NOTE  This chapter is provided in full color, to illustrate to full effect the energy healing techniques discussed.

Now that we have a good solid base of how consciousness works, how creation is formed, and how our consciousness works within that construct, we can begin to explore the Etheric anatomy.

The Etheric anatomy is composed of multiple fields and layers of energy. Each layer of energy in the Etheric anatomy contributes to the experience of the whole. If any area or level of energy is affected in any way, the overall experience can be changed.

The complexities of the overall field break down into easy to understand and read sub-parts. What these sub-parts have to tell us can actually give us an entire story about our client. In other words, every body and all its layers of reality tell a very clear and full story. When all put together, the details of that story can be amazing in their accuracy.

In order to fully portray the systems, we will go through each area of the Etheric anatomy separately, slowly building a full and complete picture of the complexities that compose how we are made.

The External Field

When we first access another person, we encounter the external field. This area basically establishes our “personal space.” When people stand too close to us, they are literally standing in our energy field, and that is not usually very comfortable for us. This field is an elliptical body of energy that envelops us much like
a cocoon. The external field is our connection to creation in every respect. It acts as a translation station for both incoming and outgoing energy and information.

The information that comes to us via all of the tiny hallways in creation, filters into our external field and ultimately into us. As the information processes though the outer walls of our external fields, it becomes harmonized so that our systems can recognize and interpret it. Information about our past, present, and future and everything that is happening within creation is coming into our Etheric systems all of the time. Further, information about all of creation and what is happening within it is coming into us. At the same time, information about our life experience constantly flows back outward into the creative process, informing the rest of creation about our journeys. Every bit of the information flows in the form of energy.

Our external fields, when healthy, are filled with combinations of harmonic frequencies (different tones of energy) that flow in a very liquid manner.
Our external fields have an interior envelope, a smaller version of the most outer field, with what I call a soft wall around it. The chakras are connected to the interior, softer wall. Energy that is distributed from the chakras flows outward, first into the outermost part of the external field, and then through its wall into creation.

The external wall reflects light. The light that is reflected is what we often call aura. Many people mistake the aura for the external field, but this is not true. Intuitives who are able to see auras are seeing light as it reflects off the outer wall of the external field. The internal condition of what is contained within that field, in conjunction with external stimulus to our systems, reflects light of changing colors, depending on what is happening in our field at any given moment. When a person feels very intense, or even angry, or perhaps extremely expressive, the aura will reflect red energy.

In times of great mental exercise, overthinking, or mental inspiration, the field will reflect bright yellow color. Love is generally very rosy pink, while someone who is highly spiritual will reflect violet or white energies. Healing energies can be blue or green, while orange is very expressive, and purple creative. There are many variances to these colors and how they combine to create a full-blown aura.

The external field also has specific positions on its outer wall that I call axiom points. These points are intermittent and evenly spaced all around the outside wall of the external field.

The axiom points are very important as they are our connection to the universal grid lines of energy flow, which are an infinitely reaching system of overlapping avenues of energy that, in a way, are a great pipeline of energy and information throughout all of creation. The grid lines ultimately refine, becoming smaller and smaller and more intricately woven until they connect within our personal energy systems to feed our meridian systems, which are small but very vital pathways of energy within our bodies.

When we are working on the exterior field, all we need to do to shift the whole field is to find the axiom points along the exterior of the field. If we tune these up, the whole field can become balanced.

The outer wall of our external energy field can become damaged for different reasons. When we suffer a traumatic injury or severe physical trauma, this part of our Etheric anatomy may actually become dented or torn, or the entire
external envelope may become misshapen. When this occurs, the dented area becomes very dense, and the energy on the inside of the field does not flow in its normal directions or with its normal fluid motion. Instead, the energy will begin to reroute and ultimately small individual offshoots of energy may occur. I have seen the interior of the external field become completely filled with little errant spirals of energy that don’t go anywhere.

When the external field becomes torn, vital energy leaks out slowly and the person will feel lethargic, have trouble healing or maintaining a decent energy level in everyday life.

Belief systems show up in this field in different ways, sometimes as dense blockages or symbols that have taken form or even animated in order to represent the belief and the emotions behind them. Belief systems can also cause matrixing, or entanglement of the internal energies, and interrupt flow within this field.

Our external energy field also tends to collect Etheric junk, formations of energy that do not belong to the person at all. Some cultures call this nebulous trash dross. This kind of energy is foreign to the field. It has no use and no
apparent reason or origin and can become caught in the field like sandspurs, irritating the field in general and creating inflammation. Depending upon the area where it is found, the location of this cosmic junk may manifest as pain or discomfort in the physical body respective to its position.

**The Pranic Tube**

Our pranic tube is our widest channel, or pipeline of energy. It is our greatest internal energy highway. The pranic tube is connected to both the top and bottom of our external field by vortexes of energy that flow into the pranic tube.

The energy that flows into the top of our pranic tube is cosmic energy, the energy of creation and all that it contains. This energy is very high frequency and feels very light. The energy that flows up into the tube from below is earth energy, a force of energy that maintains our balance with the earth. Earth energy is much heavier than the cosmic energy and in comparison feels a lot like molasses.

These two powerful energies meet in the middle of the body at the level of the solar plexus and are then mixed and distributed through the chakra and meridian systems. A constant flow of mixed energy is fed through the chakras. As the chakras distribute the energy, it is further distributed into the meridian system.
where the energy is carried throughout the physical body, feeding and nourishing it. The combination of the cosmic and earth energies creates the essence of the life force of human energy.

The flow of energy into the pranic tube is constant unless for some reason the vortex where the energy enters becomes damaged, bent, or inverted. Believe it or not, this happens quite commonly but is easy to repair.

The Truth about the Chakra System: It Is a Big Deal!
The chakra system has been mistaken as a series of rotating disks of energy that reside in certain areas of the body. Being able to see energy in the way that I do, I soon realized that the chakras, when healthy, are actually shaped like four-sided pyramids. Each is a different color, depending upon its position on the body. Contrary to popular belief, the chakras of both males and females rotate in a clockwise manner. They are not only on the front of our bodies, we have them in the back too.

Within each chakra pyramid is a vortex of energy that normally rotates clockwise, drawing energy up from the pranic tube and distributing it around the chakra’s respective area of the body and also into the external field. It is this clockwise motion that has often been mistaken as a revolving disk.
Chakra alignment side view of pyramids.

Chakras connect to the interior wall of the external field.
Chakras also have apertures much like a camera or a blinking eye. The apertures modulate energy flow as it moves through that particular chakra area. Sometimes the apertures can become stuck in a particular position. When that happens, energy may be restricted, cut off, or conversely, flowing too much.

Each chakra has immense purpose relative to our life experience and is also related to different parts of our physical body. We will address the main seven chakras. There are actually more chakras, which have to do with finer aspects of our Etheric anatomy, but I have found that when I completely address the seven most basic chakras, the more Etheric ones spontaneously harmonize on their own.

For example, a chakra may become reversed in polarity, changing its rotation pattern from clockwise to a counter-clockwise flow. When this occurs energy is actually being drawn from the overall system like a drain in a bathtub.

Chakras may become damaged in many ways. They may also become dysfunctional for many reasons. Some problems affect only specific chakras while other problems can affect all or several of them. Chakra anomalies: Note that the third eye chakra is off center, above its normal plane and out of alignment with the rest of the chakra system. The solar plexus is very inflamed, and the second chakra is torn. These are common anomalies in the chakra system.
Chakras can malfunction in a variety of ways. Notice how the crown chakra has reversed and changed color. This anomaly is often seen in very mental people. The third eye pyramid has lifted away from the body and disconnected. This happened because the crown chakra was malfunctioning. Note the throat chakra has tilted, or angulated away from its base. The heart chakra has flipped and is sunken down into the body. Its energy is mostly on the surface. The heart chakra is now acting as a drain on the energy field and this person is likely living on the surface, not letting people see her inner self. The solar plexus, which is usually yellow, has sunken down into the body as a self-defensive measure and is blocked.

When someone is feeling self-defensive about a certain issue, the chakra that is related to that issue or a combination of chakras may sink too deeply into the body. When this happens, the energy of that area of the body becomes low in both amount and functioning and other problems may begin to occur.

A chakra may also become angulated, leaning out of position. When it is, the energy force becomes out of alignment, and errors of direction of the flow in energy will occur.

The chakras actually create an electromagnetic field of energy that maintains the spacing and positions of the meridians, or smaller pathways throughout the body. These pathways may actually move closer and closer to the center of the body during a time of low chakra energy and begin to stick together. I call this matrixing. It looks a lot like a star of energy lines that are uneven and going in a lot of different directions. When the meridian lines matrix by becoming stuck
together, the normal pathways of energy are interrupted and energy is send in errant directions.

The vortex within a chakra might become fragmented, particularly in the areas of the throat and solar plexus. I will discuss this more when describing the function of each chakra individually.

A chakra may begin to bleed energy, becoming disorganized of form and covering the surface of the area of its position. A chakra may also become blocked or inflamed until its energy flow becomes still, then stagnant, or expanded to an uncomfortable inflamed state.

The vortex inside of a chakra may also become too long or too short and the chakra then rotates out of balance. A chakra vortex that has extended and elongated usually means that the person is looking outside of themselves for validation about specific kinds of things. As they reach their energy outward, the energy of the related chakra becomes stretched and remains elongated.

One that is too short can be caused by problems in surrounding areas of the Etheric anatomy. When a chakra is shortened, it becomes too dense and its rotation is slowed way down. Either way recalibrating the vortex to normal size is also easy to do.

Chakras may also become disharmonic, no longer in tune with the rest of the body. When this occurs, the chakras actually become the wrong color and sometimes even exhibit combinations of color when a chakra attempts to normalize its error. Changing the harmonic frequency of a chakra pyramid is called attunement. In a way, attuning a chakra is a lot like tuning the strings of a musical instrument. We do this by intention.

The interior of a chakra vortex may also become clogged with debris that the system has picked up externally as well as by energies that have crystallized. This can occur for a variety of reasons. Crystallized energies look a lot like tiny little bars of energy that reflect different colors. They are much harder in density than the chakras and can act as irritants within the chakra. Irritation that is caused by crystallized energy can actually affect the physical body and its organs.

Sometimes in extreme cases, a chakra might shut down completely. When that happens, there are almost always physical symptoms that accompany the chakra dysfunction.
Certain chakras, particularly the second one, may become torn into one or more sections. This is a severe anomaly since, when it is torn, a chakra essentially loses all of its energy.

All chakras can be affected by electromagnetic energy in the environment. When we spend time in places where there is a lot of excess electromagnetic energy, such as offices and hospitals, different areas of the energy field will become contaminated and begin to show different types of anomalies, such as thickening or matrixing on the outer walls of the external field or misplacement of chakra vortexes.

Power lines are another powerful source of electromagnetic interference; as the electricity runs through the wires, electromagnetic energy is thrown off from the lines. This can happen to varying degrees and affects all living things in the area.

I have also seen different affectations in the energy fields of people who have had surgery. Certain events occur during surgery that leave our energy fields unprotected, as well as exposed to electromagnetic pollution.

Chakras have three basic types of alignment. The first alignment is to the center. The centerline follows the exact center of the body so that the chakra can link with the pranic tube.

The second is alignment to plane. The chakra should sit just a hair below skin level. When it becomes too deep, this is an indication of self-defensive posturing. We will most likely find later correlation to the causal issue in a different location of the energy field.

When a chakra rises up off of its rooted position, it often will also float off to one side or the other of the centerline. This can be caused by a number of things including imbalance in that area of a person’s life, a strong belief, electromagnetic pollution in one’s environment, or even a physical injury. Chakras are, when normal, firmly rooted in place, with a good seal around the base to prevent energy leakage.

The third kind of alignment is the angulation of the pyramid. The pyramid and its vortex, when normally placed, will sit straight up at a 90-degree angle to the centerline. The pyramid may become angulated for any number of reasons, and when it is, the energy flow is slowed or interrupted. If the pyramid becomes angulated too far, the energy inside of the pyramid begins to leak out around the bottom of the uprooted pyramid.
Any area of the body, including the chakras, may have more than one dysfunction going on at any time. In order to effect the greatest change, it is best to work with the outermost affectation first and then work deeper for each repair. This is a lot like peeling an onion. Sometimes outer affectations cloud or block access to deeper dysfunctions. And once we take care of the outer layer, a new dysfunction is revealed that we can then address.

To best explain the chakras and their most common dysfunctions, let’s explore each one individually.

**The Crown Chakra**

The healthy color is white. It is harmonic with the throat, solar plexus, and root chakras. This chakra is relative to the brain, the upper sinuses, and the pituitary, pineal, and hypothalamus glands. It is the vortex entry point for incoming cosmic energy to the pranic tube. The incoming energy carries information. It also cleanses and refreshes the system so that the body and surrounding energy systems remain fully functional.

The crown chakra is most affected by overuse of mental faculties. As we use all that electrical energy in our brains, its intensity causes dysfunction of the more subtle energies. When mental use becomes out of balance, the energy within the entire crown chakra becomes very yellow, the color of mental energy.

This vortex may also become inverted, or upside down. When this happens, the vortex is no longer receiving fresh energy and instead, blocks the flow of incoming energies.

The crown chakra may also become bent to varying degrees or angulated out of position.

It may also elongate in cases where the client does not trust her ideas and opinions and constantly seeks the opinions of others.

**The Third Eye Chakra**

The color varies from shades of indigo blue to a blue violet, depending upon the person. The third eye vortex is relative to the eyes, ears, and lower sinuses. It is immediately affected if the crown chakra is dysfunctional.
The third eye chakra is harmonic with the heart and the second chakra. This vortex is a portal to higher consciousness.

The third eye vortex is most affected by our beliefs and resistances about accessing other worlds. If a gifted child is told that the gifts aren’t real or becomes frightened and then shuts the gifts down, a nebulous blockage forms and floats just above the apex of the pyramid, blocking the sight. This is kind of like static that interferes with a radio signal so the signal becomes unclear or interrupted.

If the crown vortex is out of balance in any way, the third eye will almost always be affected. This vortex may move off center and may very often be found floating above its normal placement, usually but not always to the left side of center.

On a few rare occasions, I have seen this vortex invert and become reversed in polarity. Usually if this has happens, the crown vortex is very affected in some way as well.

**The Throat Vortex**

The color is icy blue. This chakra is relative to the voice, throat, shoulders, neck, and extreme upper back. The throat vortex is relative to issues of trust, control, trauma, and feeling safe to speak one’s inner truth. It is also relative to our multi-dimensional aspects and an indicator whether those aspects are in alignment or not. This vortex is harmonic with the solar plexus and root chakras.

The throat vortex is also in an area where several of the meridian lines pass closely together. This exquisitely harmonized area is one of the most likely to become dysfunctional.

The throat chakra is usually the first to fragment, often in response to trauma or when the client has deep-seated feelings of personal insignificance or is lacking personal power. The fragmentation in this area is also a sign that there is fragmentation, or a misalignment, of one’s multi-dimensional aspects.

The throat vortex may invert, becoming of reverse polarity, flowing counterclockwise. When this happens, energy is draining out of the system.

This vortex may also misalign off center or plane and can angulate to any degree.
The throat is the first vortex area that may matrix. When it becomes weak from any issue, the lowered expression of energy from the vortex no longer holds the meridian lines in place. They start to move out of position, falling toward the center, seeking energy. The meridian lines ultimately land in the center, above the pranic tube. Since there is nothing holding them in place, the meridian lines may become entangled or stuck together as they attempt to gather energy for the body anywhere they can. Entangled, the meridian lines begin sending energy in every direction except the correct one.

**The Heart Chakra**

The color is very bright leprechaun green. It is harmonic with the third eye and second chakras. The energy of this pyramid relates to the heart and lungs, breasts and mid-back. It is relative to the emotions and one’s emotional self-defenses.

The heart chakra is quick to bleed energy in cases of unresolved emotions. When it does, the energy usually looks like pools of green on the surface. This affectation indicates that the client is living life on the surface, not allowing relationships on a deeper level that expose his true feelings. He lives from a state of reserved or hidden emotion because somehow he feels that it is safer than revealing his deeper, more private, emotions. When I see this, I usually tell the client that what doesn’t get in also doesn’t get out and that life emotions don’t need to be edited, but felt and experienced to their fullest.

The heart chakra may become withdrawn into the body as a self-defensive posturing, and when this happens, it may remain upright or become inverted and of reverse polarity. When the heart chakra becomes inverted, it is a major drain on the energy system. Usually when a vortex is inverted, there will also be blockage inside the vortex, as if it is plugged. When there are vortex blockages, there may also be blockages of varying thicknesses literally over the vortex opening or in the surrounding area. For example, if the heart vortex is blocked, the chances are good that the chest area will display blockages in the areas around the vortex location. The area beneath the vortex may also become blocked. If the heart chakra is blocked, it is always wise to check the rest of the chest area, as there will almost always be other significant blockage there too.
The Solar Plexus

The color is a deep rich yellow. This vortex is relative to most of the internal organs, including the stomach, small intestine, diaphragm, gallbladder, liver, and spleen. It is relative to issues of relationship, creativity, and self-expression. This chakra is perhaps the most important of all as it has multiple functions and can be greatly affected with different anomalies. It is most harmonic with the throat. Often anomalies found in the solar plexus have already demonstrated in the throat.

Not only is this chakra relative to certain organs and issues, it is the area of the body where the down flowing cosmic energy and the up flowing earth energies meet and are mixed and distributed. This is a vital point in the overall energy system because if it becomes damaged or dysfunctional, the distribution of powerful energies through the body becomes crippled or inhibited, and the entire system is affected.

The solar plexus is also the area of the body where energy from other people, the environment, and events enter the system. It is like an aperture, a portal, a doorway to the entire energy system. This chakra tends to have multiple anomalies when dysfunctional and must be worked from the outermost to the innermost, one layer of dysfunction at a time.

The solar plexus area, or mid-section of the body, is also where unexpressed anger in the form of inflamed, red, and often hot energy is stored. When anger is withheld in any situation and not expressed or dealt with, it becomes filed away within the body. This can later cause real problems, particularly in the liver, upper digestive tract, gallbladder, and stomach.

Unexpressed emotion, especially grief, may also be stored in this part of the body. When we do not allow ourselves to move through our grief or to process our emotions, when we don’t have the tools to deal with life’s crises, when we experience uncomfortable or traumatic emotions, we tend to hold our breath, become tense, and as we do we clamp down on ourselves, compressing our energies. When we do this, the energy of the emotion becomes trapped, lodged in our energy fields, and then over time becomes compacted and dense.

The solar plexus chakra may become inverted, acting as a drain on the system. The interior of this vortex often becomes clogged with debris in the form of
crystallized energies that look like tiny splinters and actually irritate the interior of the vortex, sticking like thorns into the inside walls of the vortex.

Angulation of the solar plexus vortex is common and requires correction.

The solar plexus can become deeply blocked. As we defend ourselves emotionally or experience fear, the solar plexus portal closes momentarily, blocking energy flow. When that occurs, the internal energy of the pyramid may become compacted and dense, inhibiting the energy flow.

Similar to the heart vortex, the solar plexus generally is blocked somewhere outside of the actual chakra position, in the upper abdominal area. Blockages in the surrounding solar plexus areas are generally moderate to severe and may be located just on the surface or positioned downward, deep in the body.

Fragmentation is common in this area. If there is fragmentation of the solar plexus chakra, you can just about guarantee there is also fragmentation in the throat area. When the chakra becomes fragmented, it is like broken glass. With no container to hold it, the energy leaks out in multiple directions and the vortex becomes broken into individualized pieces rather than being unified, cohesive, and functional.

The solar plexus vortex is quick to invert and become reversed in polarity when issues arise that we won’t or cannot deal with. The vortex may even sink way into the body and be difficult to find. When it does, the meridian lines matrix all across the opening of the upside down vortex, further sending energy in errant directions. When the vortex sinks like this, it is a self-defensive posturing, and the client is usually very damaged in issues of relationship, creativity, or self-expression and unable to communicate feelings or perceptions easily. Instead, the client feels unsafe even in general types of relationships. She may even tend to isolate and be anti-social.

Occasionally when accessing the solar plexus, we may receive information regarding past lives of the client. When this happens, the previous life is usually relevant to the issues the client is experiencing in the current life. When revealed, the past life information is very specific about an event or emotion that was unresolved and continues to challenge the client even in his current lifetime.
The Second Chakra

The color is a warm, medium orange. This chakra is relative to issues of how one sees oneself and how one believes others see her. This chakra affects the reproductive organs, kidneys, bladder, and most of the large intestine. Contrary to most of the chakra charts, I find that this chakra also indicates sexual issues and is most often where issues of both sexual and emotional abuse are revealed.

The second chakra is easily affected by self-doubt and situations of conflict as well as issues of lack, feelings of invalidation, and loss of self-worth. Anomalies to the second chakra vary widely, although this chakra never matrices.

Fragmentation can occur, but more often than fragmenting, this chakra will literally tear into two or three sections that remain attached to the base. When this occurs, it looks a lot like a torn kite that has been ripped by the wind. In cases of extensive tearing, one should suspect trauma that may involve sexual, mental, or emotional abuse, sometimes all three. At the very least, a severe trauma or series of traumas has occurred that affect that person’s feelings of self-worth.

The second chakra can fall out of alignment easily and will also be drawn into the body. It may become weak in charge, looking diluted and a much lighter shade of orange to the point that it becomes transparent. If the solar plexus is affected, this chakra is nearly always dysfunctional in some way.

Angulation is often found in the second chakra too, as well as blockages of varying degrees. Withheld emotion may even be found this low if there is a severe amount in the solar plexus. Grief will often store in the area in addition to or instead of in the solar plexus area. The second chakra is harmonic with the heart, so when self-defensive indications are found there, they will likely be found in the second chakra as well.

The First Chakra

Color is bright red but may be very dark red when energy flow is interrupted in the chakras above. This chakra is relative to sexual function and sex organs as well as the anus. This area is relative to one’s feelings of belonging, fitting in, and issues of general as well as physical safety.
The first chakra often becomes very dark when there is dysfunction either above it or of this chakra. It will sink partway into the body or become misaligned. I have never seen a first chakra fragment or matrix. The first chakra may angulate out of position, but if it does, it usually remains at least partially rooted.

Kundalini

Kundalini is a double helix of energy. It is a two-strand force that is a continuous flow of energy. The kundalini helix looks a lot like a DNA strand, or a chain. It begins at the root chakra, or base of the spine, and moves in a serpentine motion around the chakras.

The kundalini picks up energy from each of the chakras and carries it up and down through the body in a never-ending flow. This process helps keep the energy flow throughout the body in balance. When we reach certain higher states of consciousness, the kundalini energy rises higher and higher in our bodies and can ultimately unify all of the areas of the chakra system in an integrated and expanded force of energy. In a way, the kundalini is the Gamma Consciousness.
of the body. As we access higher levels of Gamma Consciousness, our kundalini responds just as our DNA does. It begins to rotate faster, rising higher, extending its spiral from our root at the end of our spine up and out through the crown of our head.

When the kundalini is expanded in this way, amazing things happen to our senses and our bodies. The third eye aperture can open fully, as does our crown vortex, and we can experience the world as if looking from above our heads rather than through our physical eyes.

When the kundalini is accessed and expanded, sexual energy runs very intensely, and spontaneous orgasms can occur. The more a person works with energy and opens the flow of kundalini through his body, the more active the kundalini becomes. This can feel like an incredibly intense sexual experience, but a word of caution here. This is not the same as physical sexual stimulation even though sex can be enhanced by expanded and risen kundalini; it is a fully encompassing physical, spiritual, and energetic experience. With some practice, one can learn to control this force to enhance both intuitive and sexual experiences.

When we experience kundalini rising, it is easy to become confused about the intensity of sexual stimulation that spontaneously occurs. Often when I teach classes about ethereal healing and consciousness, I get a phone call within a few weeks from embarrassed student who shyly reveal to me that they are having a large degree of sexual stimulation when using the healing process. Kundalini energy can feel extremely sexual but must not be mistaken for sexual desire for another person. Kundalini sexuality is very personal. It should not be interpreted as something that has to involve another person for release. On the contrary, kundalini energy can be combined intentionally on our own or with another consenting adult for amazingly heightened sexual experiences. This is called Tantric sex and can be enhanced by using different techniques and positions as well as expressions of different energy frequencies.

When there are dysfunctions in the energy system, such as a malfunctioning chakra, the kundalini energy stays low in the body, and we feel very grounded. As we reach into higher levels of consciousness, our energy fields respond and our kundalini then rises unobstructed.

If there are dense blockages, leakages, or other anomalies in our energy systems, the kundalini chain may actually become broken. When this happens, the
entire energy system becomes skewed in its flow, and the energy pathways move to compensate for the errors. Whenever the energy pathways move to adjust the energy flow, some part of our system isn’t getting cleansed, balanced, and fed so that it is healthy. Ultimately we can become physically ill.

I have often seen the kundalini fall into a crumpled heap at the bottom of the body. This occurs when several of the chakras are dysfunctional. Lowered kundalini creates problems in awareness as well as inter-body communication. It can also generate a low libido and low functioning of different parts within the body.

The kundalini chain can be repaired in the same way other parts of our energy system can. When a practitioner is not accustomed to tapping into the energy flow of the kundalini, it may actually make him dizzy or cause a momentary loss of balance. Once acclimated to the kundalini flow of the client, however, the practitioner can follow the chain with his consciousness, looking for errors or breaks in the chain. Once found, the problems can be corrected by commanding that the chain normalize, assimilate (to reattach broken aspects of the chain) or rise (when it has fallen to the bottom of the body).

The Etheric Bodies

The Etheric bodies are quite beautiful and, depending upon their positions, are of different colors and functions. Except for the higher, causal bodies, the Etheric bodies stack in a particular order directly above and aligned with the physical body.

The Etheric bodies are sometimes carried in a nested manner and, if left that way, are difficult to read. It is easy to raise them by spreading our hands palms up over the physical body and asking them to rise up. As we then slowly raise our hands upward, the Etheric bodies will separate from each other and levitate above the physical body in a specific order.

Since we are immersed in the client’s energy field, the Etheric bodies easily respond. In the moment that the bodies arise in this manner, the client, if relaxed, will literally leap out of her body temporarily.

One way to tell that someone has leapt out is that they will begin to snore very softly and their breathing will become very slow and shallow. It is vital to watch the client carefully while we work because sometimes when someone’s body is so relaxed and they are traveling outside of it, they may stop breathing momentarily.
Being out of body is a blissful state, which may not be remembered, but sometimes the client is so relieved to be out of a painful body, and it feels so good, it can be difficult for them to want to come back. It is extremely important not to startle the client during this time. Keeping a hand on the client at all times helps them maintain a connection to their body. If it becomes necessary to call them back to their body when we are finished working, a light touch accompanied by a soft voice will usually do it. Usually, I touch the client’s arm or shoulder, lean over quietly, and ask if anyone is home. The client may not be able to respond at first, and if they don’t, there is no need to panic. Wait a minute or two to give them a chance to become more aware again. Then ask them again to come on back. Sometimes it takes a few times, but they will reenter their bodies.
The first sign that the client is reentering her body comes with a tiny movement of the toes or the tips of the fingers. Then the feet flex at the ankles and the person begins to flex her fingers. The client may not be able to move until she is more firmly seated in her body. Care must be taken when she sits up because she may be disoriented for a few minutes. This is because she is in a new state of balance and her center may feel different.

This experience is amazing for clients, but they tend to be very spacey for a while afterward, so I usually sit people down and give them a glass of water until they are totally oriented. This feeling is a high unlike any drug can offer, and
driving in this condition can be unsafe, so we really need to make certain our clients are safe before they leave us.

The Etheric bodies have three types of alignment: center, plane, and parallel. A healthy well-aligned Etheric body will be aligned at exactly the center of the physical body, lie level on its appropriate plane, with the head and feet exactly in the same position in alignment as the physical body. Occasionally, a system has harmonized in a way that one or more Etheric bodies are reversed, with the head in the feet position. If so, this is usually normal for that particular system’s harmonic arrangement, and we don’t need to change the position of the body or bodies.

Errors specific to the emotional body can cause physical symptoms and even disease.
Sometimes as a self-defense mechanism, the physical, emotional, and mental bodies may become corded together. When this happens, our emotions and our mental perceptions become mixed up and we lose clarity. The energies become entangled as well, and we lose much of our cosmic connection as well as our sensitivities.

The Etheric bodies serve many purposes, specific to each respective body. What is found in, on, or around the Etheric bodies can correlate with information that is found in the chakra system. The two closest bodies, the emotional and the mental, are usually the most greatly affected. They show dysfunction more quickly and are most likely to have a direct effect on the physical body.

The farther out in alignment a body is, the higher dimensional it is. Events in the third-dimensional world usually affect the mental and emotional bodies, and don’t go beyond them. Conversely, the farther out the body is, the older or more soul-oriented the affectation. I will explain more fully as we discuss each body.

The Etheric bodies can be accessed and scanned with the hands in the same way the physical body can be scanned. You might feel warm and cold spots in
these bodies in the same way that they are felt on the physical body. We will talk about this more in depth in a little while.

Like our physical bodies, each Etheric body has its own set of otherworldly bodies. I have found, though, that if we work with the immediately related Etheric bodies, the secondary bodies will attune spontaneously, so there is no need to be concerned about those at this time.

It is common to find anomalies in the Etheric bodies that directly contribute to acute or chronic situations in the physical body as well as the life experience. Anomalies in the Etheric bodies can actually cause chaos in life, difficulty in manifesting or creating change, repetitive experiences, and general dissatisfaction. When the anomalies are repaired or cleared from these bodies, life changes almost immediately, and the client begins to see greatly positive trends and changes.

**The Emotional Body**

The emotional body is a very sensitive part of the Etheric anatomy. Its color is silver blue. It lies parallel with the physical body and should be the same size and shape. When raised, its position averages about ten to twelve inches above the physical body. Position may vary slightly. The body should be centered exactly with the physical body.

The emotional body displays several anomalies directly related to the emotional health of the client. Interestingly, in an emotionally sensitive person, or one who is not self-nurturing enough, or who is feeling isolated and alone, the emotional body will often swell up and become very soft. When the emotional body swells, the physical body may actually gain weight or look and feel puffy.

The emotional body may also become small and dense, with a sensation that it is too tight. This indicates that the client has a terrific amount of control issues or has instilled a lot of self-protection and there is practically no self-nurturing going on. This affectation may actually cause constipation and/or low physical and emotional energy levels. When the body is contracted, the internal energy becomes restricted and communications to, from, and throughout this body become restricted, as does the health of the emotional body and, in turn, the body of the physical.
This body may become blocked with dense areas of energy. These blockages can run the gamut in size or density. The dense areas are unacknowledged or unprocessed emotional experiences and feelings that have been hidden because they were too hard or the client did not have the skill to work through them. These blockages may cause physical symptoms, including acute or chronic pain, and can be found anywhere in this body. When they are found and released, the physical symptoms of pain or discomfort also disappear.

All of the Etheric bodies have external walls, a thin skin of energy that holds them together. Particularly, the walls of the emotional body can become damaged or torn for different reasons. When they do, the client may show symptoms in their 3-D experiences, such as malaise, lack of focus, fluctuating energy levels physically, and indecisiveness.

Affectations in the emotional body usually correlate with and validate what is found with the throat, solar plexus, and second chakra areas.

**The Mental Body**

The mental body is bright lemon yellow when it is healthy. It resides about ten to twelve inches above the emotional body. The mental body usually shows dysfunction when people are mentally stressed, have cyclic thinking that does not resolve, or have beliefs that are extremely strong and yet do not resonate as truth for the client.

Affectations in the mental body can profoundly affect the physical body. One of the first kinds of affectations we might find with the mental body is that it will become very inflamed, surrounded by red energy. When this happens, the client may feel unsettled, their life may have a lot of chaos in it, and things may go wrong a lot for them.

When reason or answers cannot be found for situations in the client’s life experience, the mental body, may begin to armor itself. Its outer skin may become extremely dense to the point that energy flow in that part of the body may come to a complete halt.

The mental body may also display blockages to different degrees of size, depth, density, and location. Blockages in this body may also be directly related to physical pain or chronic problems that could not be found with normal medical testing.
The Etheric Anatomy

The Intuitive Body
The color is bright white with a violet-colored mantle over the shoulder, back, and chest. This body resides ten to twelve inches above the mental body. The intuitive body does not usually show any blockages or injuries. When it does, the practitioner can just about bet that wherever the blockage is found in the intuitive body correlates with chronic problems or pain in the physical body. Once cleared in the intuitive body, the problem in the physical goes away.

The most common anomalies found with the intuitive body are misalignments or angulation off center. The body will tilt to varying degrees on its center axis. It may also slide off center with the physical body in either direction.

When used regularly, the intuitive body, looks generally normal. If it isn’t being used, it may become smaller and somewhat denser. If the client has begun using their intuitive gifts or their Seventh Sense to any large degree, this body may actually expand and begin to glow very brightly. If it does, care must be taken to achieve balance of this body because any aspect of the Etheric anatomy that becomes overcharged can be as dysfunctional as if it were too small or undercharged. The system must have equality and balance; otherwise, different problems may occur.

The Causal Bodies
The causal bodies are very special in their placement and their importance. There are two of them, and they are positioned on either side of the centerline, away from the stack of other Etheric bodies. They are almost like Etheric ballast, anchoring the balance between our human selves and our connection with the divine. Our causal bodies used to be a calico set of greens, teals, and browns, but with the recent energy shifts that are taking place on universal and inter-dimensional levels, these bodies have begun to glow in new color harmonics that range from bright light teal to sea green. They are also no longer in a set center alignment and may float parallel above the other bodies in different positions of alignment in order to maintain balance during energy shifts.

The causal bodies are a harmonic octave point in our overall connection with creation. They are our oldest example of manifested being. Their position is dimensionally at the outer realm of formed mass and matter. Our causal bodies
are our most ancient selves and representative of our very beginning as traveling souls from one lifetime to another.

The causal bodies are positioned left and right of center, representing our female and male aspects, respectively. When our causal bodies are out of alignment with each other or with our other Etheric bodies, we may struggle with our male or female aspects. For example, a woman may become angry or aggressive, or a man may struggle with ego issues or a sense of powerlessness. Symptoms can run the gamut, but it is on this level that changes can be made to restore inner balance for the client.

The causal bodies are almost never blocked, and again, if they are, the problem is longstanding, spanning many lifetimes, and most likely chronic. If a blockage or injury is found at this level, there is a good chance that the problem has been remembered within the overall energy field and has been suffered for multiple lifetimes.

One common kind of injury to these bodies that doesn’t apply to the above is that the outer edges of these two bodies may become frayed or rough, feeling like they have minor tears. These bodies have been with us through every lifetime our souls have traveled and, so, may have become worn and torn from use. The outer edges of these bodies can be easily smoothed and repaired. When wear and tear exhibits on this level, it does not usually cause physical symptoms or even third-dimensional affectedness unless the injuries are severe.

The causal bodies may also reveal that a client has gifts that they are or are not using. These usually show up symbolically as something the bodies are wearing or carrying. We may not always be able to interpret what they mean, but we really don’t have to. I usually tell a client that she has great gifts waiting to be discovered, but even if I receive an interpretation of what those gifts are, I don’t give that information because discovering it is part of the client’s journey.

The Body of the Soul

The body of the soul is bright white, almost transparent, and nearly always perfect in presentation. It is rarely damaged or blocked in any way. If it is, the injury is generally karmic or so severe in its physical representation that the issue is
likely terminal or extremely debilitating. The body of the soul is about eighteen to twenty-four inches above where the causal bodies reside.

Generally, when working at this level, it is the energy field around the soul body that requires our attention, not the body proper. This field may become littered with old energies or blockages that represent karmic issues at play. If the blockage has no vitality and does not feel heavy or vital or even dense, the energy of this blockage is an old karmic instance that is long past and no longer applicable. It can be cleared from the field with no problem.

If the blockage has much substance or weight and feels very vital or emits a force of energy, it is a current karmic situation that is playing out in the client’s life. These should not be cleared because they are part of the client’s journey.

Sometimes this field becomes littered with little specks of what look like energetic dust. This is merely interference in the field that should be cleared. Once this is done, the soul has a clear view of its journey and can make excellent choices along the way.

**The Physical Body**

The physical body may show any types or kinds of affectations. It may have areas that are inflamed, dull, blocked, irritated, and dense. You name it; it might be found in the body physical. Amazingly, the physical body tells us a vast story about our client. Where we find anomalies has everything to do with the client’s current and past life experience as well as his perceptions and views of it and his unresolved issues. Here are some of the most often found areas of information:

- **Soft spots just below the collarbone and on the chest, centered between the shoulder and breastbone**—These represent close relationships, usually of a romantic nature. The left is usually representative of a female person; the right, male. On occasion a very strong female may show up on the male side or a very effeminate male person may show up on the female side, but generally the sides represent the actual sex of the romantic partner.

- **Large groups of nerves pass through this area that can be causal to issues in the face, neck, shoulder, and arm**—These areas can be repaired energetically to alleviate pain that is being experienced. They may also lead to
issues in other parts of the body. Clearing here will allow energies to flow more fully so that corrections happen elsewhere in the body as a result of the fuller energy flow. There may also be no physical pain in reference to unresolved relationship issues; instead, the pain or issues may be emotional in nature.

- **The solar plexus area**—Holds grief and unexpressed anger.
- **Bottom of the ribs**—Usually represents past or present difficulties with a sibling or child, a close relative, or even, in some cases, a friend. Left is female; right is male.
- **Left lower abdomen**—Represents unexpressed or unresolved mother issues.
- **Right lower abdomen**—Represents unexpressed or unresolved father issues.
- **Hips**—Flexibility about adjusting to experiences in the past.
- **Knees**—Sometimes past lives will be revealed at this point. Also about flexibility in general.
- **Feet and ankles**—Injuries and pain in these areas represent resistance to forward movement into a new situation.
- **Toes**—Worrying about details that are generally unimportant.
- **Hands**—Left represents receiving. If someone has not learned to receive easily in their life, there will likely be clogged points of energy on the hands and wrists. The right side represents giving. Someone who is either afraid to give of themselves or gives too much will likely have clogged energy points in the hand or wrist.
- **Fingers**—Can represent emotional issues, particularly about current circumstances in which a specific issue has arisen that may be causing worry or concern. The middle fingers may also indicate sexual anger or frustration.
- **Feet**—Can represent ignorance that led to a current situation.
The organs and systems within the body physical each have their own unique harmonic makeup and can often be attuned to normal functioning. The overall body also has a unique harmonic makeup that becomes attuned in conjunction with the Etheric bodies. Specific work can be done with the physical body,
but caution must be taken not to focus on the specific area so much as to find the actual cause. Sometimes the problem is being caused elsewhere, and repairing the area of cause alleviates the problem in its affected area.

What we must always remember is that the body is a cohesive and intricately choreographed system of energies that have come together to form the reality of the client. Because of that, each client’s body will reveal different things. There is no set norm when it comes to multi-dimensional healing. Never do two people’s systems appear exactly the same.

Our Connections to Multi-Dimensional Aspects of Self and Our Lineage

There are two large vortexes of energy that are extremely important in Etheric healing. They are a Yin and Yang, of opposite polarities, and connected deep into the body directly into the pranic tube, which then feeds the information into the chakras system where it is distributed throughout the body via the meridian system.
The two vortexes that feed us information about our other-dimensional aspects and our lineage connect to the outer wall of our external field.

**The Upper Vortex (Yin)—Our Other-Dimensional Aspects**

In what we call the high heart area of the chest, a little bit above the physical heart at the center of the chest and just a hair left of the center of the breast bone, there is a vortex of immense strength that flows in a clockwise fashion from outer dimensions into our bodies.

This vortex is light golden yellow in color and represents all of our multi-dimensional aspects. Remember that we talked earlier about how we have aspects of ourselves in all levels of reality, how those aspects can become fragmented or out of alignment, and as a result, life can become difficult? It is by using this vortex that we can track and realign those aspects. Our otherworldly aspects also represent past, present, and future and may often represent particular ages when we experienced trauma during our lives.

The vortex is positioned with its wide part down and its apex, or point, up. In the same way that dimensions become lighter and lighter the farther out they
go, the vortex does too. The vortex comprises many little segments all strung together. Each segment is about an inch long. The segments organize widely at first, beginning at the bottom of the vortex and then become shorter, tighter, and closer together as the spiral of segments becomes smaller and smaller the farther out it goes. The closer to the bottom of the vortex a segment is, the more recent the time and age. For example, if we find a segment just an inch or so up the vortex, we can deduce by that positioning that the represented age is approximately fifteen years in the past. A segment another inch or so up the vortex likely represents another ten or fifteen years in the past and so on. Usually, in an adult we only need to assess about four to six inches of the vortex wall because beyond that we get out of the current lifetime. Most of the misalignments we find are caused during current life events and traumas. Sometimes an aspect moves out of alignment because it somehow represents an age, a set of traits, or an experience that the client doesn’t accept about themselves.

For instance, when I first discovered this wonderful way of tracking time and age, I knew that I had something missing in my own alignment that I just couldn’t seem to locate. There was a part of me that felt like an angry adolescent. Certain events or situations would trigger a very negative feeling in me that I didn’t like at all. I went looking for that part, and when I finally found it, it was an aspect of me when I was sixteen years old, a very difficult and painful time in my life. I realized that every part of me had rejected myself in that time because I felt betrayed by those who supposedly loved me, and I did not feel as if I belonged anywhere. That feeling of aloneness and rejection was very painful. I felt damaged, imperfect, and rebellious, even angry. I really had to work at accepting that time in my life as part of my overall self and healthfulness, but when I finally did, my entire outlook and behavior in response to certain situations changed dramatically.

In order to track the multi-dimensional aspects of a client, we can simply take our hand and scan the segments one at a time around the vortex spiral. If a segment feels damaged, it likely represents a certain age or time when there was trauma in the client’s life. Many of these traumas are found in childhood or at adolescent ages. Finding a damaged aspect, the healer can stop and experience the energy of that segment and may actually be able to intuit the age that the trauma occurred and even the kind of event.
A segment that is torn or feels detached represents an aspect that is partially or completely out of alignment. A detached or severely damaged segment also tells us that the event that caused the damage was likely a serious trauma to the client.

When an aspect of us is out of alignment, we no longer have a multi-dimensional connection with our other aspects beyond that point. In a way, a piece is missing from our lines of communication. Our perceptions and abilities to draw on our experiences actually become limited.

By repairing the damaged, torn, or separated segments along this vortex, we are, in essence, attuning all of a client’s multi-dimensional aspects, past, present, and future. They become a finely tuned instrument that is at once cohesive and clearly communicating amongst all aspects. Achieving these repairs creates a great sense of inner balance in the client and also allows for easier access to both logical and intuitive clarity.

**The Lower Vortex (Yang)—Our Lineage**

Placed at the exact center of our abdomen between the solar plexus and the second chakra is another extremely powerful and important vortex. It is red in color and represents our lineage all through time. It rotates in a counter-clockwise manner, driving information about our entire lineage into our bodies.

Some Asian cultures, in particular martial arts, call this spot on our body the Dan Jun. In martial arts, the practitioner is taught to close off this vital area of energy too so that energy builds up in the body and then can be transferred by various movements in the martial arts cadences.

This vortex is segmented similarly to the upper vortex and can be evaluated and time tracked the same way. Only in this instance, each segment represents a generation. Segments that are damaged in this vortex will feel dark and powerless, low in vitality, torn, or damaged. They don’t usually disconnect as the aspects do in the upper vortex.

Often somewhere in our lineage, dysfunction began and then became hereditary either as a behavior, pattern, illness, or dysfunction. For instance, some forms of abuse such as sexual abuse, mental instability, addictions such as alcoholism, or other inherited behaviors may run in families and can be traced back to the first
ancestor who had the problem. Once disconnected from the lineage, the current problem may be more easily overcome if not eradicated altogether.

Certain behavioral patterns and dysfunctional patterns that began in a previous generation are usually learned, inherited as cellular memories that we picked up in utero, or inherited genetically. Once we repair the corresponding segment on the vortex wall, we forever break that hereditary patterning. When we do, if there are generations between our current life and the one that is repaired, they may also experience improvement or sudden awareness regarding past issues. The repair becomes a chain reaction that corrects past, present, and future simultaneously.

The Meridian System

The meridian system is a network of invisible pathways throughout the body through which energy flows. It is fed energy by the chakra system and kept in place by the electromagnetic fields of the chakras. There are many different meridian lines, and each has a set of functions and purposes regarding our general health as well as specific problems.

Along these lines, spaced in varying intervals, are little power points. If we looked closely at the meridian system it would look like an organized web of connect the dots.

Each point along every meridian line has a specific meaning and function related to the overall healthfulness of the body. Sometimes these little points become clogged, blocking the energy flow along the rest of that meridian pathway. At other times, they can become inflamed, or overcharged, causing a sequence of issues in the body that often leads to physical symptoms.

The energy that flows through the meridian system is the basis for acupuncture and has been evaluated and studied for centuries. It is used in Chinese medicine and many other Eastern applications. Working with the meridian points is a fine art that can relieve pain, cure illnesses, and help to prevent them too.

As I grew more confident with my strange but effective abilities in healing, I found my hands and fingers being guided to touch specific areas of the body. If my hands didn’t move of their own accord, I actually began to see (and still do) little lights on the body. A red light meant inflammation, a yellow one meant
that I needed to do specific work on that point, or to touch it in conjunction with another point, and a dark spot meant that the energy at that point was blocked to at least some degree.

When I saw the dots, I instinctively touched them one after the other with just a fingertip or two as if my hands were doing an Etheric dance. People loved to watch because it was beautiful and fluid, a strangely choreographed art coming directly out of the ethers. When I connected the points, energy began to flow more freely, to release, or to become unclogged. When the energy in one place changed, I noticed that it also changed in other parts of the body. My clients felt energy pathways open up and begin to move fluidly in different areas of their bodies.

I honestly had no idea of the significance of what I was doing back then, but I kept doing it because my client’s bodies and energy fields were responding. I found that I nearly always touched, not only one point on the body, but as I did so I was making connections between two or more areas nearly all of the time. Sometimes I touched two or three or four points simultaneously and at other times even more.

My hands seemed to have minds of their own. I never questioned where they touched or why, I just let my guidance free flow. I began to suspect that what I was doing had something with the meridian lines, but to this day I have never studied them. Even though the information is easily available, I have trusted my cosmic connections and stayed out of my brain, letting my consciousness stream freely. Doing so has been extremely effective over the years.

I never really needed to know what was happening or what the little points all over the bodies meant, but I was a little curious. I had made a practice of not mentally questioning this strange healing process. Many of my experiences were so out of the ordinary, and yet so effective, that I didn’t want to pollute them with brain stuff. I felt that I might begin to influence my gifts subconsciously if I believed that the process should go one way or another.

I was confirmed in my belief that I never needed to explore or mentally understand the details of the meridian system when I was on a teaching tour in New Zealand years ago. A Chinese acupuncture doctor attended one of my workshops there. Being a bit new at teaching my healing process back then and, honestly, a bit overwhelmed at everyone’s responses to my work, I was still surprised by
the reactions and opinions that came from those who encountered this powerful process.

One day during our class break, the acupuncture doctor approached me and asked me to work on his wife. Assuming at the time that this man likely knew much more about energy work than I did, I politely asked him why he didn’t work on her. He told me that she didn’t like needles, so he thought maybe I could help her. There was only one condition: He got to come and observe. Being very used to having people watch me work, I agreed.

At the appointed day and time, the doc and his wife came to meet me. I worked within the wife’s energy field diligently and methodically with my usual rhythm. Each time I found any area of significance I silently gestured to the doc. He and I exchanged no words at all while I worked. After the session was over, I looked up and saw him shaking his head with a kind of strange look on his face.

“What is it?” I asked. Still finding my confidence back then, I was a little unsure of his reaction to what I had just done and I was honestly concerned that he didn’t believe a thing (remember, I was very new at taking this whole thing public back then).

He didn’t answer me and just kept shaking his head. Again, I asked the same question. Finally, he spoke.

“How taught you?”

I reminded him that he had already heard my story in the class the day before and that the story was still true and hadn’t changed since class.

Again, shaking his head, he asked me, “Who taught you?”


“It was amazing,” he said. Every time you touched an organ, you also touched its corresponding power point on the body. You went through the entire system and didn’t make one mistake. Your acuity of the meridian system is impressive. How could you possibly know this? It takes years of study to be this proficient! Who taught you?”

Honestly, all I could do was laugh. My answer to him was simply “Well, at least now I have an idea of what I am doing!” I was secretly awed to hear this amazing validation of what was happening so naturally. Having had no prior knowledge of these points, I had allowed my intuition and Seventh Sense to afford me a purely cosmic education that was right on accurate!
He shook his head some more. It really was hilarious then and still is now. I realized years later that an important part of what I was doing was very similar and in some cases identical to acupuncture, only in a purer form and without needles. I began to understand why some of the things that my hands did were very important to the overall healing of the body. I discovered that the places I checked for balance were intersections of multiple energy lines and that by completing a circuit between them with my hands and fingers, my energy field was naturally evaluating, reading, and correcting that of my clients.

I also began to realize that I was naturally closing smaller circuits, allowing the energy in a specific area of the meridian line to expand, reach a climax, then spontaneously balance back into a normal flow and rhythm. Connecting multiple points also formed specific energy nets that changed larger areas.

Since then I have had many acupuncturists in my classes who have switched to running energy the way I teach them and using fewer needles than they had previously. They find that the new way is, in some cases, even more powerful than using the needles and always at least as effective.

For me, learning all of those tiny points and their meanings by rote remains unimportant, at least for my purposes. I do, however, usually provide a set of charts in my class workbooks for curious students. I also have a great respect for the work of acupuncturists. It is a precise science and an effective method of healing as well as illness prevention.
What I know without a shadow of a doubt is that the meridian system is a vital part of the overall energy system in conjunction with all the layers and levels of energy that compose us. Believe it or not, if allowed, the hands and fingers will go where the energy corrections are needed.

The Meridian System is fed by the chakras. The pranic tube feeds the chakras which then power the meridian system. The kundalini is a mixing system that maintains energy balance and flow. The larger vortexes at the high heart and mid abdomen connect us to our multi-dimensional aspects and our infinite lineage, respectively.
The energy system, with external field, meridian lines, chakras, and kundalini all together, gives us an idea of how all of these vital parts of our systems work together in a multi-layered process.
Our Etheric Anatomy as a Whole

Once we understand each aspect of our Etheric anatomy, we can begin to understand how each system, each layer, chakra, body, or energy pathway cooperates within the entirety of the system to create an intricate set of energies that nurture, feed, cleanse, and heal us continually. When any aspect or even a tiny area of our complete system becomes dysfunctional, it affects us as a whole.

Each of our Etheric bodies is connected through a series of vortexes that I described earlier. One vortex carries information about all of our Etheric aspects, while the other one brings us information about our entire lineage. These vortexes also serve to equalize energetic pressure from one dimension to the other, in the same way that black holes equalize pressure between parallel realities.

Each of our Etheric bodies are connected by these vortexes. Every one of our bodies has a similar outer elliptical layer of protective energy and a grid system. All of these are connected into the greater fabric of creation. All of our bodies, both physical and Etheric, have other aspects. We are a system of being, not a singular reflection of creation.

Only our physical bodies have chakras because they are necessary to move the energy through our denser physical manifestations. All of our bodies have meridian systems that are similar in nature. We are amazing beings, able to draw from and contribute to the infinite. When we begin to assemble all of our parts, the total picture looks a lot like the picture below. To avoid visual chaos, I left out the meridian lines in the picture as well as the extreme higher and lower chakras, since we have not addressed them in regards to the basic healing format. You can still get a pretty good idea of just how complex we are and how far reaching our effect is within creation.

All of these bodies overlap within our soul groups and send and receive information to our soul families about how we can participate with each other to further the journeys of our souls. The kinds of challenges we desire, what we need, who we are in any given moment, the list goes on.

We are inevitably hard-wired within creation in a matrix of being that is more powerful and subtler that we ever could have realized. What we can do is unlimited. The forces of creation contain all possibilities and all aspects of anything and everything we need. Once we understand this, what we now believe to be miracles can become commonplace in our future.
Our total Etheric anatomy as it is in Creation.