

The Human Energy Field: Working with Its Chakras, Levels and Dimensions

NOTE: (In this document I review all 7 levels of the field even though I only review in the video the first 4)

Chakras are the doorways to vibrational frequencies called levels of the field (Barbara Brennan, *Hands of Light*). The levels of the field and the chakras are parts of the Auric Dimension. The first chakra is the doorway to the first level of the field; the second Chakra is the doorway to the second level of the field; and so on. The odd-numbered levels of the field (1, 3, 5, 7) are structured and look like a crisscross grid of light running horizontally and perpendicularly (Barbara Brennan, *Hands of Light*).

A web of light is the foundation of our physical, mental, emotional, relational and spiritual energy bodies as outlined below. In *Me-B Transformation™* we focus on bringing in the *HVC of Core down through all the levels of the field and then into the physical body*. (See pictures shown above of the levels of the Auric Dimension. Brennan discovered these levels of the field.)

Structured Energy Grids of the Auric Dimension—Levels 1, 3, 5, 7

The odd-numbered levels of the energy field are part of the meridian structure and look like fiber optic grids of light (Barbara Brennan, *Hands of Light*).

1st level is a blue grid.

This level deals with the physical body, and the energetic doorway is the 1st chakra. A strong physical body that gets exercise will have a brilliant blue grid system, and a weak body will have a grid that is light in color or will have a broken grid (Barbara Brennan, *Hands of Light*).

3rd level is yellow.

The mental body is held in this yellow grid. A strong brilliant grid of yellow indicates mental clarity and intelligence. A broken or thin and pale grid suggests confusion and distorted thoughts (Barbara Brennan, *Hands of Light*).

5th is the etheric template.

A cobalt blue, negative is what this level looks like. What is written into the etheric template will eventually manifest in the physical body. With intention, we can learn how to alter this level so we support conscious manifestation and promote health and happiness (Barbara Brennan, *Hands of Light*).

7th level of the field.

The ketheric template or causal body describes this level of the field, and it looks like a beautiful golden grid. It is the level of divine wisdom. Rarely are there any breaks or distortions found at this high frequency. Tuning into this level of the field can help us see the broader vision of our life. It is the level of the field we draw upon for divine guidance, wisdom, and inspiration.

A Me-B Guide will access this level of the field to help clients. From this level, wisdom is found when the Me- B Guide is in a place of not knowing. As they resonate at this level and open their 7th chakra, knowing can be effortlessly transported to them and the flow of the session expands.

Anyone can use this technique to bring in their own divine wisdom! (Barbara Brennan, *Hands of Light*).

(See table on following page.)

LEVEL	ENERGETIC DOORWAY	STRUCTURED	GIFT	CHALLENGE
1 st	1 st Chakra	Yes	Physical Health Blue Grid	Illness, Broken, Under/Over Charged, Blue Grid
2 nd	2 nd Chakra	No	Positive Relationship to Self, Beautiful Pastel Colors—No clouds	Negative Relationship to Self, Energetic Clouds
3 rd	3 rd Chakra	Yes	Mental Clarity Yellow Grid	Too dark, Too Light or Broken Yellow Grid Confusion—Lack of Mental Clarity
4 th	4 th Chakra	No	Relationship Love Beautiful Pastel Colors Infused with Rose Light	Difficulty in Relationships Energetic Mucus Covering the Rose Light

From Barbara Brennan, *Hands of Light*

Levels of the Field: Distance from the Body

LEVEL	APPEARANCE	DESCRIPTION	DISTANCE FROM THE BODY
1	Blue Lines of Light	Physical Level	1 – 3 inches
2	Chakra Colors	Relationship to Self-Love, Acceptance	3 – 8 inches
3	Yellow Lines of Light	Mental Level	6 inches – 1 foot
4	Rose Light	Relationship to Others	1½ – 2 feet
5	Cobalt Blue, Negative	Relationship to Authority/Divine Will Within	2 – 2 ¾ feet
6	Opalescent Light	Divine Love, Spiritual Ecstasy	2¼ - 3 feet
7	Golden Lines of Light	Divine Mind	2¼ - 3¾ feet

Energy Emotions—Relationship Levels 2, 4, and 6 of the Auric Dimension

The even-numbered levels 2, 4, and 6 deal with relationship issues and are infused with beautiful colors (Barbara Brennan, *Hands of Light*).

2nd level is about self-love and our relationship to the self.

In *Hands of Light*, the 2nd level is called the Emotional Body. It has colored clouds of red, orange, yellow, green, blue, indigo, violet, and white (the same colors as are typically known for the chakras). Negative impressions of self look like too dark (overcharged) or too light (undercharged) clouds. Trauma can be seen on both this level of the field and the 4th level of the field. Me-B Guides are trained to work with this trauma in a manner that helps clients repattern the pain of the old to eliminate the past and create a positive future. Working with trauma in the field is described later.

4th level is about our relationship to love and others.

The 4th level is called the Astral Level in *Hands of Light*. The colors are the same as the second level but infused with the rose light of love. Negative energetic patterns on this level feel like mucus and present either as too dark or too light (Barbara Brennan, *Hands of Light*). A Me-B Guide will connect to trauma or LVC about relationships and help guide a client to transform them. As we practice transforming distortions about relationships in our Auric field, we are more able to connect to another from our Core Being.

6th level of the field can be seen as dealing with our relationship to the divine within ourselves and outside of ourselves.

Hands of Light calls this level Spiritual Ecstasy because when we are there, it feels as if we are whole and one with the divine. The colors of the 6th level look like the 2nd level colors but are infused with opalescence. If we can't

access this level of the field, it is difficult to move out of the personality level and into our Core Being. Our divine Core Being energetically vibrates on a different dimension from the Auric Field, but recognizes this level of the field as vibrating at the level of divine relationship.

Outer Energy Egg

We have energetic structures within our body as well as outside our physical body. The 7th level of the field is the outer covering of our Energy Egg. The sixth level is the next level in, the 5th level, further in...until we hit the 1st level of the field, about an inch from the body.

Those of us that experienced trauma at a very young age (Spiritual Character Structure) or who have a chronic illness, often don't have a solid external energy egg. There may be breaks or cracks in it, or the outer edges may be diffuse. If we want to have good boundaries and prevent other people's emotions and LVC from entering our field, a solid and strong outer energy egg is vital. In addition, a strong energy egg can hold higher frequencies. Just as a sieve cannot hold water, if our outer field has holes, it will leak higher vibrations.

The following exercise is designed to help us assess and strengthen our outer energy egg. The larger the egg, the higher/faster our consciousness can vibrate, until eventually we get to the point of not having an ego, a self, or an energy egg. In Me-B Stages of Transformation, this would occur at stages 8-10. The outer energy egg is about individuation and self-identification.

STRENGTHEN OUR OUTER ENERGY EGG

This practice strengthens our energy container and creates strong protection from any negativity entering our energy field. If our field is too sponge-like and soaks up external negative energy easily, we can practice

this exercise over and over again to create more safety and security. For instance, if we enter a room where there is dirty energy or negative energy being projected toward us, this exercise will help prevent it from entering our Me-B system. However, it is important to note that our Enlightened Observer can take any energy, even LVC, and convert it into HVC. The purpose of this exercise is to supplement the power of our Enlightened Observer and make it easier to have a protective energetic structure around us.

STEP 1:

Balance and charge your field using any of the techniques already outlined, such as spinning your chakras, dancing, or exercise. Use what works best for you. Remember to stay in the playful, curious mode of the Explorer's Mind.

STEP 2:

Standing, bring your hands up next to you, palms down, up high, and on either side of your head. Breathe in deeply. Then, as you exhale, keeping palms facing downward, move your hands down and push any dense energy into the Earth. You can even bend your knees and squat as your hands move downward, eventually touching the floor. (Repeat 3 or more times until you can imagine all the dense vibrations swept away and your outer energy egg much cleaner.)

STEP 3:

Repeat the same procedure, except have one hand in front of you and the intention of having the other hand behind you (place it as far toward the back of you as possible). As you exhale, push dense energy into the Earth.

(Repeat 3 or more times until you can imagine all the dense vibrations swept away and your outer energy egg much cleaner.)

STEP 4:

Now, bring your breath and awareness to the outside of your outer energy egg, a golden grid of HVC, Divine Wisdom. The outer energy egg is about 3 feet from your body. Imagine it firm, strong, and vibrant. Connecting breath with awareness, scan your outer energy egg for incoherencies. If you sense any cracks or holes, imagine them being repaired.

STEP 5:

Now bring your breath and awareness slightly inside the egg to the 5th level of the field. Imagine that grid strong and bright. Then bring your breath and awareness slightly more inside the egg to the 3rd level, a yellow grid that is about 12 to 6 inches from the body. Imagine that grid strong and bright. Lastly, bring your breath and awareness to the 1st level, a blue grid about an inch from the body. Imagine that grid strong and bright.

Just as a radio tunes into other frequencies, the different levels of the field hold different vibrations. As we learn to tune into these frequencies, we can alter our consciousness and improve our way of life. In Me-B transformation™, we learn how to move between the levels of the field to collect information about us and about our client's defenses and gifts.

Just as playing scales on the piano helps increase a pianist's skills, moving through and assessing all the levels of the field improves our psychic and self-mastery skills. If we can assess what is happening in a chakra or level of the field, we can better understand ourselves and guide others. In addition, energetic awareness brings the subconscious to the conscious.

EXERCISE TO ASSESS YOUR LEVELS OF THE FIELD

Have pen and paper handy so you can record what you discover. Stay curious and open using the **Explorer's Mind**. Begin by placing your hand on the chakra that is the doorway to the level of the field you want to assess and follow the procedure outlined in the exercise below. The first chakra is the doorway to the first level of the field, the second chakra is the doorway to the second level of the field, and so on (Barbara Brennan, *Hands of Light*). If you are assessing someone else's level of the field, it is easier to assess it in their outer energy egg. Refer to the chart that lists the distances from the body. For instance, the first level is an inch from the body, the second level is 3 to 8 inches, and so on.

Self-Assessment, Levels of the Field Exercise

Just as we practice scales of the piano to learn how to play more complex songs, practice assessing your (and others') levels of the field to help strengthen your ability to sense, feel, see, assess, track, and transform energy.

Practice, practice, practice all of the energy exercises in this chapter/book (assessing chakras, Central Channel, Core Being, Manifest Energy, Multi-Dimensional Fabric) and you will become strong, competent, and secure in your energy awareness abilities.

Draw a picture! Practice drawing your chakras, levels of the field, Central Channel, Manifest Energy, and Core Being. Don't think—just let your hand move. You'll be surprised how much you know.

Physical Body, Level 1: Connect to your **1st Chakra** by placing your hand, intention, and mind there. Imagine the chakra is the doorway to the

level of the field and intend this frequency to fill your body. Let your hand and whole body resonate to the 1st level of the field. Allow yourself to imagine entering that doorway and experiencing the blue grid that runs throughout your body. Feel, imagine, and intuit its frequency vibrating every- where. Now place the other hand on an area of the body you want to investigate, such as the thigh. Notice the color and thickness of the lines of light on this level. Normally they are the thickness of sky blue yarn in a grid pattern.

Slowly scan your body from head to toe, moving from one section to the next, and draw and describe your 1st level of the field. Where are the lines normal, too thin or too thick, too dark or too light? Where is there no grid, a break in the grid, or a dotted line? What does this level tell you about your physical health and your relationship to the physical body? What lessons are here and what support does this level need? Also practice assessing someone else's first level and determine to what extent it is balanced, over- or undercharged. If it is over- or undercharged, where does it present that way in the body, and what might that mean psychologically in terms of gifts or challenges.

Relationship to Self, Level 2: Put your hand on the **2nd Chakra**. Enter its doorway to the second level of the field and intend this frequency to fill your body. Feel, imagine, and intuit its frequency vibrating everywhere. Now place the other hand on an area of the body you want to investigate, such as the thigh. Start in a small area and as your skill increases, you will eventually be able to assess other areas.

On this level, there are rainbow-colored clouds. Darker or too light colors provide information about your **Core Distortions** of self. Negative images and beliefs are held here as well as the positive. Darker clouds appear as

lower vibrational energy. A Me-B Guide's field on this level can be triggered, sparking counter-transference issues. This is why it is so important that Me-B Guides do their own personal work and participate in supervision.

Describe your 2nd level and/or draw it. What support does this level need and what lessons are held here? Also practice assessing others people's second levels to receive data on how to better support them. To assess someone else's level of the field, make sure you are resonating at the level you want to assess. Place your hands on their field, about 3-8 inches from the body. Experience their level deeply and see what you pick up. (Yes, we can resonate to a level by touching the body or by assessing it in their outer energy egg.)

Mental Level 3: Put your hand on the 3rd Chakra. Let your hand resonate with the energy of the third level of the field and intend this frequency to fill your body. Feel, imagine, and intuit the frequency vibrating every- where. Now place the other hand on an area of the body you want to investigate, such as the thigh. Start in a small area and as your skill increases, you will eventually be able to assess other areas.

A grid of yellow lines of light creates the structure for our mental energy body, representing mental clarity and focus. The energy is a higher frequency on this grid than on the 1st level of the field. You may sense the energy running faster, and the grid may feel thinner relative to the 1st level of the field. (The 5th Level grid is a higher frequency, too, as is the 7th level grid.)

As you tune into the 3rd level of the field, what support does it need and what lessons are held here? Support can come in various forms such as

nutrition, supplements, therapy, energy, and consciousness. If you were your own client, what would you recommend for yourself? Also, practice assessing other people's 3rd level. If the grid is too light or fragmented versus balanced or too heavy, what might that mean about their mental level of the field?

Relationship Level 4: Put your hand on the **4th Chakra**. Let it resonate to the fourth level of the field and intend this frequency to fill your body. Feel, imagine, and intuit its frequency vibrating everywhere. Now place the other hand on an area of the body you want to investigate, such as the thigh. Start in a small area and as your skill increases, you will eventually be able to assess other areas.

Pastel colors of rose light float in this level of the field. The movie *Where Dreams May Come* (with Robyn Williams) portrays this level of the field. It is known as the Astral level. There is the lower astral with "devil" like energy, and the upper Astral where angels appear. This level deals with relationships. Mucus is on this level and represents lower vibrational frequencies. If you attend the Brennan School of Healing, you can learn how to energetically remove mucus. As you tune into this level of the field, what support does it need and what lessons are held here? If you were your own client, what would you recommend and why?

Level 5: Put your hand on the **5th Chakra**. Let it resonate to the fifth level of the field. This level is cobalt blue and looks like a photography negative. It is the blueprint for the physical level, so what appears on this level will eventually manifest on the physical level. As you tune into this level of the field, what support does it need and what lessons are held here? If you were your own client, what would you recommend?

Level 6: Put your hand on the **6th Chakra**. Opalescence colors of unconditional love and divine ecstasy are found here. As you tune into this level of the field, what support does it need and what lessons are held here? Is the energy egg still formed on this level, or is it too diffuse? Do you allow this level of the field to be present in your life in times of trials? Can you help yourself or a client access this level of the field for support in difficult times?

Level 7: Put your hand on the **7th Chakra**. Let it resonate to the 7th level of the field. A grid of golden lines of light creates the structure for divine mind. Can you assess your own or your client's outer energy egg? If the egg is too tight or too defuse, what might that indicate?

NOTE: To assess someone else's level of the field, make sure you are resonating at the level you want to assess. Place your hands on their field. Use the distance chart above to help guide you. Experience their level deeply and see what you pick up.

FOR MORE INFORMATION

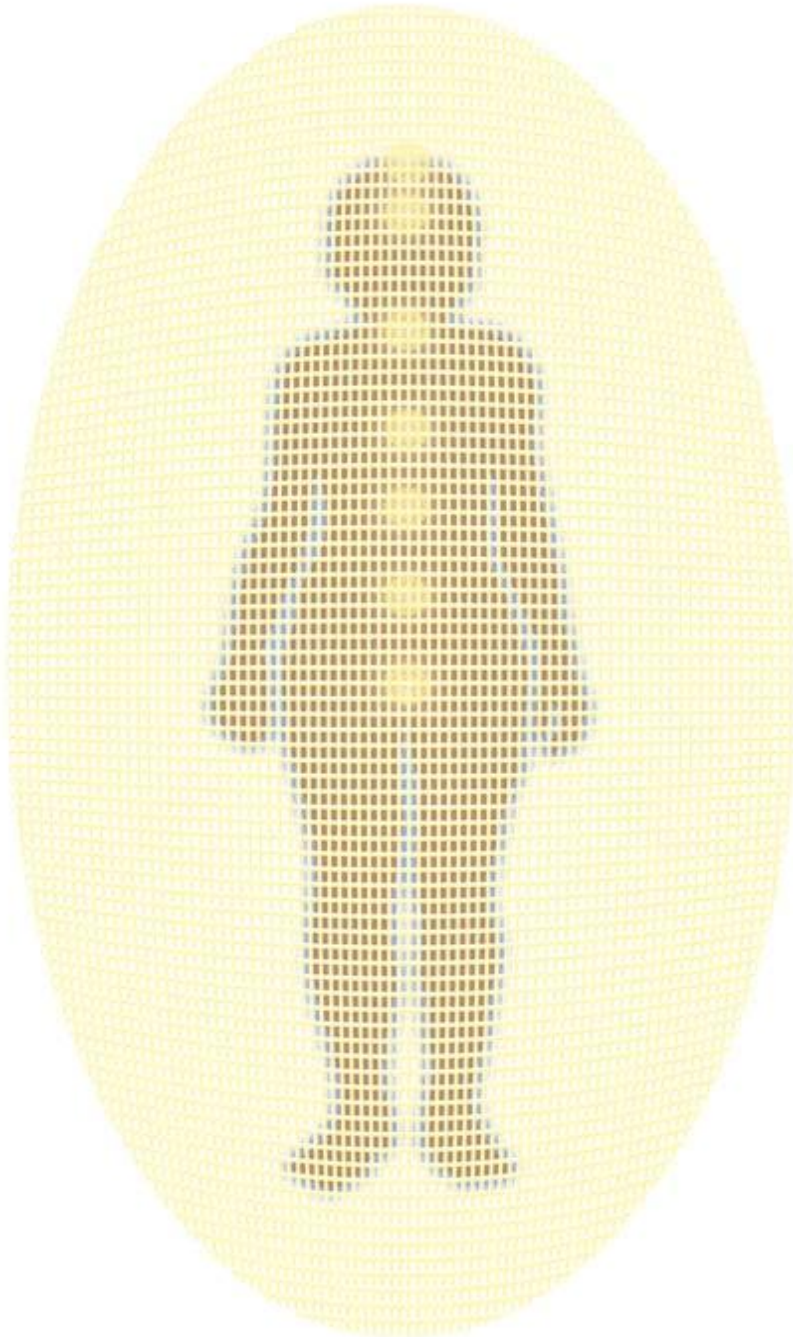
CONTACT CAROLYN EBERLE, LPC FOUNDER, 720-5307621

carolyn@mindenergybodyinstitute.com

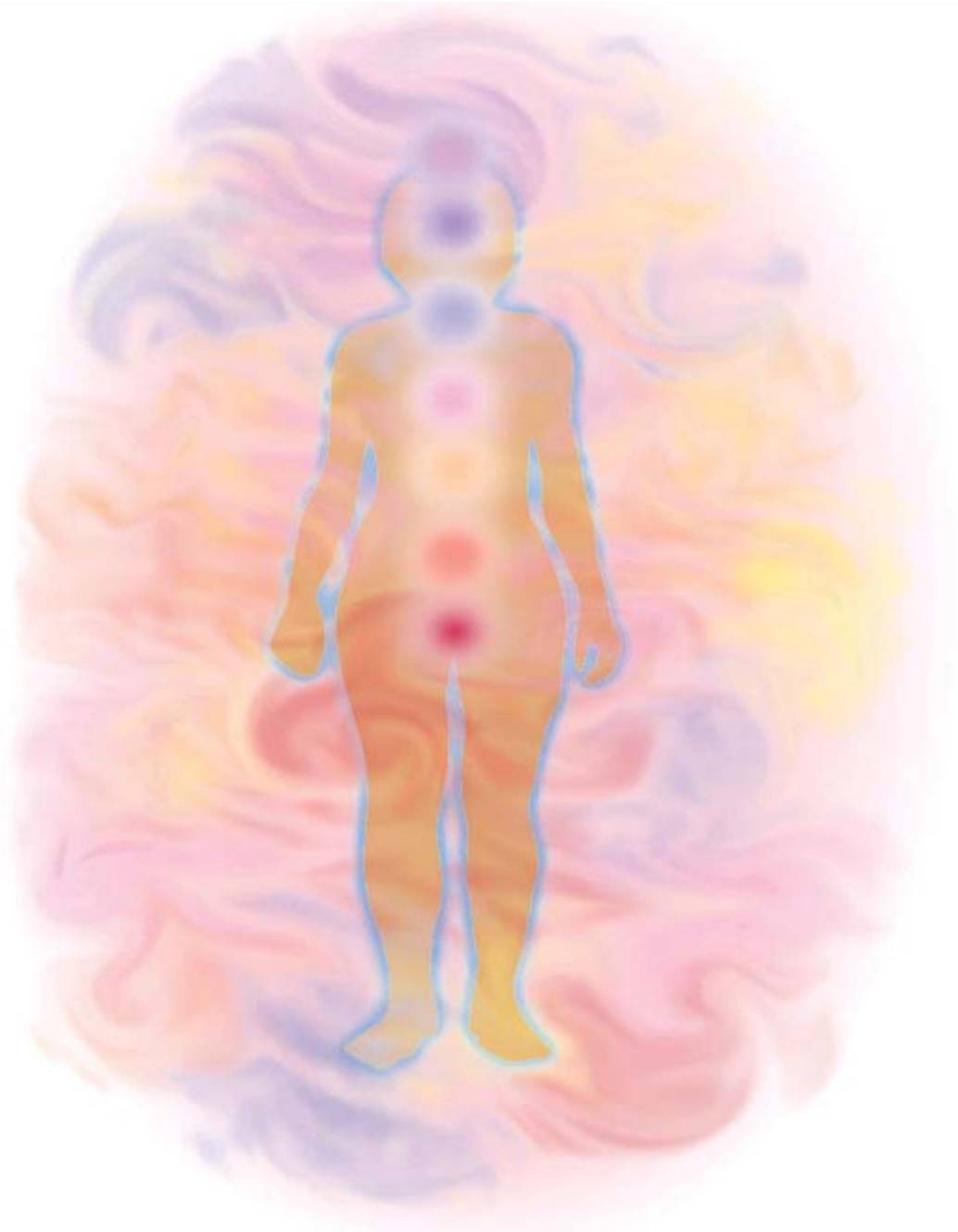




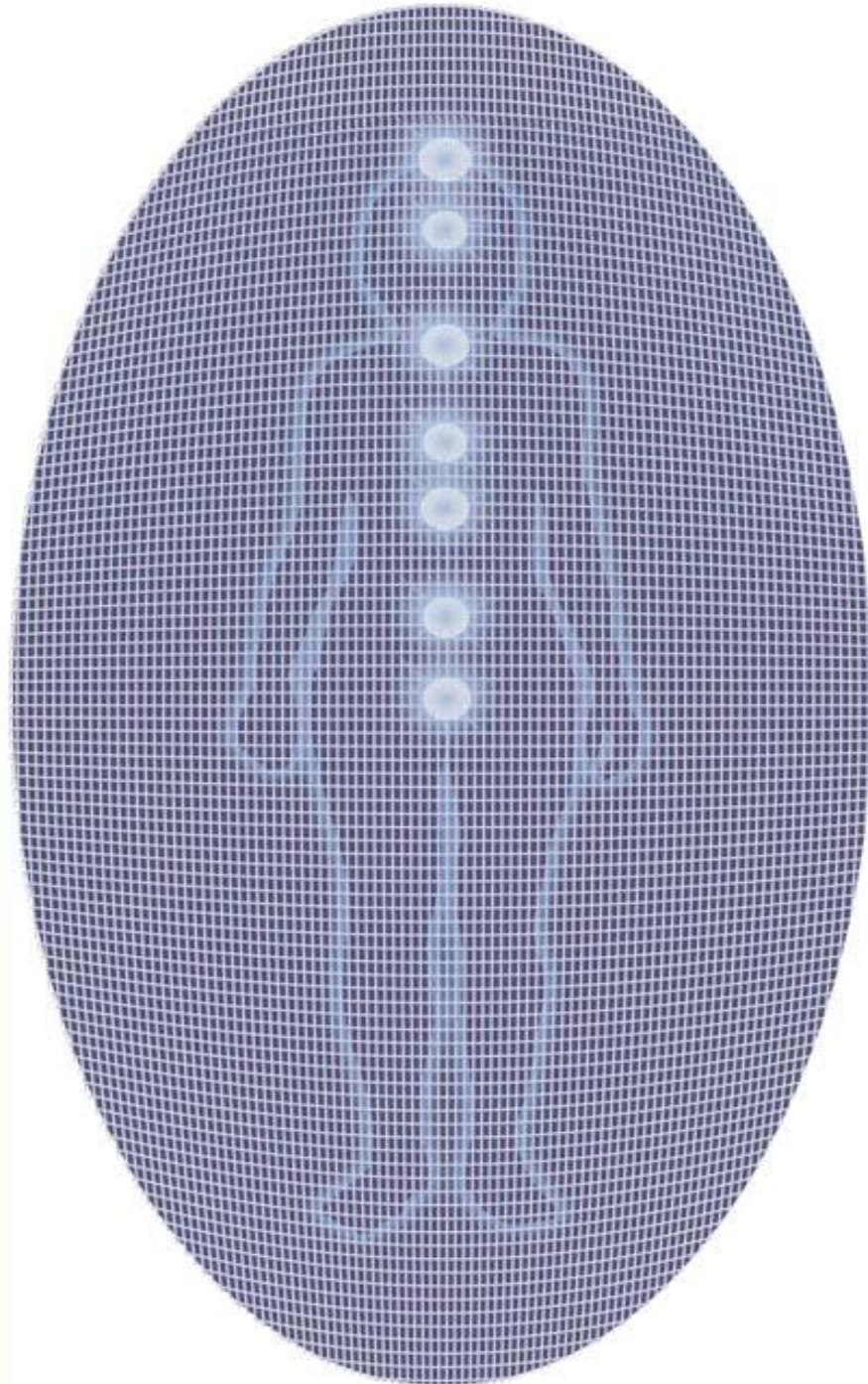
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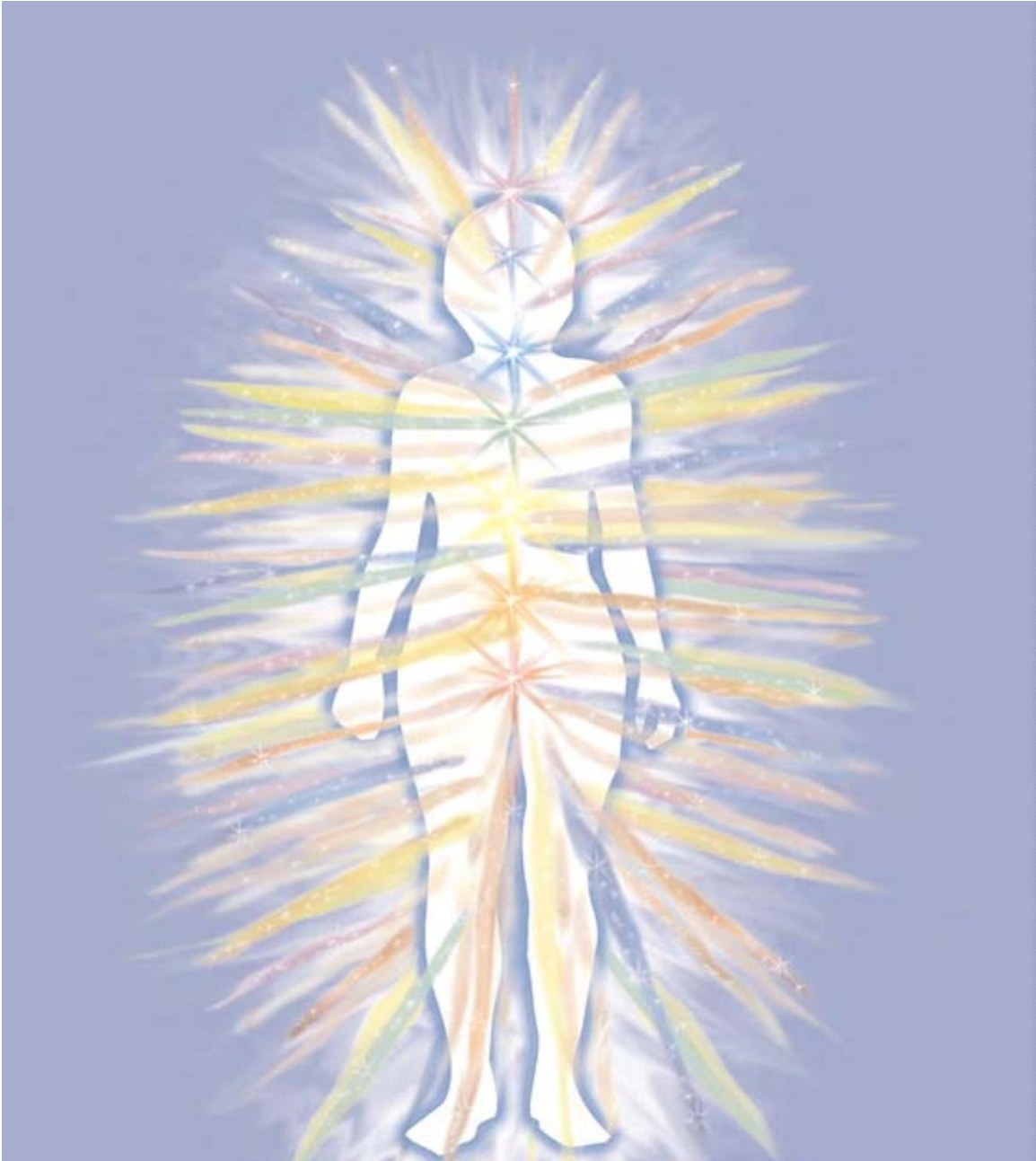
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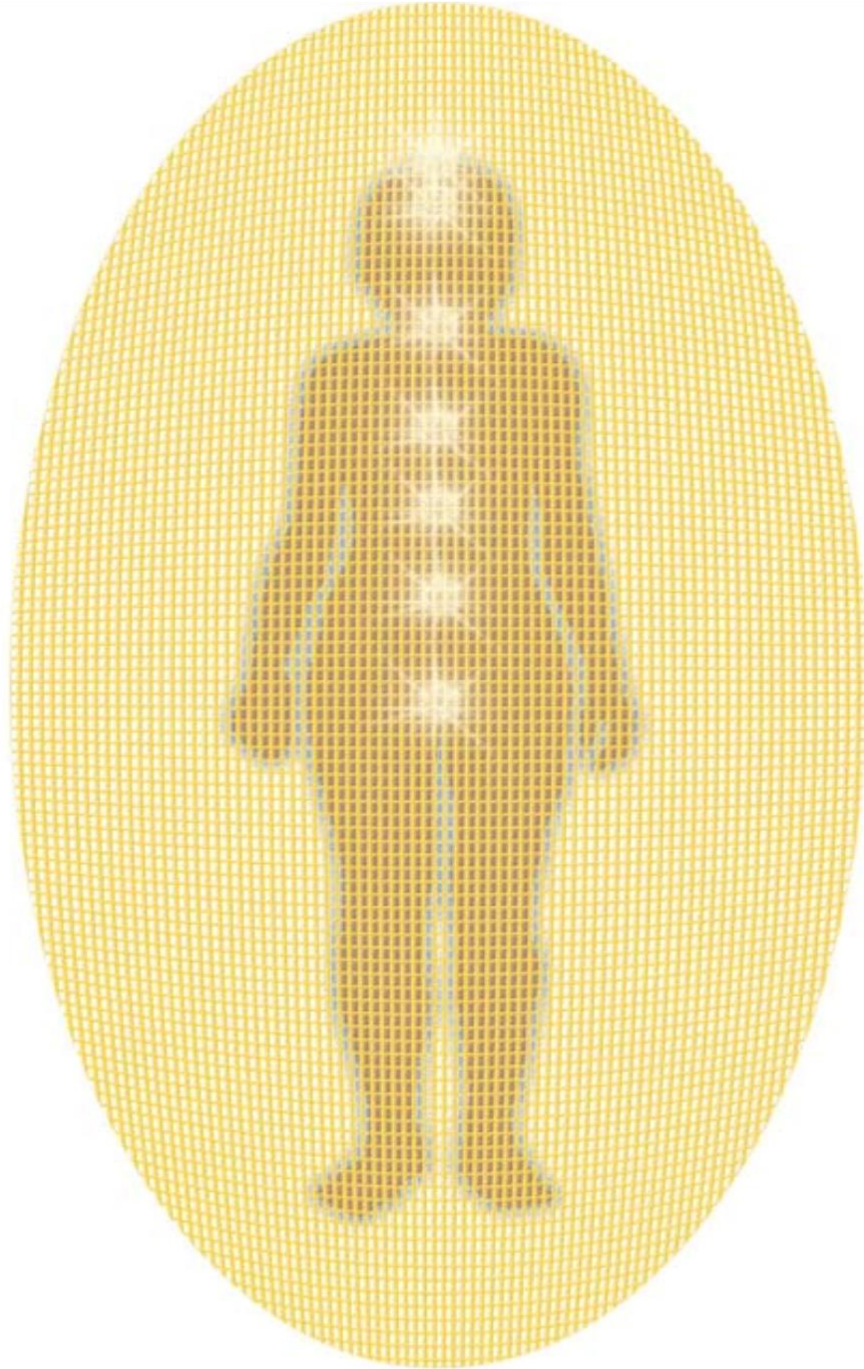
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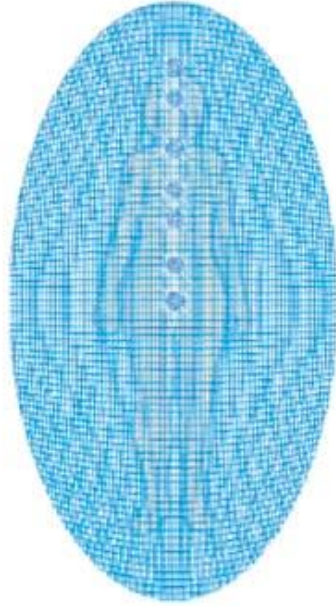
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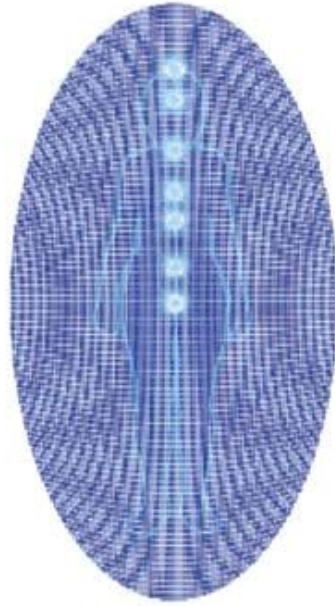
BASED ON BRENNAN'S LEVEL 6 - DIVINE ECSTASY, UNCONDITIONAL LOVE



BASED ON BRENNAN'S LEVEL 7 - DIVINE WISDOM, A GOLDEN GRID OF ENERGY



Level 1



Level 5