

Energy bodies - Energy healing - Spiritual healing

We have physical bodies, which we see in the physical world (also known as *ordinary reality*). We also have *subtle* or **energy bodies**, which include the aura and chakra system. Energy bodies are visible to shamanic healers in the spirit realm (aka *non-ordinary reality*). Other types of energy healers and psychics may also see auras or chakras in ordinary and/or non-ordinary reality.

Our **aura** (usually referred to in the singular) is actually several layers of luminous energy bubbles that surround and protect us. Our primary aura color reveals characteristics of our personality, similar to the way astrological signs generally describe us. Aura health includes the aura's color, thickness, texture, and structural integrity. Life experiences and interactions with other people can leave scratches, dents, cracks, and other markings on the aura. This is normal wear-and-tear, so our aura benefits from frequent energy healing.

Chakras (Sanskrit for *wheel*) are spinning vortexes of energy located along (chakras 1-7) and above (chakras 8+) our spinal column. Our life force energy (also known as *chi*, *ki*, and *prana*) flows within the chakra system. Each chakra is associated with a particular bija color and sound (among other correlations). A chakra's sound is a single syllable called a *bija* (Sanskrit for *seed*). The *bija*'s vibration activates the energy in its associated chakra. There's a wealth of online information dedicated to chakras and chakra health, so I summarize descriptions of the first seven chakras here:

- **First chakra:** This energy center, also known as the *root* chakra, is located at the base of the spine. It corresponds to the color red and vibration *lam*. The root chakra represents what ground us and provides a sense of safety and stability in our lives, including our family and embedded values and beliefs.
- **Second chakra:** Located in the lower abdomen, the *sacral* chakra appears orange and is activated by the syllable *vam*. This chakra is related to personal expression through sensuality and creativity.
- **Third chakra:** The *solar plexus* chakra is found just above the naval. It's associated with yellow and the vibration *ram*. The third chakra represents how we see ourselves and our will, purpose, power, and self-esteem.
- **Fourth chakra:** As the name suggests, the *heart* chakra is located in the center of the chest. Corresponding to green and the syllable *yam*, this chakra is connected to acceptance and love for self and others.
- **Fifth chakra:** The throat chakra is found in our neck. Its color is blue, and its vibration is *ham*. This chakra is associated with communication, expression, and truth.
- **Sixth chakra:** Also known as our *third eye*, this chakra is located in the center of the forehead. It appears purple (or indigo) and is activated by the vibration *am* (some people use *om*). This chakra represents our intuitive and psychic abilities.
- **Seventh chakra:** The *crown* chakra is located just above the top our head. Its primary color is white (some people see this chakra as light violet), and its seed syllable is *om* (or *aum*). The crown chakra represents our connection to Spirit and higher states of consciousness.



As an energy *vortex*, each chakra should spin, and life force energy should flow between the chakras without spilling over. Stagnant life force energy and blockages in the chakra system result in illness or other life challenges. A chakra's color(s) varies with health. Shamanic practitioners may also see, hear, or intuit messages associated with the chakras (e.g., a tiny person located in the root chakra and beating on the top of the chakra lets me know that energy is not flowing from that energy center to the second chakra).

Energy healing occurs when we clear, clean, repair, realign, and strengthen elements of the energy body. Energy healing is temporary because we continually attract energy that is not ours or does not serve us, and we develop blockages, stagnation, and disruptions in the flow of life force energy. The need for ongoing energy healing is simply part of existing in ordinary reality; it's neither bad nor good. We can facilitate our own energy healing through practices like self-Reiki, meditation, chanting, yoga, using crystals, and bathing in salt water, to name but a few. We can also invite other people or spirit allies to offer energy healing, which we then passively receive.

Spiritual healing is the process of clearing, repairing, realigning, and strengthening our relationships with ourselves, with other people, and with Spirit. This is the work of deeper and long-lasting healing. Spiritual healing addresses attitudes, behaviors, and choices we make in this lifetime or that we may have carried with us across time. At the spiritual level, we can also heal ancestral and intergenerational patterns and suffering.

Shamanic healing originates in the spirit realm and includes both *energy healing* and *spiritual healing*. Shamanic healing is grounded in the belief that everyone and everything is an emanation of Spirit, so all life is interconnected. Healing ourselves contributes to healing the broader web of life.

Shamanic Reiki is a form of shamanic healing in which universal life force energy is channeled from Spirit through a shamanic practitioner or spirit ally to heal an energy body. In non-ordinary and ordinary reality, Reiki practitioners do not directly heal anyone else; they transmit Reiki energy for another person's (or animal's) 'best and highest good, whatever that may be.' This form of healing is passive in that the person's energy body absorbs the flow of Reiki without effort on their part.

