



## **Living Energy ... The Human Energy System**

In our last newsletter we spoke about some of the common ways that people experience subtle energy. As you thought about the answers to the questions posed in that article, perhaps you became more aware of how *you* already experience energy. Maybe you even saw that you are quite adept at it! Many people are naturally sensitive to energy, but they don't understand what it is they are experiencing. To become aware of how you sense energy is the first step to being able to manage it!

We first interact with our environment and other people through our energy field. Another name for this field is aura. Unfortunately, we tend to dismiss our experiences with energy as "hocus pocus" instead of understanding that there is real science involved. Just because we may not understand something does not mean it is not real.

A very wise man once said, "There are no miracles, only science we do not yet understand." It appears that there is great truth to that statement in regards to our knowledge about energy.

### **What the Human Aura Looks Like**

Everything with a molecular structure has an energetic "blueprint," and we can learn to read or "decode" this data. We can also learn to change it. We already register and manage energy unconsciously -- by making this a conscious process, we can develop our unseen potential to create healthier and more meaningful lives.

We can begin by understanding the structure and nature of the human energy system. In healthy individuals, the human aura is egg shaped, three-dimensional and surrounds the body in all directions. It extends 8-10 feet in the average person, and varies in strength and vibrancy according to one's

physical, mental, emotional and spiritual health. In general, the healthier you are, the further your aura extends. Clairvoyants gifted with the ability to see energy describe the human aura as a “multilayered radiant cloud.” The various layers of our aura are actually different frequencies of energy that our eyes perceive as color. Each “frequency band” is related to a different portion of our physical, mental, emotional and spiritual being.

While it is difficult for most of us to perceive our auras, Western research (using special equipment and photography) has begun to document what only clairvoyants have been able to describe. Dr. Valerie Hunt, a Neurophysiologist at UCLA, has been able to detect an electromagnetic field of energy *beyond* the electrical field of the nervous system, brain, heart and muscles (which are routinely measured to diagnose and treat illness). This field was measured and found to be *smaller in amplitude, but higher in frequency and eight to ten times faster than any other biological electricity*. In addition, while the other electrical activities of the body are intermittent, the energy field was found to be continuous in its movement.

Dr. Hunt conducted a study using standard EMG (electromyography) electrodes attached to energy centers, or “chakra points,” on volunteer subjects. The electrodes were connected to telemetry equipment, which transmitted data to a recording booth where a variety of graphs recorded the energy activity from these points.

As Dr. Hunt recorded this activity, she asked Dr. Rosalyn Bruyere, a well-respected energy teacher and accomplished clairvoyant, to simultaneously report the activity she observed in the subjects’ energy fields – without viewing the graphs. Dr. Hunt found that there is significantly more energy activity at the chakra points than at other places on the body. The frequencies emanating from the chakra points were found to oscillate in bands from 100 to 1600 cycles per second (cps).

Brain waves generally oscillate between 0-100 cps, muscles oscillate up to 225 cps and the heart oscillates up to 250 cps. Furthermore, Dr. Hunt found that the color changes Dr. Bruyere observed in the subjects’ fields correlated exactly to the frequency changes her instruments recorded. Upon subsequent studies, moreover, Dr. Hunt was able to document that

each aura color clairvoyants observe is associated with a particular wave pattern. Each individual studied showed a unique pattern of amplitude and frequency both within a specific energy center, as well as between centers. These differences produced a distinctive field with recurring patterns of colors (vibrations), amounts of energy, and concentration of activity within a particular body area.

In this study, problem areas were also observed within individual fields. Some areas were open and flowed smoothly while others were blocked and stagnant. These are typically the types of issues that energetic modalities seek to remedy in their treatment of the energy field.

While Dr. Hunt's research lends credibility to the existence and behavior of "bioenergy," not surprisingly, Eastern medicine and philosophy has been teaching about this phenomenon for centuries! There are other studies that document the reality and function of the human aura. If you're interested in learning more, consider reading Dr. Richard Gerber's [Vibrational Medicine](#).

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