

Energy body - The Etheric Body

Whether it is Meditation, Spiritual Work, Pranic Healing or developing Psychic skills - the etheric body is needed to develop these things.

A Brief Description

The Etheric body is composed of 'Etheric matter' and it is like a network which is permeated with Golden light from the higher planes of existence. In the etheric body there are all planes of existence from human, to emotional (astral) abstract thinking (Causal) even up to the Adi plane, which is the highest plane of existence within our solar system. The etheric body is the web that protects a human from inadvertently accessing the inner worlds, which could have a detrimental affect on the person that is not prepared.

In the lowest level, it is the *ring-pass-not* for average humanity. Refining the etheric body (and consequently the physical body), through meditation and spiritual pursuits, the inner worlds can be accessed, but only when the person is ready.

The Etheric body absorbs the prana (Sanskrit word meaning life force) which is all around us. We cannot see it, but this life force is what fuels our fire and gives us the energy to get on with life. The etheric body absorbs this life force from the sun, air, ground, water and slowly it permeates the physical body thus feeding all our organs, cells and blood with this 'energy fuel'. Today's science mainly attributes health to the physical body and its organs, and although these physical organs are absolutely essential for good health, it is the etheric body which feeds the physical body and not the other way around.

So, the etheric body is the energy that surrounds our physical vehicle and depending on the health of that energy, will determine the health of our physical being. Taking this a little deeper, it naturally follows that the health of a human is also dependent upon the health of other energy forms, namely the planet, plants and in general 'Nature'. Now if one understands that it is the Angelic Kingdom and the associated Nature elementals that provide the health of the nature on this planet and surrounding environments, it might be worthwhile working in cooperation with these Beings and not against them. Even acknowledging them and giving thanks is a start to building up a joint relationship. The planetary elemental is simply another manifestation on this physical plane of existence and although we cannot see it, it is there.

On death, the etheric body 'lingers around' the physical body as *The Law of Attraction* keeps the etheric body always close to its physical counterpart. There are some mediums who can displace their etheric bodies so they appear to be in 2 places at one time, but in doing this, the life force in their physical component is diminished and this state cannot be held for long periods.

In the formation of man, the etheric body is formed before the physical, just as a thought precedes an action in the physical world. The physical body cannot be without the etheric body, just as the etheric double cannot be without a physical body. Both need to be cared for and nurtured to have a healthy and happy life.