



Living Energy: Your Primary Immune System

The human aura can be thought of as your „primary immune system“. As mentioned in earlier articles, the human aura is made up of varying frequencies that clairvoyants see as color. The colors of your aura, along with its clarity, size and shape change as you move through the day in response to your environment, level of activity, thoughts, feelings and experience. Beneath these changes lies a relatively stable “energetic signature,” a blueprint that reflects our unique qualities, inner development, attributes and beliefs.

It is this auric blueprint that determines your ability to take in new, vitalizing energies (and thus remain healthy and open to growth) and cushions you from harmful, devitalizing experiences (and, hence, fall victim to illness and stagnancy). To illustrate this, we refer back to Dr. Valerie Hunt’s research.

In her studies, Dr. Hunt found that some people’s auras have complex patterns of energy with a lot of variability, and other people’s auras have simple patterns of energy with little variability. Additionally, Dr. Hunt found that people who have complex and variable auras can usually adapt and accept change more easily than those who do not. At the same time, people who have **very** malleable auras often have difficulty making decisions or staying with a choice.

Dr. Hunt also found that people with „stoic“ auras tend to have less interaction with and less ability to take in other energies. On one hand, this quality stops them from being adversely affected by noxious external stimuli, but it can also prevent them from being positively affected by outside sources.

Finally, Dr. Hunt found that human auras expand very noticeably with exposure to nature, the sea, water (ocean, pools or showers) and grass beneath bare feet, and that one’s sense of well-being improves with this expansion. On the opposite side of the coin, Dr. Hunt found that negative environmental factors contract human auras and cause people to feel out-of-sorts, irritable or overwhelmed. We all know that we tend to feel better after having spent some time in nature, but it is interesting to know that there is a scientific reason for it! It also means that you can use this information to be more conscious and attentive to consciously building and nurturing your energy in these enjoyable ways. Instead of seeing yourself as being lazy or self indulgent, now you can

be certain that there is something quite real and healthy going on that benefits ALL of you!

A healthy aura contains a variety of frequencies, flows freely within and between chakras and has consistent amounts of energy in all areas. Inconsistencies in one's aura, which are primarily due to negative experiences or ingrained patterns of thought and feeling, can show where mental disturbances are and where physical problems may manifest in the future if left unchanged. With this in mind, it is not hard to see that, if we take care of our problems at the mental and emotional level (layers of the energy field), we are less likely to experience physical consequences.

There are many tools and techniques for establishing awareness of your Self at this level as well as methods to erase negative effects and reestablish the integrity of your energy fields. These approaches help keep you healthy in mind, body and spirit. We will be exploring many of these techniques later in this series.

For now, it is a lot to know that there is a strong relationship between your experiences and your mental and physical health, and that your energy system is the vehicle. This is a two way street: your aura reflects your experience and it is impacted by all thought, feeling and interaction and conversely, its state can also contribute to repetitive, compulsive thoughts, feelings as well as physical problems. As always, "Know Thyself" is very good advice!

New awareness can lead to new options and new choices that feed your health from the deepest levels. For instance, become aware of how you respond to people in different situations. Tune into what locations/events/activities/words trigger various feelings and moods throughout each day. The more you simply become aware, the more you begin to discover what is real and true for you...necessary steps on the journey toward your true Self. None of your feelings are good or bad. They simply "are." As you become aware of them and work with them, you connect the dots in your life and eventually discover the source of all within yourself.

As you learn more about the human energy system and its interface with the world at large, you will more and more see how everything is connected. You are connected to your environment and it in turn influences you. You are connected to everyone in your life ... even those with whom you might be estranged. Your energetic patterns are connected to your feelings, your thoughts, your beliefs, and your physical and mental health. All of this is connected to your aura, your blueprint or signature. Try making it a daily practice to simply tune in and become aware of yourself from "the inside out" as you move through the day. Consciously becoming more aware of your internal states and choosing to settle into a deeper inner center gradually results in the experience of BEING in your life rather than DOING or THINKING your way through life.

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