



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Evolving the Etheric Body



The 3 Planes



Three Planes

Def: The three planes of consciousness – Etheric/Physical, Astral/Emotional and Mental/Causal, comprise the energetic fields that directly inform human awareness. To a certain extent, these planes are generic – common to all human beings, with uniform functionality and resonance for how people operate. At an individual level, the planes inform awareness through the integration of the generic functionality with the specific idiosyncrasies, beliefs, physical, karmic and emotional overtones that make each person unique and special. Working with the planes of consciousness enriches the practitioner’s experience with energy and deepens the level of work that can be offered in the healing practice.

Description

EHI practitioners are beneficiaries of the brilliant, multi-layered perception of the planes as discovered and articulated by John Friedlander. Friedlander discovered and articulated the sub-planes and their granular functionality within each of the macro planes that have been known and understood for centuries.

This groundbreaking work enables practitioners to work in very concrete, specific ways in sub-planes of the Etheric, Astral and Mental/Causal bodies to invite healing, and a return to harmonious balance.

The work extends beyond the three planes used in the EHI classroom; however for the purposes of energy healing and table work protocols, these planes deliver the lion’s share of relevancy for effective clearing and evolution of energy, the body, mind and emotions.

Each plane of awareness is striated with seven sub-planes. The planes move from lowest to highest – the Etheric plane is the first plane, and correlates to the physical body. The 7th plane is Adi or nothingness, and is the highest level of consciousness that humans can aspire to engage. There are multiple planes beyond Adi, but they appear to be inter-planetary planes and beyond current understanding.

The sub-planes within each plane are described with the 7th sub-plane being the lowest vibrating in the plane and the 1st sub-plane vibrating at the highest level in the plane.

Etheric/Physical Plane

The lowest of the three planes is a divided plane – the lowest 3 sub-planes are Physical, and the upper 4 sub-planes are Etheric.

During table work, the Physical sub-planes are addressed using hands-on healing processes. Work is also completed in the 3rd Sub-plane of the Etheric, accessing Individual Nadis.

The Etheric aura is also accessed, cleared and infused, though is most closely tied to sub-planes 5-7.

What is fascinating to note is the distinction between Prana and Chi. Many systems (most systems) recognize Chi and Prana as operating within the same plane – different names for the same life-force energy.

Interestingly, the Meridian systems do not recognize an emotional body. All emotions are attributed to different organs and glands in the body system. The body’s organs and purpose is two-fold – distributing and acknowledging emotions, and the overall function of the organ itself. The liver stores anger, the kidneys store grief, etc. Chi is used as life-force energy for this consolidated energy/emotion/body system.

The chakra/aura energy systems articulated by the yogis are actually more refined. There is identification with and recognition of separate bodies housing the physical organs and systems, integrating with and informed by the emotional body. Prana feeds the physical body and its systems, and it operates at a higher frequency than Chi. As the practitioner becomes adept at sensing frequency, the distinction and vibrational difference between Chi (a multi-purpose, less refined energy) and Prana (a more highly refined, single purpose energy).

This distinction has enormous ramifications for practitioners who delve deeply into conscious awareness. The distinctions unpack and reveal themselves over time, and lead to a deep appreciation for the spiritual integration and elegance of the seemingly less complex chakra and aura energy system.

1 st Sub-plane, Etheric	Group Nadis
2 nd Sub-plane, Etheric	Group Meridians, ley lines
3rd Sub-plane, Etheric	Prana, Individual Nadis
4 th Sub-plane, Etheric	Chi, Individual Meridians
5th Sub-plane, Physical	Physicality
6th Sub-plane, Physical	Physicality
7th Sub-plane, Physical	Physicality

Bold signifies sub-planes that are used in table work and remote clearing sessions.

Astral/Emotional Plane

The Astral or Emotional plane is the first plane that is completely non-physical. The Astral plane incorporates the aura and its layers, and the Astral chakras. Much of the work done in table work sessions occurs in the 4th and 3rd sub-planes of the Astral.

Other sub-planes may well be accessed and cleared during a client session, however, the majority of the work takes place in the 3rd sub-plane where most people’s emotions tend to vibrate.

When deep, dark, difficult emotions are at play, the 4th sub-plane is accessed and cleared. Depression, revenge, self-hatred, rage can be found in the 4th sub-plane of the Astral.

1 st Sub-plane, Astral	Higher self
2 nd Sub-plane, Astral	Kindness & generosity; personally focused
3rd Sub-plane, Astral	Where emotions vibrate most of the time
4th Sub-plane, Astral	Darker, more difficult energies. Though beautiful energies can be found here as well. Cranky behavior
5 th Sub-plane, Astral	Your pets emotions resonate here
6 th Sub-plane, Astral	Political hatred vibrates here
7 th Sub-plane, Astral	Viewpoints about God & religion vibrate here

Bold signifies sub-planes that are used in table work and remote clearing sessions.

Mental/Causal

Like the Physical/Etheric plane, the Mental/Causal plane is a divided plane. The lower 4 sub-planes resonate in the Mental, and the upper 3 sub-planes resonate in the Causal.

The Mental sub-planes resonate as Mind with Form. The Causal sub-planes resonate as Formless Mind. The distinctions between Mind with Form and Formless Mind become clear when reviewing the content in the chart below.

The integration between the Mental plane and the Physical plane are also readily apparent. When the words ‘mind-body connection’ are bandied about in healing, yoga and other spiritual circles, the words allude to what is articulated in the lowest two sub-planes of the Mental.

The Causal sub-planes take the individual into larger, more spiritual constructs, such as Karma, and an individually based awareness of the Soul.

Notice that the Soul awareness has no place in the Astral or Physical/Etheric planes. Soul is never embodied! Soul awareness can only be perceived and accessed through Formless Mind.

This is a profoundly important awareness! It supports the practitioner in helping clients to understand that whatever is being created in personal experience is not the work of the Soul. It is the work of the personality, operating in concert with the body, emotions and mind. The Soul is infinitely accepting and permissive. It is not dictatorial and it does not generate experience. It learns from the experiences of the individuals with whom it is affiliated as a Soul family.

1st Sub-plane, Causal	Formless Mind Karma, Belief Systems, Soul Awareness (individual focus)
2nd Sub-plane, Causal	Formless Mind Karma, Belief Systems, Soul Awareness (individual focus)
3rd Sub-plane, Causal	Formless Mind Karma, Belief Systems, Soul Awareness (individual focus)
4 th Sub-plane, Mental	Mind with Form Higher Mind – Innovation, Brilliant thinking – Tesla, Einstein
5 th Sub-plane, Mental	Mind with Form Concrete Intellect – most people vibrate here
6th Sub-plane, Mental	Mind with Form Holds together body processes – respiration, blood flow, etc.
7th Sub-plane, Mental	Mind with Form Holds together cells & sub-cellular structures

When facilitating healing – via table work or remotely, it can be useful and expedient to work within the sub-planes as a component of the energy work offered.

