



**ENERGY HEALING INSTITUTE**  
Education for The Consciously Curious

## **Evolving the Etheric Body**



## **Infusing the Etheric Aura**



## Clearing Etheric Chakras

Def: The major and minor Etheric chakras are cleared using intention, attention and energy. The practitioner dialogues the Etheric energy body to determine whether a chakra needs to be cleared of low-quality Etheric energy. The work is completed in a hands-on or hands-off approach, depending on the chakra location, client comfort and boundaried practice.

### Description

Etheric Clearing is delivered via hands-on or hands-off work. In general, the practitioner determines the clearing required, based on client symptoms, diagnosis, Energetic or Akashic Blueprint Assessment, and the overall treatment strategy.

To work effectively, dialogue both the major Etheric chakras and the 'minor' chakra associated with the organ, system, gland, joint, muscle, ligament, etc. requiring treatment. Clear and infuse the major Etheric chakra that regulates and delivers energy to the minor chakras in the area of the body.

If appropriate, clear the minor Etheric chakra that regulates the energy of the specific gland, organ, system, bone, muscle, tendon, ligament, nerve.

Because Etheric energy has a qualitative association, make note of the quality of the energy cleared – heavy, viscous, dense, sticky, brittle, dry, etc. – so that the treatment progression is monitored, and to determine the quantity of Pranic infusion.

While Astral energy can be relatively simple to clear – one hand on the chakra, the other over the hole in the floor – Etheric energy can require finesse. There may be a need to pull the energy, like taffy. The extraction may need to be carefully managed with the fingertip chakras if the energy is dry or brittle.

Always ask for somatized emotion – specifically emotions that are perceived and cleared in the Astral field. Often what lights up in the emotional also exists as somatized emotion in the Etheric.

As an Etheric chakra is cleared, infuse with Prana to refresh the chakra and ensure the most vital energy flow possible for the client in the moment.

Combine Etheric clearing and infusing with other appropriate protocols such as Untangling Nadis, Combing Health Rays, Releasing Extremities, etc.

### Background

Etheric clearing is more complex than Astral clearing in that the body's health and wellness is very tightly connected to the Etheric energy. Practitioners must develop comfort and competency with dialoguing Etheric energy and using the information gleaned to develop a session approach and strategy.

Typical sensations:

- Pulling or pressure in hand chakra
- Resistance and then "lava lamp globs" moving
- Pulsing or throbbing – on the client body, in the practitioner hand chakra
- Intense heat or cold
- Shaking – on the client body, in the practitioner hand chakra

Completion indicators:

- Pressure releases
- Globs are gone
- Throbbing or pulsing slows and then ceases
- Temperature normalizes or reverses
- Shaking ceases

In cases of illnesses that metastasize or spread, for example, viruses such as shingles, flu, HIV and diseases like cancer, the major chakras may be cleared and infused, and the minor chakras must be dialogued to see if clearing is appropriate. Opening and flushing a chakra may energize the virus or cancer and affect the client's ability to heal.

Do not hesitate to place both hands on the body to release energy. With eyes and intention, releases can be directed to the grounding cord in the healing space.

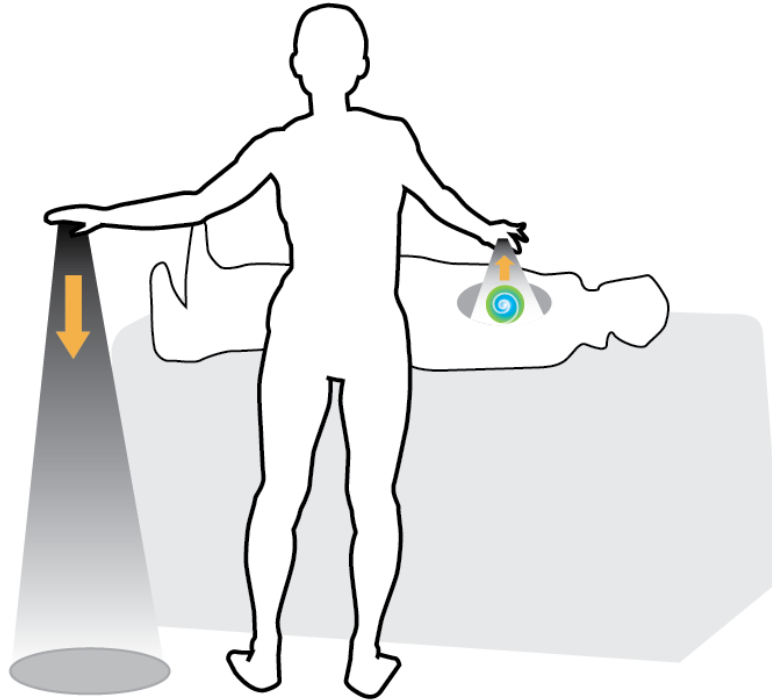
For example, when working on releasing energy in the client's head, placing both hands on either side of the head and intentionally extracting Etheric energy, directing it to the grounding cord in the floor is both effective and relaxing.

At times it is appropriate and relaxing to have the client seated upright, to put the hands on the chest and the back, or on the front and back of the head.

Intention and focus will move and release Etheric energy whether or not one hand is positioned over the grounding cord in the treatment space.

Important: Always balance Adrenals. Draining Adrenals can create an imbalance in the hormones. Use a pendulum to test for balance (when balanced, the pendulum will move left to right).

## Illustration: Clearing Etheric Chakras



*One hand is placed on (or immediately above) the Etheric/physical chakra. The other hand is placed palm-down in the air, directing the energy into the grounding cord in the treatment space. Note that the energy being released moves from hand to hand, not through practitioner's body.*

*Alternatively, both hands may work in the client field to more accurately access and release Etheric energy.*

*The quality of the Etheric energy is worth noting as a measure of treatment progression and overall understanding of the client's evolution to health and wellness.*



## Exercise: Clearing Etheric Chakras

Begin by dialoguing the Etheric body to determine which chakras will benefit from clearing

Using the client diagnosis, symptom as a guide

Clear Major and Minor Etheric chakras as appropriate

Ensure that energy is delivered into the Grounding cord in the treatment space

Finish each chakra cleared with an Infusion (See **Infusing Etheric Chakras**)



## Infusing Etheric Chakras

Def: Using the hand chakra(s) to beam or deliver Prana into a client's Etheric chakra(s) and aura.

### Description

An Etheric chakra is infused with the hand chakras engaging Prana to stream into the client's field. When energy clearing is performed on chakras or in the aura, it's important to infuse afterward to refresh and fill the field with Pranic flow. The infusion can be done in a hands-on or hands-off manner, although it is generally useful to infuse the chakra using a hands-on approach when the chakra has been cleared and/or balanced. The practitioner often notices different sensations in the hand as the energy infuses – heat, cold, tingling, pressure, etc. When the chakra is fully infused, an overflow sensation often results. The process is complete. Prana can also be delivered to the Spleen chakra for an overall filling of the field.

### Background

Colors may be used in the Etheric chakras. For example, turquoise is a very supportive color for overall healing, and ice blue is helpful for cooling inflammation.

Infusing emotional qualities into the Etheric field is not necessary or even particularly helpful. Emotions belong in the Astral field, so they are best used there. Even high vibration emotions can somatize into the client field if they are perceived as foreign energies.

Mantak Chia, an author of many books on cultivating Chi, says that energy healing is 90% clearing and 10% infusing. It is important to infuse the energy field so that it revitalizes, restores balance.

Generally the work is done at the completion of a clearing process, however in the cases of depletion, depression, deep somatization, severe illness, the body may need multiple infusions throughout the treatment to increase energy flow for clearing and release.

Do not hesitate to begin a treatment with an infusion. Spend several minutes throughout the treatment infusing. Dialogue the energy body or perceiving to see what is needed and appropriate.

The practitioner infuses:

- A specific cleared chakra
- The crown chakra
- The feet chakras
- The aura

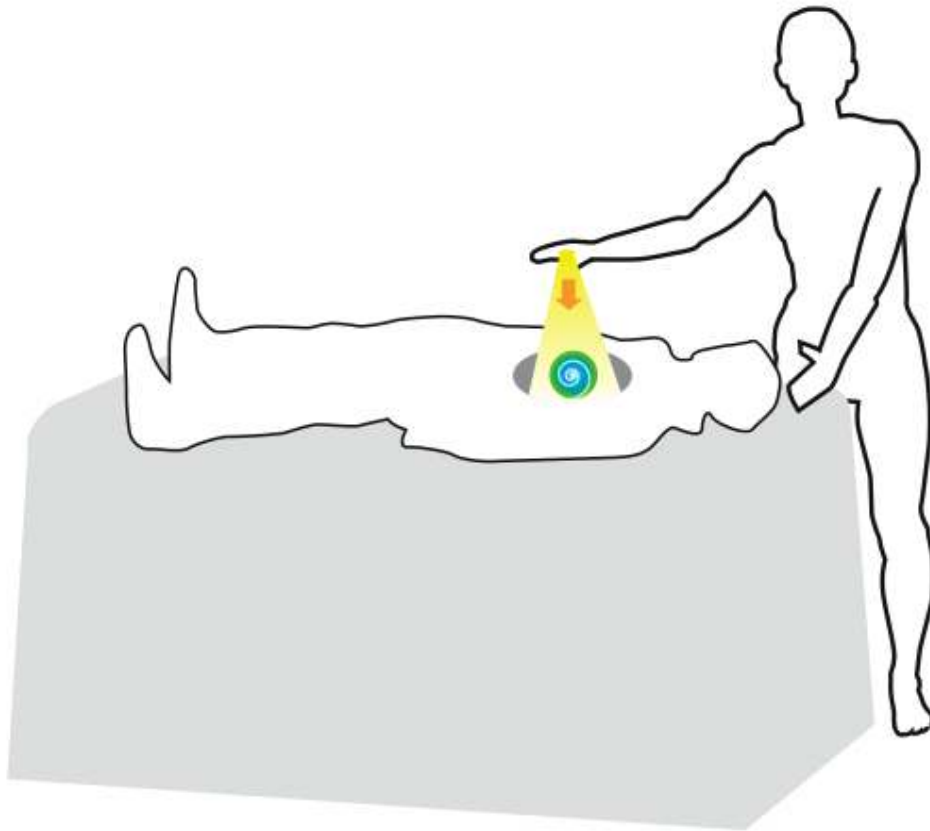
- Any combination of the above

The color healing chart (See Astral Infusions) offers a reference for using color to infuse chakras. There are multiple systems and definitions for the use of color in energy healing. Intention, resonance and focus are the key for successful infusions.

Choose colors that support physical healing – reducing and cooling inflammation, inviting healing. Develop a relationship with these frequencies. Use them for self-healing, stream them through the hand chakras to increase familiarity.

Becoming aware of the sensations, vibrations and resonance of individual frequencies enables the practitioner to infuse with confidence, and develop deep connection to the efficacy of Pranic and colorful frequencies.

## Illustration: Infusing Etheric Chakras



*One hand is placed on (or immediately above) the Etheric/physical chakra. The other hand may be placed on a separate chakra, or infuse directly into the aura. Gathering a ball of Prana, stream it into the energy body. Remember that the hand should be placed directly over the Etheric chakra, less than 1" away from the physical body. The infusion is delivered until there is a spillover sensation or the practitioner receives the insight that the infusion is complete.*





## Balancing Etheric Chakras

Def: Balancing Etheric Chakras is done with the primary Etheric chakras to stabilize the Etheric body, or with minor Etheric chakras to influence and support healing and evolution.

### Description

Balancing an Etheric chakra is accomplished by placing both hands, side-by-side, in the Etheric field, with one hand directly above the Etheric chakra. The other hand is used to determine the optimal level of balance for that specific Etheric chakra and serve as a guidepost for the work to be completed to evolve the level of balance in the client's Etheric chakra.

The practitioner asks a series of questions to determine the optimal level of balance for the Etheric chakra, the relative balance of the client's Etheric chakra, and what increase in the level of balance the client can sustain. The hand chakras deliver the information; the practitioner maintains tight and precise focus on sensate awareness in the hand chakras. Intention is the primary key to successfully balancing a chakra.

The specific questions:

Show me a balanced Etheric [first, second, third...] chakra.

Slowly raise the hand that is reflecting balance away from the hand that is hovering over the Etheric chakra. The hand chakra is listening/sensing for the moment that balance is presented. This may take the form of a pulse, a pulling sensation to return the hand to the body, a tingling, heat or cold.

Show me the client's Etheric [first, second, third...] chakra.


Slowly raise the hand that is reflecting the level of balance in the chosen chakra. Using the same listening/sensing intentionality and focus, the practitioner pauses when the client's status is identified. The level of balance in the client chakra may be significantly less than optimum balance.

Show me what increase in balance the client can sustain in the Etheric [first, second, third...] chakra.

Slowly raise the hand that reflects the client's current state, using the same listening/sensing intentionality and focus, pausing when the level of balance the client can sustain is identified. In general, the increase is quite small.

### Background

Healing in the body is always about a return to balance and homeostasis. When a body is in balance, disease and illness cannot take root, and when a disease is already present in the body, it can be treated and even resolved by a return to homeostasis.



For the body to be in balance, the emotional and mental field must also vibrate in balance. Emotional volatility or extreme sensitivity tends to create stress in the immune system. The individual who experiences life through the lens of emotional volatility may suffer chronic physical complaints, a weakened immune system or frequent injury.

An individual with mental perseveration may also experience muscle and tension-related injuries – TMJ, neck, discs, shoulders.

Balancing Etheric chakras supports the body's ability to let go, to surrender somatized emotion, to ease up on overactive responses and to generate flow where energy and function is sluggish.

A sluggish digestive system will be supported by balancing the Etheric 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> chakras.

Hyper or hypothyroidism can be supported with balancing the Etheric 5<sup>th</sup> chakra. When working with a client on physical healing, using this approach to balance the Adrenals supports the body's ability to evolve, restore and recover. The adrenals are always involved in any disease or illness experienced in the body.

With chronic issues, helping the Etheric chakras achieve balance may require ongoing treatment, and would be considered part of a treatment plan or strategy for a client.

When the chakras are balanced, the client generally finds immediate relief. It is useful to dialogue the client's energy and invite it to remain in this state so that the body can heal.

In some cases, the client will immediately begin to recover and the body will continue to seek balance and homeostasis. The client's mental and emotional state, adrenal health, overall energy and of course, environmental conditions all play a role in sustaining and evolving healing.

It is important to remember that less is more when working in the Etheric body. Unlike the Astral body, where there is always material available for clearing, and the more clearing that is done, the faster the evolution of awareness, the Etheric body needs to integrate with every change that occurs in the field. The thousands of chakras, nadis, and the aura are all interconnected, and when a shift is made in the field, the entire Etheric system 'gets the memo', and needs time integrate and regulate into the evolved awareness.

When Balancing an Etheric chakra, do so only when the case requires it, and minimize the amount of chakras being balanced in an individual session. Usually one chakra is all that's appropriate to balance.

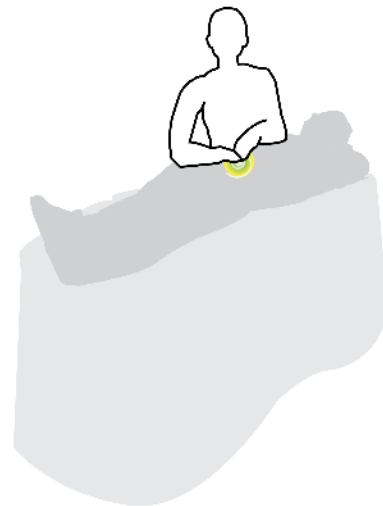
## Illustration: Balancing Etheric Chakras



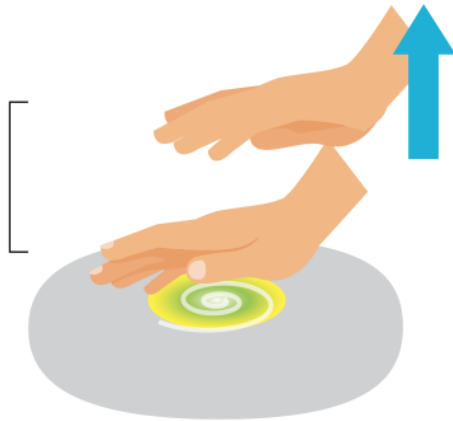
*With both hands resting side by side, one hand directly over the Etheric chakra being balanced, the hand chakra is used as a proxy for a balanced chakra.*

*The command issued: Show me an optimally balanced Etheric [1st, 2nd, 3rd, Liver, Heart, Pancreas...] chakra.*

*Slowly lift the hand that is NOT over the chakra, sensing with the hand chakra when the balanced 'aggregate' chakra has been achieved. The hand chakra might pulse or bounce, feel stretched, or have either a stronger or diminished sensation.*



## Illustration: Balancing Etheric Chakras continued



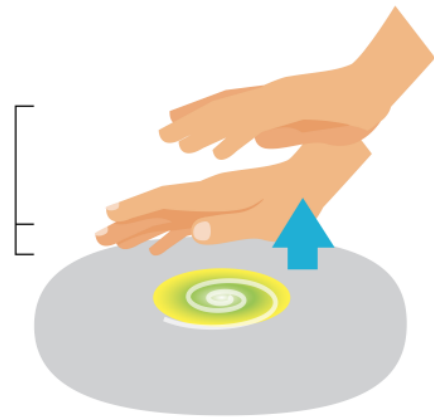
*Pause and leave the elevated hand where it is, returning attention to the hand poised over the Etheric chakra being balanced.*

*Two steps to the final process of Balancing an Etheric Chakra.*

*First command: Show me the client's current state of Balance. Using the hand that is over the client's Etheric chakra, raise it slowly, sensing for the feedback that indicates the current state of balance. Pause.*

*Second command: Show me what the client can sustain and integrate. Again, slowly raise the hand, sensing for the feedback that indicates the client's capacity to integrate. The increase will be quite small, often less than 1".*

*Stop. Withdraw both hands.*





## Exercise: Balancing Etheric Chakras

Bring your two hands side-by-side into the Etheric field,  
one hand hovering over the chakra you're choosing to balance

Ask, Show me the optimum balance for the Etheric [first, second, third...] chakra

Slowly raise the hand that is NOT hovering over the chakra,  
listening/sensing for the point of optimum balance

Ask, Show me the client's level of balance in the Etheric [first, second, third...] chakra

Slowly raise the hand that is hovering over the chosen Etheric chakra,  
listening/sensing for the point of balance the client is currently holding

Ask, Show me the level of balance the client can sustain  
in the Etheric [first, second, third...] chakra

Slowly raise the hand that reflects the clients current state of balance,  
listening/sensing for the point of balance the client can sustain

The increase is generally quite small, ½-1" at most



## Clearing the Etheric Aura

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.*

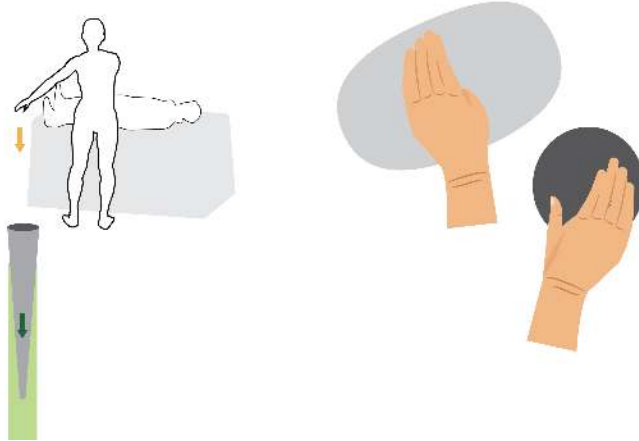
*The hand migrates slowly toward the grounding cord in the floor. The energy is dense and viscous. Rapid movement does not keep the energy coalesced.*

*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 ¾" 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



## Infusing the Etheric Aura

Def: Infusing the Etheric Aura is done whenever an Etheric clearing or protocol is delivered in a treatment strategy. The Etheric body is replenished and infused with Prana, the specific life force energy that supports, generates and fortifies the Etheric/Physical body.

### Description

When clearing or other protocols have been delivered to the Etheric body, a Pranic infusion is an essential step to complete the work. The practitioner will extend the arms beyond his or her body to gather a ball of Prana (through intention and attention). Once the energy is resonating in the hands, the practitioner turns to the client to deliver the Prana into the field. The hands are positioned over the client's thigh, within 2-3" of the surface of the body. The hands are opened and rolled downward so that they are within 1" of the thigh, the flow-state is delivered to the Etheric aura. The hands move slowly back and forth, in opposite directions from one another to distribute energy into the Etheric aura, to replenish the vitality of the Etheric body.

### Background

Infusions are important in both the Astral and Etheric bodies. Infusions replenish, revitalize, energize the field, supporting healing and evolution.


Etheric energy is used to support the physical body, its processes and functions. The energy is dense, slow-moving and can be quite sluggish when released in an energy healing session. The sluggish movement reflects the spent, expired quality of the energy being released.

When a client has a physical issue, particularly an issue that is ongoing or chronic in nature, or in the case of an acute illness, such as the onset of a cold or flu, the vitality of the Etheric energy is compromised.

When treating the Etheric body, less is often more. The integration of the thousands of chakras is an overarching goal of the work, thus minimizing work in the chakras, doing only what is essential and necessary invites rapid integration and balance.

Working in the Etheric aura is a very effective strategy since more can be done to enhance vitality and wellness. Releasing spent, depleted, sluggish energy from the Etheric aura expedites energy flow into the physical body. The energy is releasing in its own way, but with support and assistance from the practitioner to speed up and facilitate the process.

Infusing Prana into the Etheric aura brings fresh vitality to the Etheric body, enabling it to shift, align, integrate and adjust overall vibration in an effective and easy to integrate manner. The aura distributes energy to the major and minor chakras on an as needed basis. Higher quality energy in the aura that is then distributed to the chakras supports the elevation of the quality of



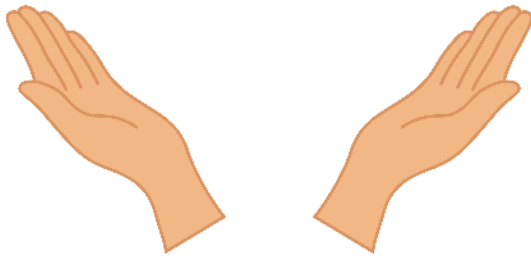
the energy in the chakras. The chakras are then delivering an elevated quality of energy to the organs, glands, systems and processes in the body.

When treating the Etheric body, focus on the aura is always a good strategy. It takes the pressure off of the functioning of the chakras and being precise in how much or how little work to do to effect movement and evolution in the Etheric body.

An Etheric infusion of pristine Prana is a powerful support to galvanize, rise above and evolve whatever is occurring in the physical body.

In general, a 5-7 minute release of sluggish Etheric energy during the course of a session should be followed by a 2-3 minute infusion of Prana.

## Illustration: Infusing the Etheric Aura



*When gathering a ball of energy, whether it is Prana, Earth, Cosmic, Compassion or any other frequency or color, it is important to remember to reach for the energy from beyond the practitioner's field. Otherwise the energy gathered will be intermingled with the practitioner's energy.*

*With intention, specify the energy that is being gathered, Prana, Earth, etc.*

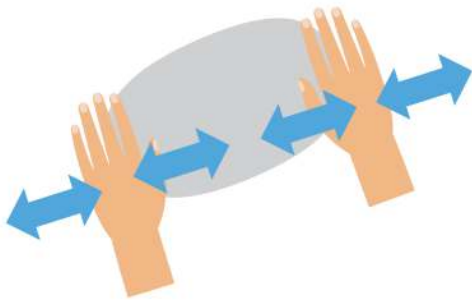
*Hold the energy between the palms of the hands until a flow-state and connection is clearly established.*

*Leaving the hands cupped together, maintaining the flow-state of energy, move to the client's thigh.*

*Bringing the hands within 1" of the client's thigh, rotate the hands down so that the palms of the hands are  $\frac{3}{4}$ " from the surface of the thigh.*



## Illustration: Infusing the Etheric Aura continued



*Distribute the Prana to the Etheric aura by moving the hands in opposite directions along the client's leg and lower torso, being careful to remain within the  $\frac{3}{4}$ " plane.*

*The client will rarely signal that the Etheric aura has received enough Pranic flow. Judge when to stop in accordance with overall session strategy and time required to complete the treatment.*



## Exercise: Infusing the Etheric Aura

Before closing an integrated Astral/Etheric energy healing treatment,  
gather a ball of Prana from outside of your field

Hold the energy flow-state until you feel it resonating in your hands

Step up to the table, in front of the client's thigh

Bring your cupped hands to within 2-3 inches of the client's thigh,  
then, turn your palms toward the thigh and lower them into the Etheric aura,  
about  $\frac{3}{4}$ " off of the surface of the thigh

Slowly move your hands in opposite directions, one hand toward the feet,  
the other hand toward the head, staying within the Etheric aura,  
avoiding touching the body, delivering Prana to the field

There is no need to over-extend your arms, to reach either the head or the feet

Remain comfortable within your own body,  
stretching and overextending diminishes what you're delivering,  
and pulls your focus toward yourself and away from your client

Prana is being taken up and disseminated throughout the aura,  
it is fully capable of ensuring that the field receives an balanced infusion