesty.
  - Brown - Avarice, selfishness.
- Orange: Orange needs space. If you're consumed in your career or need a lot of time for yourself, choose a partner with a lot of orange in his or her aura. An orange is fun when s/he is around, loves adventurous, high-energy sex like a red, but an orange will not be too demanding. People with orange auras are usually extremely creative, independent, often athletic, and frequently need to take off on some high adventure or jump full-bore into a creative project to test their limits. An orange might ask you to go sky diving or bungee jumping.
    - Orange relates to reproductive organs and emotions.
    - The color of vitality, vigor, good health and excitement. Lots of energy and stamina, creative, productive, adventurous, courageous, outgoing social nature; currently experiencing stress related to appetites and addictions.
    - Pride can result from an excess of orange in the aura. Dark or cloudy orange shows low intellect.
    - Orange-Yellow: Creative, intelligent, detail oriented, perfectionist, scientific.
- Yellow: Yellows love to sit around and discuss, theorize and analyze. You'll often find them hanging out in bohemian cafes, huddled around steaming espressos - enthusiastically debating how to solve the world's problems. To them, life is one great mental riddle that can be solved in a logical and systematic manner. Innately curious, a yellow is always asking questions. Like Star Trek's Mr. Spock, a yellow's approach to life is primarily mental and cerebral. A yellow would probably rather discuss your political views on a first date than ravish your body. If you are turned on by intelligence, quick wit, and an optimistic attitude about life, go with Mr. or Ms. Yellow.
    - Yellow relates to the spleen and life energy. It is the color of awakening, inspiration, intelligence and action shared, creative, playful, optimistic, easy-going. Love and kindness, compassion, optimism; "breath of life."
    - Dark lifeless yellow shows suspicion, covetousness.
    - Light or pale yellow: Emerging spiritual awareness (often termed "psychic awareness" although this word is discouraged); optimism and hopefulness; positive excitement about new ideas.
    - Bright lemon-yellow: Struggling to maintain power and control in a personal or business relationship; fear of losing control, prestige, respect, and/or power.
    - Clear gold metallic, shiny and bright: Spiritual energy and power activated and awakened; an inspired person.
    - Gold: Higher self, good qualities, harmony.
    - Dark brownish yellow or darker gold: A student, or one who is straining at studying; overly analytical to the point of feeling fatigued or stressed; trying to make up for "lost time" by learning everything all at once.
- Green: Greens come from the heart, and their generosity and compassion know no limits. They are often innately caring and want to heal the world. Greens can be doctors, nurses, teachers, therapists, and social workers. They want to serve and make the world a better place to live in. Greens make tender, loyal, caring lovers, as much concerned with your pleasures as with theirs. They also tend to love children and animals, enjoy domesticity and family life. Greens can also be ambitious - striving to reach the top of their field. Not only kind, this person is often financially well off.
    - Green relates to heart and lungs. It is a very comfortable, healthy color of nature. When seen in the aura this usually represents growth and balance, and most of all, something that leads to change. Love of people, animals, nature; teacher; social.
    - Clear green shows adaptability, versatility.
    - Dark shades are deceitful, jealous; "green with envy."
    - Bright emerald green: A healer, also a love-centered person.
    - Yellow-Green: Creative with heart, communicative.
    - Dark or muddy forest green: Jealousy, resentment, feeling like a victim of the world; blaming self or others; insecurity and low self-esteem; lack of understanding personal responsibility; sensitive to perceived criticism.
    - Turquoise: Relates to the immune system. Sensitive, compassionate, healer, therapist.
- Blue: Blues are sensitive. They have a great depth of feeling and crave intimacy and meaningful communication. They are often thoughtful and introspective. Blues are not usually materialistic: a rich, spiritual, contemplative, and creative life is more important to them than monetary wealth. Above all, blues wish to be in loving, supportive relationships to which they can generously give and reveal themselves. With blues, love and sex go hand in hand. If you want to be with somebody who is true and emotionally there for you, choose a blue.
    - Blue relates to the throat, thyroid. Cool, calm, and collected. Caring, loving, love to help others, sensitive, intuitive.
    - Blue: Strong mental powers, intelligence, logical thinking.
    - Clear blue shows intuitive capabilities; "out of the blue."

- Dark shades show over analytic, suspicious nature or visionary mentality.
  - Soft blue: Peacefulness, clarity and communication; truthful; intuitive.
  - Bright royal blue: Clairvoyant; highly spiritual nature; generous; on the right path; new opportunities are coming.
  - Dark or muddy blue: Fear of the future; fear of self-expression; fear of facing or speaking the truth.
- Purple, often referred to as Indigo: Expect the unexpected with a purple! These fascinating nonconformists live in the wonderful, wild worlds of their unlimited imaginations. Often purples would rather daydream and fantasize about sex rather than actually do it. Fantasy and role playing are not out of the question for a purple. Purples, who tend toward passivity, usually enjoy physical intimacy only after they feel safe and trust a caring partner. If you want to take the lead in a relationship and explore your fantasies, then purple may be for you.
    - Indigo relates to the third eye, visual and pituitary gland. Intuitive, sensitive, deep feeling.
    - Inspired thought or deep wisdom. Can show spirituality and devotional nature. Artistic and harmonious with nature. Self-mastery
  - Fuchsia Pink: This vibrant color sometimes appears in a particular part of the aura or may color the entire field. I don't define this color as a category, but rather as a sign which indicates the person is falling in love, or about to. Fuchsia pink also represents universal or unconditional love. Often, people who are very close and spend a lot of time together will "match energy" and their auras will look almost identical. Their energy fields vibrate to the same frequency, and are in balance. Partners in such relationship will feel very comfortable and in harmony with one another. The energy of love also vibrates at a very high frequency rate. When one is in love the aura expands and intensifies its color and brilliancy. Isn't it always easy to tell when someone is in love? Their whole being seems to sparkle and shine, and they look more alive. You're actually noticing and responding to their extra vibration.
    - Violet relates to crown, pineal gland and nervous system. The most sensitive and wisest of colors. This is the intuitive color in the aura, and reveals psychic power of attunement with self.

#### **Other colors include, but are not limited to:**

- Gold is the color of enlightenment and divine protection. When seen within the aura, it says that the person is being guided by their highest good. It is divine guidance. Protection, wisdom, inner knowledge, spiritual mind, intuitive thinker. Silver - Versatility, High energy, constant change. Silver is the color of abundance, both spiritual and physical. Lots of bright silver can reflect to plenty of money, and/or awakening of the cosmic mind.
- Bright metallic silver: Receptive to new ideas; intuitive; nurturing
- Dark and muddy gray: Residue of fear is accumulating in the body, with a potential for health problems, especially if gray clusters seen in specific areas of the body
- Gray - Depression, low energy, guardedness, fear.
- Black - Sinister, malice, evil intent. Black draws or pulls energy to it and in so doing, transforms it. It captures light and consumes it. Usually indicates long-term unforgiveness (toward others or another) collected in a specific area of the body, which can lead to health problems; also, entities within a person's; unreleased grief from abortions if it appears in the ovaries.
- White reflects other energy. A pure state of light. Often represents a new, not yet designated energy in the aura. Spiritual, etheric and non-physical qualities, transcendent, higher dimensions. Purity and truth; angelic qualities. White sparkles or flashes of white light may indicate that the person is pregnant or will be soon.
- Pastels indicate a sensitive blend of light and color, more so than basic colors. Shows sensitivity and a need for serenity.

#### **How to see electromagnetic fields with the human eye**

As mentioned, there are photographs that can show the auric colors you are manifesting at the time of the photo. Unfortunately for those of us who want fact without fiction, these cameras are generally found in shops that have taken the knowing of the electromagnetic field to a place filled with mystic ideas. For those of you searching for truth, the aura is very much part of who and what you are, it is part of creation and the design of the human body. I will be the first to tell you that most of the people that talk with any understanding of such things have not known where the line where knowledge of electromagnetics moves into the realm of traditional mystic. But don't throw the baby out with the bathwater, as they say.

Following are several techniques you can use to begin practice of seeing the aura. Before you start, it would be wise to look at photos of auras on the internet or from books. If the mind has a frame of reference, it often makes it easier to grasp the concept. Keep in mind also that the eyes themselves are not the tools used to see auras. Your own aura is detecting and coexisting with any auras around you, particularly any item, object or person you put focal intent into. So allow your mind to be open as it will already "see" the aura and can give your brain a picture of it as your intent goes out to see it.

#### **Technique 1**

*Produced and Created by Dr. Reuben T. DeHaan c/o Health Care Ministry International. [www.hcmionline.com](http://www.hcmionline.com)*

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Soft or low light is the best condition in which to first see the aura. It also helps to be relaxed. Find a good chair or lay down.

1. Turn off the lights. You don't want to work in pitch-black conditions and in most cases the street lights filtering through the curtains will provide enough light. If not, leave the landing light on and close the bedroom door. The small amount of light seeping underneath the door frame should be enough to work with.
2. As you lie in bed, hold your hands straight out in front of you. Look gently at them, don't stare hard- you need to gaze rather than look, almost a slight crossed-eyed while trying to look right through your hand. The aura rarely appears as a bright light, it is more like a gentle heat haze.
3. Try fixing your attention on your hands while focusing your eyes on the bedroom wall. The hands will appear out of focus but this will help you get the knack of the way to look.
4. Now very slowly bring the fingertips of each hand towards each other until they are very close but not touching. The aura will appear as fine lines of blue and red light between the finger tips. You can try the same again just using the index fingers of both hands.
5. As you draw the hands apart you will see the streams of energy connecting each finger. Imagine the energy increasing and you will see the light glow brightly. Bringing the fingers tantalisingly close together in this way seems to increase the auric flow. It's just like when you bring two opposite poles of magnets together: you feel the attraction suddenly increase as the fields unite.

**Technique 2** - taken from an explanation given by Robert Bruce

To see the aura you have to be able to relax and concentrate, at the same time, and there is a trick to focusing the eyes in a special way.

1. You need soft light to train in, not dim, but good soft light. No harsh light shining or reflecting in your eyes! Get a book and cover it in Blue or Red paper. Stand it upright on a table several feet from you. Experiment with the distance until you find what is best for you. Make sure you have a plain neutral background. If the wall color is wrong, hang a sheet of neutral colored paper or cloth as a backdrop.

*Note: The auras of the colors Blue and Red are the brightest and easiest to see. Blue has a Yellow aura and Red has a Green aura. The brightness and tone of the aura varies with the shade and tone of the color used, so use bright primary colors.*

2. Close your eyes, take a few deep breaths and relax. When you are calm, look at the book. Focus your eyes on nothing, a little to the side and past it. Gently hold and get used to that focus but don't strain your eyes or tense your eyes or forehead. You need a gentle, steady un-focus, similar to day-dreaming.

*Note: When you need to blink, do so, or it will cause your eyes to tense and water. Blink normally and quickly without changing focus, and do not become preoccupied with it. It may cause the aura to disappear for a second, but it will reappear quickly if you stay relaxed and hold your focus.*

After a while you will see a pale narrow aura coming from the book. Hold the focus, don't look AT it, soon a bright Yellow or Green aura will start building up from the object. Don't change focus or look directly at it or the aura will disappear.

There is a reason for this strange un-focus. Your outer field of vision is many times more sensitive than the focused area is. Have you ever seen a movement, out of the corner of your eye, only to turn and see nothing there? What you may have seen is an aura building up from something and your outer field of vision has detected it.

3. Once you have completed the first step, get a pot plant or some live flowers and look for their aura as you did the book. The aura you will see emanates from the living plant and also from the colors of the petals. The Orange hue comes from the green of the stems and leaves. You will also see a more distinct etheric and a shimmering optical effect around them. This shimmering is the energy field or living aura of the plant.

4. For the next step use an animal, dog or cat etc, if you have one. Try and observe them when they are resting.

5. Observe your own aura. This can be done both inside and outside in the sun. Hold your arm out and study it against the sky or clouds. Alternatively, lie down and look at your legs. Make sure the skin is bare when you do this, and remember, grass will give off an Orange hue.

6. When you feel proficient enough, try it with a human subject. Just remember not to try too hard. Do it exactly the same as in the original exercise with the book. Get your volunteer to remove some of their clothing and study the bare skin area against a neutral background.

On a human subject, again, the first thing you may see is the etheric aura, like pale smoke clinging to the skin. Next you may see the shimmering optical effect in the air extending from several inches to a couple of feet deep, depending on the strength of their aura. Keep trying and the aura's color will build up, and out from, the etheric. It will first appear as a narrow band of color next to the etheric. This will expand slowly, if you hold your focus, until it is several inches or more thick. The brightness of a person's aura has a

lot to do with how they feel. If they feel happy and full of life their aura is stronger, larger and brighter. So don't start with a sickly person or a lethargic person. Find someone who is vivacious, smiles a lot. Try playing their favorite music, this will help to energize their aura and make it easier to see.

It takes practice to see the human aura, so don't be disappointed if you seem to fail, or see very little, the first few times you try. Using this training method stimulates the forehead chakra, which is responsible for this ability. With use, it will grow in strength, and become progressively easier to do.

### **Chakras, connecting us to all**

The word Chakra in Sanskrit translates to wheel or disc. They are centers of activity that receive, assimilate and express electromagnetic energy. They absorb and transmit energies to and from the universe around us. According to the traditional writings there are 88,000 chakras in the human body covering basically every area in the body. The majority of them are small and insignificant. 40 of them have significant function and they are in the hands, feet, fingertips, and shoulders. The most significant ones are the Seven Main Chakras located along the central line of the body, from the base of the spine to the top of the head.

You might think of Chakras as Energy Processors. Each chakra takes the shape of a helical vortex, spinning out through the auric levels to create a vase-like structure that has real, measurable properties and definable functions in our system. While most people think of Chakras as Entry Gates of the Aura, the newest findings seem to indicate that they are entry gates to the DNA itself and as the subconscious mind interacts with the DNA, the result is what you see in the aura, which is then transmitted back out through the chakra gates. Thus you have about 88,000 known energy receptors constantly monitoring and merging with all the energy around you. That energy is filtered by all aspects and levels of who you are at the moment and sent back out to the universe. It all happens instantaneously, of course, and every living thing is doing the same thing at the same time. Quite astonishing, marvelous and wonderful if you think about it.

The prime attribute of a chakra, as mentioned earlier, is that it can accept information from without, in order to process and combine these energies into Consciousness. For most of us living on or near a city, there are literally at least eight commercial radio stations, plus the national radio, both FM and AM band, six television stations, cable and satellite transmissions and a large number of private systems, such as CB, shortwave and two-way radios broadcasting at various frequencies, or wavelengths, not to mention the range of mobile phones and even the internet. Should I choose to switch on my receiver (CB, radio, XM, etc.) and tune to one of these frequencies, I could receive a program on that wavelength by courtesy of the originating station and its crew. Should I have a powerful receiver, I could receive programs of information, music and entertainment from all over the world. And all this is beaming into my room, right now, just waiting for me to tune my receiver. It is here all the time. I simply am not aware of it, unless I tune to it.

These wavelengths are not the only frequencies to which we are constantly exposed. There are many, many types of natural energies of which we can become aware. They include Environmental Stresses like nuclear radiation, Frequency Stress from electrical apparatus, Water Stress from underground streams and so on. They also include the natural radiations of other people!

We are able to accept and transmit energy through our aura, via the chakra system. When we form any kind of relationship, our chakras seek to connect with the appropriate chakras of the other person. When all chakras connect at the appropriate frequency, a dyadic (totally fulfilling) relationship develops. On the other hand, should chakras fail to connect with their opposite numbers and conjoin with chakras of a different frequency, chakra fractures can develop, leading to dysfunction in our energy systems that can lead to mental, emotional and/or physical breakdown. Relationships may be understood as the exchange and mutual processing of energies. A healthy relationship is one in which the energy exchange is mutually beneficial. A strengthening relationship is one in which both partners are stronger as a result of the relationship than they would be without it. A weakening relationship, on the other hand, is one in which the energy exchange is actually destructive to the health and wellbeing of the partners. In other words, one that both partners would be better off without! That is not to say that the relationship cannot work, but there is something that keeps the energy in a repellant state coming from one or both partners.

An understanding of the chakra system is essential to an understanding of the way our lives are structured. Chakras are critically important to our health, communication and wellbeing. The aura, along with its color and its layer can give us an idea of what is happening to us on a variety of levels, but the chakras are the communication points to what we are seeing as our reality.

Basic study will tell you about seven chakras, and again, the seven can change in name and location slightly depending on belief system. There is a root chakra connecting to the sexual part of us. Some teachings believe sex to be a hindrance to spirituality, so that one is replaced for one over the spleen area. Since I look at things from a creation point of view and sex was a natural and essential part of procreation, it cannot be discounted.

Each chakra is expressed on the physical body in one of the endocrine glands that regulate physical and emotional processes in the body. The imbalance in the chakra will also be expressed in the endocrine gland linked to it. A chakra that is blocked or one that is

wide open will cause imbalance in the body. A closed chakra does not allow one to feel, think, be aware of whatever the interconnection of the closed chakra and the body might be. On the other hand, a wide open chakra is like a door that is jammed open; if something is coming that needs to be kept out, you can't shut the door. This is exhibited in over reaction, over sensitivity to things. Only the seven basic chakras will be discussed here, but all the other chakras should fall as subcategories of these seven. Imbalance either way is a problem. In order to correct an imbalance you should be able to address it from one of the seven.

#### FIRST OR ROOT CHAKRA

- Sanscrit name: Muladhara (root)
- Location: Base of spine, at the seat of Kundalini
- Symbol: A circle surrounded by four lotus petals, with a square inside it.
- Central issue: Survival, stability, acceptance, self-preservation, deep-rootedness, perception, grounding, fear and safety
- Color: Red
- Essential oils: Patchouli, cedarwood, sandalwood
- Crystals and Stones: Garnet, Ruby, Agate, Onyx, Haematite, Red Jasper, Black Tourmaline, Smoky Quartz, Bloodstone, Red Coral;
- Stars and Astrological signs: Planets Mars, Pluto, and Saturn; Signs of Aries, Taurus, Scorpio, and Capricorn;
- Sound or mantra: "Lam"
- Sense: Smell
- Body: The physical body
- Orientation to self: Self-preservation
- Goals: Stability, grounding, physical health, prosperity, trust
- Rights: To be here, to have
- Developmental stage: Womb to 12 months
- Identity: Physical identity
- Level of relationship: Tribal
- Demon: Fear
- Element: Earth
- Hormonal glands: Sexual and adrenal
- Organs: Immune system, base of spine, legs, bones and bone marrow, feet, rectum, physical body support
- Excessive: Sluggish, lazy, tired, monotony, obesity, overeating, hoarding, materialism, greed, Fear of change, addiction to security
- Deficient: Fearful, anxious, restless, lack of discipline, underweight, financial difficulty Chronic disorganization
- Balanced: Good health, vitality, well grounded, sense of trust in the world, feeling safe and secure, stability, prosperity, ability to relax
- Physical Dysfunctions: Frequent illness, disorders of the bowel, large intestine, bones, teeth, problems with legs, feet , base of spine(chronic lower back pain, sciatica); eating disorders; depression; immune-related disorders; skin problems; lack of energy;
- Addictions: Food, gambling, shopping, work
- Traumas and Abuses: Birth trauma, abandonment, physical neglect, poor physical bonding with the mother, malnourishment, feeding difficulty, major illness or surgery, physical abuse, inherited traumas (eg. war, poverty, etc.)
- Spiritual challenge: How well we manage our physical world.

HEALING STRATEGY: Physical activity, lots of touch, massage, reconnect with the body, grounding, Hatha yoga, look at earliest childhood relationship to mother and try to identify what your calling is, as well as how you might begin to move toward fulfilling it.

#### SECOND OR SACRAL CHAKRA

- Sanscrit name: Svadhisthana (sweetness)
- Location: Lower abdomen
- Symbol: A circle surrounded by five or six lotus petals.
- Central issue: Sexuality, emotions, financial, creativity, codes of honor and ethics
- Color: Orange
- Essential Oils: Rosemary, juniper, sandalwood, jasmine, rose, ylang-ylang
- Crystals and Stones: Amber, Citrine, Topaz, Moonstone, Fire Agate, Orange Spinel, Fire Opal;
- Stars and Astrological Signs: Moon, Planets Venus and Pluto, and the signs of Libra, Cancer, and Scorpio;
- Sound or mantra: Vam
- Sense: Touch and taste

- Body: Ethereal body
- Orientation to self: Self-gratification
- Goals: Pleasure, healthy sexuality, feeling
- Rights: To feel, to want
- Developmental stage: 6 to 24 months
- Identity: Emotional identity
- Level of relationship: One-on-one
- Demon: Guilt
- Element: Water
- Hormonal gland: Pancreas
- Organs: Sexual organs, large intestine, lower vertebrae, pelvis, the kidneys, appendix, bladder, prostate, hip area, the lymphatic system, all the body fluids;
- Excessive: Sexual, pleasure addiction; excessively sensitive and strong emotions; invasion of others, seductive manipulation; obsessive attachment; emotional dependency.
- Deficient: Poor social skills; frigidity, fear of sex, lack of desire, passion, excitement, denial of pleasure; fear of change; rigidity in attitudes
- Balanced: Graceful movements; emotional intelligence; ability to experience pleasure; nurture of self and others; ability to change; healthy boundaries
- Physical Dysfunctions: Sexual dysfunctions; ob/gyn. problems; Dysfunctions of reproductive organs, spleen, urinary system; loss of appetite for food, sex, life; chronic lower back pain, sciatica;
- Addictions: Alcohol, sex, heroin
- Traumas and Abuses: Sexual, emotional abuse, neglect, rejection, emotional manipulation, physical abuse, alcoholic families, denial of child's feelings, inherited (untreated incest, sexual issues)
- Spiritual challenges: Negative one-to-one control patterns need to be confronted

HEALING STRATEGY: Movement therapy, emotional release, boundary work, assign healthy pleasures, develop sensate intelligence

### THIRD OR SOLAR PLEXUS CHAKRA

- Sanscrit name: Manipura ( lustrous gem )
- Location: Solar plexus, below the diaphragm
- Symbol: A circle surrounded by ten lotus petals, and inside it a triangle
- Central issue: Power, self-esteem, self-image, energy, will, responsibility
- Color: Yellow
- Essential Oils: Juniper, lavender, bergamot, rosemary
- Crystals and Stones: Citrine, amber, tiger's eye, peridot, yellow tourmaline, yellow topaz
- Stars and Astrological Signs: Sun, the planets Mercury, Jupiter, Mars and the signs of Leo, Sagittarius and Virgo
- Sound or mantra: Ram
- Sense: Sight
- Body: The astral body
- Orientation to self: Self definition
- Goals: Vitality, purpose, strength of will, vitality, spontaneity
- Rights: To act and be an individual
- Developmental stage: 18 months to 4 years
- Identity: Ego identity
- Level of relationship: Basic relationship with inner self
- Demon: Shame
- Element: Fire
- Hormonal glands: The pancreas and the adrenal
- Organs: The respiratory system and diaphragm, the digestive system, stomach, liver, gallbladder, kidney, pancreas, adrenal glands, spleen, the small intestine, the lower back, the sympathetic nervous system
- Excessive: Overly aggressive, dominating, controlling, blaming, arrogance, manipulative, power hungry, stubbornness, hyperactivity, excessively ambitious and competitive
- Deficient: Low energy, weak will, poor self-esteem, passive, sluggish, fearful, poor self-discipline, emotionally and physically cold, victim mentality, blaming of others, unreliable, poor digestion
- Balanced: Feeling of tranquillity and inner harmony, self-acceptance, respect for the nature and emotions of others, feeling of unity with the rest of humanity, responsible, reliable, confidence, spontaneity, sens of humour, able to meet challenges

- Physical Dysfunctions: Arthritis, digestive disorders, ulcers, colon and intestinal problems, anorexia or bulimia, pancreatitis, diabetes, gallstone, allergies, problems with the stomach and liver
- Addictions: Amphetamines, cocaine, caffeine, work, anger
- Traumas and abuses: Shaming, authoritarianism, physical abuse, fear of punishment, dangerous environment, age inappropriate responsibilities, inherited shame from parents
- Spiritual challenges: Maturation of the ego

HEALING STRATEGY: Risk taking, grounding, emotional contact, deep relaxation, stress control, vigorous exercise, sit-ups, psychotherapy (release or contain anger, build ego strength, work on shame issues, strengthen will)

#### FOURTH OR THE HEART CHAKRA

- Sanscrit name: Anahatra (unstruck)
- Location: Chest, hart, cardiac plexus
- Symbol: A circle surrounded by 12 lotus petals, and inside it a six-pointed star
- Central issues: Love, unconditional love, self-love, forgiveness, relationships, intimacy, devotion, depression and loneliness
- Color: Green and pink
- Essential Oils: Sandalwood, rose, cedarwood
- Crystals and Stones: Rose quartz, emerald, jade, aventurine, malachite, rhodonite
- Stars and Astrological Signs: Planets Venus, Saturn, Sun and the signs Libra, Leo and Sagittarius
- Sound or mantra: Yam
- Sense: Touch
- Body: The feeling body
- Orientation to self: Self-acceptance
- Goals: Stability, trust, physical health, prosperity, grounding
- Rights: To love and be loved
- Developmental stage: 4 to 7 years
- Identity Social identity
- Level of relationship Loving relationships with significant others, with oneself and with all life
- Demon: Grief Element: Air
- Hormonal glands: The thymus gland
- Organs: Hearth and circulatory system, lungs, bronchial tubes, shoulders and arms, diaphragm, thymus gland, the immune system, the skin, the upper back
- Excessive: Demanding, jealousy, co-dependency, poor boundaries, overly sacrificing, possessive
- Deficient: Antisocial, withdrawn, cold, shy, critical, judgmental, intolerant, loneliness, depression, fear of intimacy and relationships, lack of empathy, narcissism, bitter
- Balanced: Compassionate, loving, self-loving, empathetic, peaceful, balanced, good immune system
- Physical Dysfunctions: Disorders of the heart, lungs, thymus, breast, arms, asthma, allergy, circulation problems, immune system deficiency, tension between shoulder blades
- Addictions: Tobacco (smoking), sugar, love, marijuana
- Traumas and Addictions: rejection, abandonment, loss, shaming, constant criticism, abuses to lower chakras, unacknowledged grief, divorce, death, conditional love, loveless environment, sexual and physical abuse, betrayal
- Spiritual challenges: To learn compassion, the value of forgiveness, unconditional love

HEALING STRATEGY: Self-discovery, codependency work, forgiveness, inner child work, work with arms, reaching out, taking in, breathing exercise

#### FIFTH OR THROAT CHAKRA

- Sanscrit name: Vissudha (purification)
- Location: Throat
- Symbol: A circle surrounded by 16 lotus petals, and inside it a circle, or a circle containing a triangle
- Central issue: Communication, self-expression, self-discipline, speaking one's truth
- Color: Blue, light blue, turquoise
- Essential Oils: Lavender, patchouli
- Crystals and Stones: Lapis lazuli, aquamarine, sodalite, turquoise, sapphire, blue lace agate, blue tourmaline, blue quartz
- Stars and Astrological Signs: Planets Venus, Mercury, Uranus and Mars and the signs of Taurus, Gemini and Aquarius
- Sound or mantra: Ham
- Sense: Hearing

- Body: The mental body
- Orientation to self: Self-expression
- Goals: Clear communication, creativity
- Rights: To speak and to hear the truth
- Developmental stage: 7 to 12 years
- Identity: Creative identity
- Level of relationship: Relationship with our personal truths
- Demon: Lies
- Element: Ether - Akasa
- Hormonal glands: The thyroid and parathyroid gland
- Organs: Throat, thyroid and parathyroid glands, the neck, vocal cords and organs, mouth, teeth and gums, jaw, ears, muscles
- Excessive: Too much talking, talking as a defence, inability to listen, gossiping, interruptions, over-extended, stuttering
- Deficient: Fear of speaking, small, weak voice, difficulty putting feelings into words, shyness, tone deaf, poor rhythm
- Balanced: Good listener, resonant voice, good sense of timing and rhythm, clear communication, lives creatively
- Physical Dysfunctions: Raspy throat, chronic soar throat, mouth ulcers, gum difficulties, scoliosis, laryngitis, swollen glands, thyroid problems, headaches, pain in the neck and shoulders, ear infections and problems
- Addictions: Opiates, marijuana
- Traumas and Abuses: Lies, secrets, verbal abuse, constant yelling, excessive criticism (blocks creativity), authoritarian parents, alcoholic, chemical dependent family
- Spiritual challenges: To recognize that your strength of will is measured not by how well you exert your will over others, but how well you control yourself. Conscious self-control and discipline means living according to the truth that every thought you have is either a potential act of grace or a potential weapon. Right thought leads to right speech leads to right acting.

HEALING STRATEGY: Learn communication skills, letter writing, inner child communication, practice silence (excessive), story telling, singing, chanting, toning, release voice, loosen neck and shoulders

#### SIXTH OR THE THIRD EYE CHAKRA

- Sanscrit name: Ajna (to perceive)
- Location: The centre of the forehead, brow
- Symbol: A circle surrounded on each side by two large lotus petals ( or a lotus with 96 petals ), and inside it a triangle
- Central issue: Intuition, imagination, ability to see one's life clearly, use of the mind/intellect
- Color: Indigo
- Essential Oils: Geranium, lavender, rosemary, spearmint
- Crystals and Stones: Amethyst, azurite, fluorite, lapidolite
- Stars and Astrological Signs: The planets Jupiter, Uranus, Mercury, Neptune and signs Sagittarius, Aquarius, Pisces
- Sound or mantra: Ham-ksham
- Sense: Intuition (the sixth sense)
- Body: The high mental body
- Orientation to self: Self-reflection
- Goals: Psychic perception, imagination, clear seeing, accurate interpretation
- Rights: To see
- Developmental stage: Adolescence
- Identity: Archetypal identity
- Level of relationship: Our relationship to knowledge, wisdom and vision
- Demon: Illusion
- Element: Light
- Hormonal glands: The pituitary and the pineal gland
- Organs: The brain, nervous system, eyes, ears, nose, sinuses, face, the pineal and pituitary gland
- Excessive: Hallucination, nightmares, obsessions, delusions, difficulty concentrating, headaches
- Deficient: Poor vision and memory, insensitivity, lack of imagination, difficulty visualizing, difficulty seeing the future, can't remember dreams, denial
- Balanced: Intuitive, perceptive, imaginative, good memory, able to visualize, able to think symbolically, able to remember dreams
- Physical Dysfunctions: Headaches, eye and ear disease, nose and sinus problems, facial nerve problems, nightmares, brain tumour, stroke, neurological disturbances, seizures, full spinal difficulty, learning disabilities
- Addictions: Hallucinogens, marijuana

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- Traumas and Abuses: Frightening environment (war, violence), what you see does not go with what you are told, invalidation of intuition and psychic occurrences
- Spiritual challenges: Pride and the ability to make judgements. The spiritual lessons relate to insight and intuition, to seeing beyond the visible.

HEALING STRATEGY: Meditation, visual stimulation, create visual art, coloring and drawing, working with memory, dream work, hypnosis, guided visualization, past life regression therapy

#### SEVENTH OR CROWN CHAKRA

- Sanscrit name: Sahasrara (thousand-fold)
- Location: The crown of the skull
- Symbol: A lotus with thousand petals
- Central issue: Awareness, spiritual search for meaning, issues of karma and grace, grace bank account, spiritual awakening, divine discontent
- Color: Purple, white, gold, silver
- Essential Oils: Jasmine, frankincense
- Crystals and Stones: Diamond, clear quartz, moldavite, selenite, pyrite
- Stars and Astrological Signs: The planets Saturn and Neptune, the signs Capricorn and Pisces
- Sound or mantra: Om
- Body: The soul, the karmic, causal body
- Orientation to self: Self-knowledge
- Goals: Wisdom, knowledge, spiritual connection, consciousness
- Rights: To know
- Developmental stage: Throughout life
- Identity: Universal identity
- Level of relationship: Relationship to our life's true purpose, relationship between the ego and the higher self, relationship to God and spirit
- Demon: Attachment
- Element: Thought
- Organs: The muscular and skeletal system, skin, central nervous system
- Excessive: Over-intellectualization, spiritual addiction, confusion, dissociation from body
- Deficient: Spiritual cynicism, learning difficulties, rigid belief systems, apathy, materialism, greed, domination of others
- Balanced: Sense of spiritual connection, open-minded, wisdom and mastery, broad understanding, intelligent, thoughtful, aware, ability to perceive, analyse and assimilate information
- Physical Dysfunctions: Energetic disorders, mystical depression, coma, migraines, brain tumours, amnesia, chronic exhaustion not linked to physical disorder, sensitivity to light, sound and other environmental factors
- Addictions: Religion, spiritual practices
- Traumas and Addictions: Spiritual abuse, forced religiosity, blind obedience, misinformation, lies, withheld information, invalidation of one's beliefs
- Spiritual challenges: Hope and faith, spiritual conscience. Spiritual quests and questions of your life: For what purpose was I born? What is truth? What is the deeper meaning of life? Can I find that? Failure to hear and respond to these questions can lead to anxiety and depression.

HEALING STRATEGY: Reestablish physical, emotional, spirit connection, spiritual discipline, meditation, examine belief systems, goal setting

How is this helpful? To influence the physical body, the element of carbon must be acted upon. But we know (and will understand this in further chapters) that the mind, perception, governs reality, and eventually dictates what will happen to the physical body. Knowing about the auric colors and chakras helps us understand our energy matrix better. Many people try to use them in some form of treatment, but they auras and chakras are more of a visual expression of where we are more than a gateway for healing or treatment. The greatest influencing factor for the aura is the mind. Thus to understand the colors and meanings helps us find where we are and allow us to use our mental abilities to shift into areas that are more expressive of the elements that are more spiritual than carbon.

There are self tests one can take to determine what color or layer one is manifesting most. We all have the same colors, but our unique individuality sets us into a primary and often a secondary color. This color describes much of the character, personality and the ability to process life. Yes, color is that powerful. Who you are does not determine the colors you manifest, but the color you manifest determines who you are. When we work hard to change something about ourselves, the information in the auric field must change

before you can express the change in your body. One of the fastest ways to change or heal or convert the colors of the aura is with meditation of positive attributes.