

Learn about the different Energy Bodies

Spirituality for a peaceful mind & soul

www.innerdelight.ca



WHAT IS THE ENERGY OR SUBTLE BODY?

Subtle energy is life force energy. Divine energy that transcends time & space connecting all life.



The 7 subtle bodies are all made up of energy which are human existences in different forms of consciousness.

This is the auric field which is a type of energy system. Other energy systems which all comprised of subtle energy:

- chakras
- meridians
- basic grid
- 5 rhythms



They are all interconnected to impact the physical reality at different densities.

BENEFITS OF UNDERSTANDING THE DIFFERENT ENERGY BODIES:



1. Self-awareness: By learning about the different energy bodies and how they interact with each other, we can gain a deeper understanding of ourselves and our emotions. This can help us identify and address imbalances in our energy system that may be causing physical or emotional discomfort.
2. Healing: Practitioners of energy healing modalities know that imbalances in the energy bodies can contribute to physical and emotional ailments. By understanding the different energy bodies, we can better understand the root cause of these imbalances and take steps to address them.
3. Spiritual development: By understanding the different energy bodies and working to balance and integrate them, we are be able to access higher levels of consciousness and spiritual insight.
4. Personal growth: Learning about the different energy bodies can be a powerful tool for personal growth and self-discovery. By understanding how our thoughts, emotions, and actions affect our energy system, we can work to cultivate positive habits and patterns that support our overall health and well-being.



Accessing the Energy Body

Body Movement

Yoga

Spiritual practices

Meditation

For the soul

Energy Healing

Altered States

out-of-body experience

Trance State

Hypnosis

Releasing Technique

Breathwork



Causal body
Celestial body
Etheric template

SPIRITUAL
PLANE

Astral body

ASTRAL
PLANE

Mental body
Emotional body
Etheric body
Physical body

PHYSICAL
PLANE

ENERGY BODIES

Physical body: skin, organs, brain, skeletal system, blood, veins, ligaments, muscle etc...

Etheric body: This delivers small energy streams through the energy systems of the physical body. This is how our physical body can do everything it does. The etheric system is connected to both the mental & emotional bodies as they speak to one another all the time.

Emotional body: nervous system, hormones, touch, water release as tears, water absorption as bloating (this can be caused by feeling of lack and not letting go). This is where our experiences are interpreted.

Mental body: thoughts, attitude, judgments, prejudices, worth & value, intellect, the way we process information, focus, clarity, direction.



ENERGY BODIES



Astral body: This is the vehicle that carries the soul from the physical body into higher realms, separates us from the physical body so no sensation can be felt. We access the astral planes in our sleep. Here we can experience dreams, visions, out of body experiences and astral projections. This can be stimulated through meditation and lucid dreaming.

Etheric template: This energy field contains all the forms that exist on the physical plane in a template form. Our thoughts and emotions become things. If enough energy is given to a certain thought or emotion through our actions these will become matter. This is how we manifest.

Celestial body: Highest form of consciousness. Spiritual ecstasy, connection to the Universe, one with God.
Place of unconditional love.

Causal body: This is the foundation of existence, conception.

