



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Evolving the Etheric Body



Golden Pranic Triangle



Pranic Golden Triangle Infusion

Def: A Pranic Golden Triangle Infusion is a stream of energy from the sun into a 'golden triangle' in the body. The left ventricle of the heart, the pancreas and the spleen chakra comprise the golden triangle. The infusion energizes the Etheric body and supports the practitioner's Etheric energy during table work and Energetic Assessments.

Description

A Pranic Golden Triangle Infusion is an intake of Prana directed into the Etheric body through the heart, the pancreas and the spleen chakra. The spleen chakra metabolizes the energy and delivers it to the entire Etheric field, strengthening the energy body and supporting physical health. The practitioner will most directly benefit from an infusion in direct sunlight; however, Prana is also delivered through the air. Thus, a Pranic infusion can take place anywhere.

The practitioner imagines sourcing Prana from the sun, through the air and the breath, into the left ventricle of the heart. Prana then migrates to the Pancreas on the right side of the body and to the Spleen on the left side of the body. The Spleen regulates the amount of Prana that the practitioner's body requires and releases the excess into the air.

Background

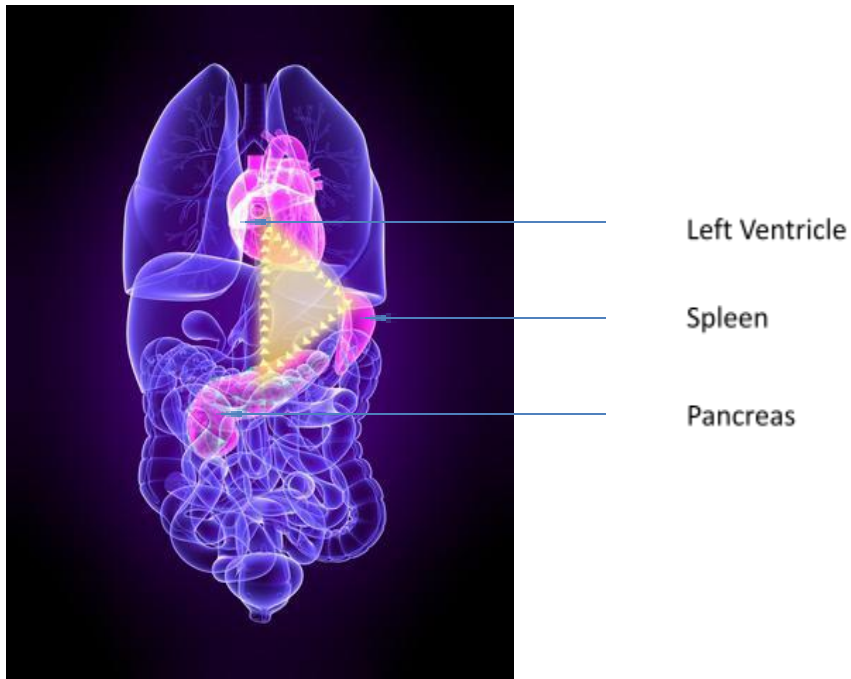
Prana is life-force and is accessed through the 3rd subplane of the Etheric/Physical plane of consciousness. Similar to Chi, which is accessed through the 4th subplane (a slightly lower subplane of the Etheric/Physical plane), life force is essential for all living things. When actively and consciously accessed, it becomes a resource to the physical body, health and wellness.

Prana is created from the sun and can also be directly accessed from pine trees (with permission from the pine tree). It is organically delivered to the body through the eyes and the 'Golden Triangle' – the heart, pancreas and spleen chakras. The spleen chakra is a key component of the triangle, because it regulates the amount of Prana delivered to the Etheric body.

Without access to sunlight, Etheric energy deteriorates in quality. Given prolonged periods of time without light, the body's overall ability to regenerate health and well-being is diminished.

When doing table work or conducting Energetic Assessments, the practitioner ensures that his or her body is well nourished and supported, to maintain coherent integration within self and to create complete separation from the client and his or her overall well-being.

Illustration: Pranic Golden Triangle



The Pranic Golden Triangle Infusion creates a Pranic flow-state that supports the Etheric body and supports conscious engagement with healing states and frequencies.

The flow begins in the Etheric Heart chakra, infusing the Left Ventricle of the Heart, migrates to the pancreatic chakra and then the Splenic chakra, back to the Heart.

Excess flow is released through the Spleen chakra



Exercise: Pranic Golden Triangle Infusion

Begin with Etheric and Astral Grounding

Direct your attention to your Etheric Heart chakra
(directly over the physical heart)

From the sun and the air, source Pranic energy and
bring it in to the Etheric Heart chakra

Using intention and attention, imagine the flow of Pranic energy
migrating to the Pancreas chakra

Using intention and attention, imagine the flow of Pranic energy
migrating to the Splenic chakra

Notice the Spleen chakra's regulation and modulation of the Pranic energy,
releasing any excess energy out of the Etheric body and into the air

Using intention and attention, imagine the flow of Pranic energy
returning to the Etheric Heart chakra, creating the 'Golden Triangle' flow state

Meditate on the Pranic flow in the Etheric body for a few moments before
returning your attention outwards