



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Astral Practitioner Program



Overview: Aura



Aura Overview

First Layer

Physically located close to the skin, taking the shape of the body.

The first layer deals with the body and its energetic vibration, health, personal security. Because the body must cooperate with desires and goals for them to manifest physically, the first layer of the aura does as well. If the body is in agreement with the desired manifestation, it will be achieved.

Second Layer

The beginning of the egg-shape for the aura.

Deals with the emotions & feelings. Suppressed, repressed emotions are often housed in the second layer. Clearing the second layer adjusts its size and mass, enabling clearer and cleaner emotional responses, and relief from feeling weighted down or encumbered by others' emotions. Empathic sensitivity distends the aura, creating problematic distortion and imbalance.

You'll easily find parents, other authority figures in the second layer of the aura. "The Committee" – the voice of negative self-talk and esteem issues often resides here (and in the fifth layer).

Third Layer

Deals with concrete intellect, personal authority, ability to leverage and actualize ideas. The energy that flows toward internally generated ideas is often overruled by implementing others' ideas when a second chakra imbalance is present. As with the first layer, physical manifestation is an element of the functionality of the third layer.

Fourth Layer

Deals with love, relationships in general, issues of love and affiliation and community. Communion and affiliation to spiritual community is accessed through this layer. Often the 4th layer contains woundings and traumas and benefits greatly from clearing and energetic release.

Fifth Layer

Deals with inner identity, self-expression in the world, uniqueness/individuality, creativity, and authentic communication. Home for many guides, beings, entities & "The Committee." It may be initially off-putting to realize how little authentic energy is present in the fifth layer of the aura. A lot of "shoulds, coulds, oughts" are housed in this layer, often affecting self-esteem.

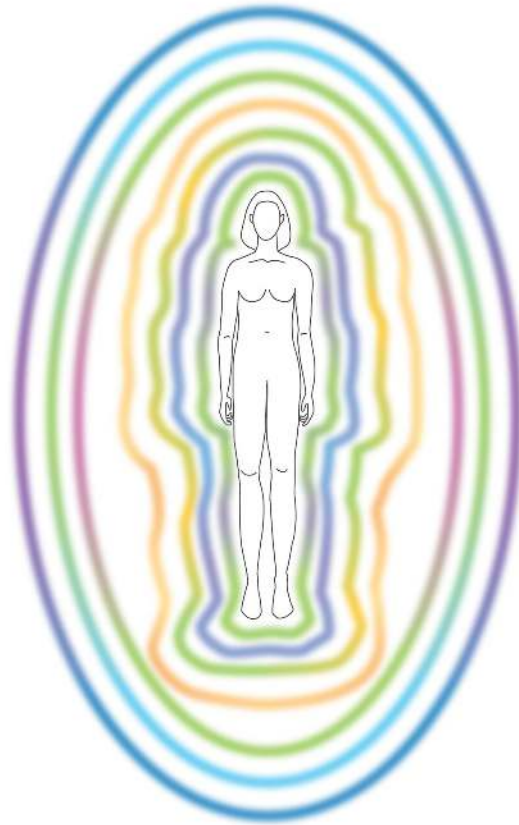
Sixth Layer

Deals with belief systems, rules, thoughtforms and generating meaning from experience; offering a template for the mind. Belief systems can be accessed, reviewed and refined through observation and clearing in the 6th layer. Additionally, there is access to high levels of love/wisdom.

Seventh Layer

The seventh layer is the spiritual template for the essence-self and its connection to divinity, the Source of all things, All That Is. The self throughout time is also accessible through the 7th layer, inter-incarnational awareness. Because many people channel unconsciously, this layer often lacks boundaries, more closely resembling a train station at rush hour than the space for accessing essence-self and spiritual awareness.

Illustration: Exploring the Aura



The aura extends around each individual in all directions. 2' above the head, and below the feet, and to the tips of the fingertips in front and back, and side-to-side.