



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Evolving the Etheric Body



Clearing the Etheric Aura



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Def: Clearing the Etheric aura is done to release spent Etheric energy to support healing and evolution. Etheric aura clearing is always followed with a pranic infusion to refresh and revitalize the Etheric field.

Description

Because the Etheric aura is quite dense, and is only $\frac{3}{4}$ -1" off of the surface of the body, it's easiest and most hygienic to clear the aura using the client's thigh. The aura surrounds the body, and clearing can technically be done at any place or point on the body as a result. However, the practitioner's hands are hovering so close to the body, that it is often impossible to avoid touching the body, and it is less distracting to the client to be brushed on the thigh than it is on the core, or near the genitals.

The practitioner stands at the client's thigh and places both hands side-by-side in the Etheric aura, perhaps $\frac{1}{2}$ " off the surface of the body.

The practitioner uses intention to draw Etheric energy from the aura into the hands, and uses one hand to slowly release the energy from the aura into the grounding cord in the treatment space. The hand remaining in the field continues to gather and coalesce the spent Etheric energy.


When releasing, lifting the hand to generate the release is not advised as the energy will disperse back into the Etheric aura as the hand moves into the Astral field. The releasing hand slides down from the surface of the body toward the surface of the massage table, and then directly over the grounding cord in the treatment space.

The practitioner takes care to avoid drawing the Etheric energy across his or her body to minimize the potential to pick up or vacuum in any of the Etheric sludge.

Background

The Etheric aura is a dense, compact energy field, extending about $\frac{3}{4}$ -1" from the surface of the physical body. It delivers energy to the chakras of the physical body, which number in the thousands. There are seven primary Etheric chakras that deliver and receive energy from the Etheric aura and the minor chakras. The chakras are generated and fed energy by the 72,000 nadis, and the Etheric aura delivers to and receives energy from the chakras as well.

Because the nature of the aura is to serve as a conduit for delivery and release, clearing the Etheric aura is a powerful approach for enlivening and evolving the Etheric field. All of the chakras are offered the opportunity to release spent energy, and to take up refreshed pranic flow as the Etheric aura is cleared and infused.



Additionally, because the Etheric body is so complex, and the need to integrate shifts in the field throughout the body, it's often a more viable approach to work in the Etheric aura than it is to work in the chakras.

The Etheric aura will release sludge nearly endlessly! Spending 5-7 minutes in a client session clearing the Etheric aura, followed by an infusion of prana is an excellent way to support the physical body to heal without taxing the integration process of the Etheric chakras.

Illustration: Clearing the Etheric Aura



Clearing the Etheric aura is most easily accomplished by working at the client's thigh.

Positioning the hands side-by-side within the Etheric aura,, about ¼" off of the surface of the top of the thigh, ask for Etheric sludge, ready to release from the Etheric body to activate/light up.

Use one hand to pull the sludge, focused intention is all that is needed. The other hand senses when the sludge is ready for release (pressure builds up, a sense of fullness emerges).

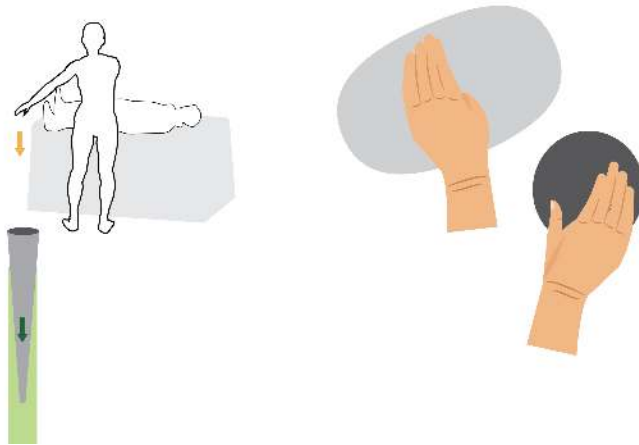
The hand that senses the fullness of coalesced energy slowly releases from the Etheric aura with a gradual, downward motion. Lifting the hand upwards should not occur. Within ¼" of upward movement, the hand is in the Astral field, and the Etheric sludge will release back into the Etheric body.

The hand migrates slowly toward the grounding cord in the floor. The energy is dense and viscous. Rapid movement does not keep the energy coalesced.

Move slowly and deliberately in a downward trajectory toward the grounding cord.



Illustration: Clearing the Etheric Aura continued



The coalescing hand remains in the aura, gathering more Etheric sludge. The releasing hand sends the sludge into the hole.

The releasing hand should migrate directly to the hole and not be dragged across the practitioner's body. The practitioner's body is parallel to the client, thus the treatment space grounding cord should be positioned on the same side as the releasing hand. See the image on the left for correct positioning.



Exercise: Clearing the Etheric Aura

Standing in front of the client's thigh, with your hands side-by-side, bring your hands into the Etheric aura, about ¼" off of the surface of the client's body

With your intention and awareness, gather Etheric energy from the aura into your hands

Gradually, slowly, without lifting your hand up into the Astral body, slide your hand down toward the massage table and over the grounding cord in the floor

Release the energy with your right hand, while you continue to pull and coalesce Etheric energy with your left hand

Return your hand to the Etheric aura, and repeat the process

In general, you'll spend about 5-6 minutes clearing the Etheric aura in an integrated Astral/Etheric treatment

In order to maintain session flow and continuity, spend 2-3 minutes Clearing the Etheric Aura at a time, returning to complete the process after doing other work in the field