



EI #5c Energy Stroking

The function of the Aura is to provide personal space; physically, psychologically and spiritually. It functions to filter and protect the body and the being from toxic or disruptive energies.

People can have different sized auric fields.

The aura is like an antenna, signalling needs/desires to the universe and receiving beneficial energies back.

Good for acute pain, especially from injuries, headaches, burns, sunburn or open wounds you cant touch. Chinese believe illness begins in the energy field that surrounds the physical body before it manifests in the physical body.

Metaphysics

Something we need to bring in towards ourselves

Vibrational mal alignment

Something coming to you that hasn't physically manifested yet

What are you energetically attracting into your field or repelling from your field

How comfortable do you feel having people close to you or around you (in your body bubble)

***use chart for auric fields

Evaluation:

1. Mode in circuit (UL)
 2. Scan body to find area (L). (If working with pain scan this site 1st)
 3. What auric level? (See auric field diagrams on the next page) (L)
 4. Which direction? (L)
 5. Close circuit
 6. Find emotion
- (If working with pain. Client to assess pain 1-10)

Balance:

1. Stroke area at the auric level, in direction ascertained in evaluation several times

Checking changes:

1. CL area - should now lock
 - if unlocks, find new auric level and direction and repeat balance
 2. Check emotion
 3. Check mode (might be another area to work on)
- (If working with pain. Client to re-assess pain 1-10)

How to locate the Auric Bodies

Physical: Touch the body

Etheric (electrical): Hold hand 5cm (2") out from body

Emotional: Hold a hand 30 - 45cm (12"-18"), an elbow's length out from body

Mental: Hold hand 90cm - 1m (3'), an arm's length out from the body

(i) lower - concrete thinking - slightly less than arms length.

If 'concrete' is turning off 'abstract', we get some details but not the overall concept

(ii) higher - abstract thinking - slightly further than arms length

If 'abstract' is turning off 'concrete', we get the concept but not the details.

Spiritual: Focus hand outward/up away from client & think 'spiritual' energy

