

SENTIR MÁS

FEEL MORE

WORKBOOK

OUR ENERGY BODY

FEELING,
EXPERIENCING
& VITALIZING IT

A short course to learn the basic theory about the subtle bodies, how to feel and get to know them, how to work with your subtle energy, and how to energize and vitalize your whole being with the elements of nature.

The exercises and information presented provide a practical knowledge and are a great foundation for any type of energy work, yoga, meditation, and spiritual development in general. The exercises are short but powerful enough to take your personal development and body awareness to a whole new level.

Reading time: ~30 min. + Practice

AFTER THIS COURSE YOU WILL:

- Know the ancient theory about all your bodies & what they are made of
- Feel your subtle body yourself & experience its energy
- Charge your subtle body & whole being with vitality
- Use the elements of nature for your benefit & health
- Feel More!

INTRODUCTION

What do we know in our society today about the reality we live in? What do we really know today about our own inner being? All we usually see is the physical world and our physical body. How often do we keep questioning where it all comes from and what it is made of?

The ancient traditions can teach us many things about it. As they studied reality and our bodies and whole Being in great detail.

But even when we read about its theory and get to know about the structure of our reality, what about a practical experience? To really feel and get to know what energy and our subtle body means and feels like. To feel and get to know what our universe is made of, and that there is a lot more behind the curtain. And we can lift it.

This course will make it very experiential for you.

You will be able to feel and experience your subtle body, and distinct it from your physical one. You will learn how to vitalize it and work with it.

For beginners, this course will teach you the basics, to experience your Self behind the curtains - and how you can work with it.

For those who are already practicing spiritual teachings or energy work, it will help you gain greater understanding. It will increase your ability to feel and work with your energy and mind.

OUR SUBTLE BODIES

Are we really just flesh and blood? And consciousness is just electrical signals in our brain? Or is it just one part of a whole structure of bodies which govern our lives, and ultimately the universe?

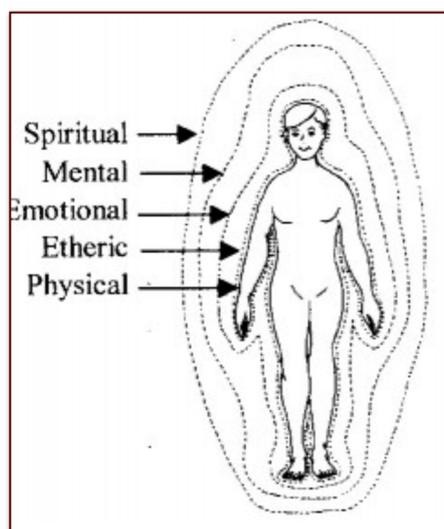
Ancient traditions asked and studied these questions extensively.

The esoteric traditions around the world still tell us, that the universe and our bodies are not just what we can see with our physical eyes. There is more to reality and how we can engage with it. The knowledge of the subtle bodies is amongst its most crucial concepts. And it is preserved in many texts and scriptures still available today.

Among the different traditions in the world, there are variations of the structure of the subtle body of the human being. In this course, we look at the indian system („Pancakoshas“), which teaches it in the structure of 5 (+2) subtle bodies, or sheaths of being. Our physical body is only one of them.

The hierarchy of the bodies is structured by density and reaches from most gross to most subtle. In detail they are:

- 1. The Physical Body (in Sanskrit: Annamayakosha)**
- 2. The Etheric or Pranic Body (in Sanskrit: Pranamayakosha)**
- 3. The Emotional or Astral Body (in Sanskrit: Manomayakosha)**
- 4. The Mind body (in Sanskrit: Vinjanamayakosha)**
- 5. The Causal, Bliss or Spiritual Body (in Sanskrit: Anandamayakosha)**



1. THE PHYSICAL BODY

The first one is the physical body, the grossest of all our bodies. It is made of physical matter. Usually, this is the only body we can see, and the only body most people are aware of.

2. THE ETHERIC BODY

The second body is the etheric or pranic body. It is made of etheric energy, which in different traditions has different names. It can also be called vital energy or life force energy. In the indian system etheric energy is mostly called „prana“, in the chinese system „chi“, in japanese „ki“, in greek „pneuma“, in the european traditions mostly „etheric energy“, or „ether“, or by Wilhelm Reich „Orgon“. Many more translations exist around the world from the cultures who studied it. Different words - same thing.

The etheric body is the blueprint of our physical body, just what the html code is to a website. You see a well structured web page with pictures, functionality and hidden pages and content that gets visible when you click on it. But it is all held together by the underlying code who looks and works very different to the page you can see. This code is to the website what our pranic body is to our physical body.

It extends just a bit further outside the physical body and governs our vitality, health, and all functionality. It can be felt, and even be seen by some animals and people with clairvoyant abilities.

Pranic energy is deeply connected to the breath and breathing practices. Pranayamas (Yogic Breathing) can tremendously improve and strengthen it.

The etheric body always stays with the physical body and only disintegrates after the physical body has died. The dying process is a fascinating and important topic and studied and explained by many cultures, with the Tibetan Book of The Dead, the „*Bardo Thodol*“ being probably the most famous one.

3. THE ASTRAL BODY

The third body is the emotional or astral body. It is even more subtle than the etheric one and spreads out even further than it. This body has colors related to it. These

colors change depending of our emotional and mental state at any moment. These colors can be seen by clairvoyants and even been photographed with special cameras (Kirlian photography).

The astral body can detach from the physical body and travel. This happens for example every night when we sleep. The dreams are actually real astral realms our astral body travels to. There it can have specific experiences and even meet other beings. With training, it is possible to consciously experience these realms, and decide what you would like to experience in your dream. If you are interested, you can get some information about lucid dreaming or Yoga Nidra, the Yoga of Sleep.



4. THE MENTAL BODY

The fourth body is the mental or mind body. It extends even further than the astral body and can even go way beyond it. The astral and mental bodies are very closely connected.

Together with the astral body, it detaches after death from the physical and etheric body and, after a certain process, goes to the realms of the afterlife.

5. THE CAUSAL BODY

The fifth body is called the causal or bliss body. It is the body which is deeply connected to mystical experiences and to our higher Self. The so called „Samadhi“, a famous blissful state Yogis try to achieve by deep meditation and practice, is closely connected to this body.

The sixth and seventh bodies are so subtle and hard to explain, that they are only reached through the experience of the fifth body.

Good sources of further studying the subtle bodies are „*The Journey Within: Exploring the Five Koshas*“ – by Swami Sivananda, or „*Yoga and Ayurveda*“ – by David Frawley.

The theory is great, but let's get into practice!

PRACTICE - EXPERIENCING YOUR ENERGY BODY

Learning about the subtle bodies and basic nature of the universe is a fascinating topic. But do we have a practical understanding of it, coming from our own experience? The theory can oftentimes simply seem too far away and does not match sufficiently our experienced knowledge.

This is what we will change today and just in a moment you will be able to feel your etheric body very clearly.

Let's feel your subtle body and etheric energy first:

1. Sit in a comfortable position and keep your spine straight. It can be in a chair or on the floor, or even standing.
2. Keep your non-dominant arm in front of you. Keep the hand of your dominant arm above it, slightly hovering over the skin below it. Feel the differences in temperature between your arm and hand, the slight electric sensations, maybe even differences in emotional quality. There is a distinct distance how far this texture reaches out of your body. Feel it and experiment with it a little bit. This texture reaches typically just a few centimeters out of your body.

The sensations and texture you felt is mostly coming from your subtle body. You might think that it is just a bit of temperature emission coming from your physical body. But it is actually more than that, and we are going to experience and distinct it from any purely material sensation.

Let's experience your etheric body and realize it's distinction from pure physicality:

1. Keep your spine straight, but comfortable
2. Keep your non-dominant hand open and flat, but comfortable, not straight or stiff.

3. Now with the loose fingertips of your dominant hand, gently stroke along the flat open palm of the other hand. Back and forth. Do this for about one or two minutes, and remember the exact sensation that you create in your palm. Try to imprint it in your mind.
4. Remove your active hand, but keep the other hand open and comfortably flat.
5. Now you create the exact same sensation in your open hand just as before, but now with only your mind. Go back and forth. You can look at it or close your eyes, whatever works for you. You can even change the speed or intensity. Just as you did before with your physical hand. For some people it is helpful to use the other hand a bit further away, swiping along but from a bit farther distance, to give your mind a visual support.

The sensations you felt are coming from your subtle body. What you felt was not your physical body, but your etheric. You actually gave your etheric hand a massage with your other etheric hand - through your mind. It is a lot more responsive to the mind than your physical one and reaches through and out of the skin.

Now let's feel how far your etheric body reaches out from your physical body:

1. Rub both hands together and keep the palms a few centimeters apart, facing each other.
2. Slowly come a bit closer with your hands or move them a bit farther away from each other. Try to feel the tension between them and where the air seems to get thicker. Experiment a bit with the distance.

The border or layer you felt, where the air seemed to get thicker, is how far your etheric body reaches out of your physical body.

What you felt and experienced in the last two very simple exercises is your subtle body, with its etheric energy. And you also got to know one of its most important gateways: the hands.

To bring this a step further, and as preparation for the next energy practice, we visualize and create an energy ball between our hands:

1. Just rub your hands together for a bit, to wake them up.
2. Now separate them with a distance of a few centimeter and palms facing each other, but slightly clenched, as if you would hold a ball.
3. In the space between your hands visualize an energy ball. It is luminous and shining like a sun. You can even attach a color to it. Try to see it with your eyes and feel it with your hands at the same time.
4. Feel its size and texture by moving your hands around and a away from it and coming back. Just as in the last exercise, you can clearly feel its borders.
5. When you are finished, you can rub your hands together to disintegrate it.

The energy ball you created is real and even visible on deeper levels of reality. It is not imagination or illusion, but real visualisation, a real creation by your thoughts and consciousness. It is a real phenomenon. So it is important to work with it wisely and carefully.

CHARGING OUR BODY WITH VITALITY

For this practice it can be beneficial for some to learn about the seven chakras first. However, to do the practice it is not absolutely necessary. If you like, you can further study the chakra system afterwards.

To be able to charge our vitality and body with energy, we need to learn how to feel and harness it, and actively fill our body with it. To do this, the steps are as follows:

1. For this exercise it is best to take your shoes off and sit in a comfortable position or lay down, but with your spine straight and not tensed. If you sit, your feet should be on the floor or on a soft cushion. Keep your eyes closed during the exercise.
2. Focus on your left foot. Now feel the sole of your feet. Feel every part of it - the sole, the ball of the foot, the toes, and any area in between. Feel the top of your foot, your ankles, and your calves. Feel the top and the back of your knee. Feel your thigh, your hip, your buttock, anus, the perineum and the whole genital area.
3. Now feel a wave of energy coming through your foot, waving up your leg. It can feel like a tingling sensation, shooting or moving upwards. It can help to use your mind to imagine a light moving over your leg, getting a gentle warm massage along, or like a laser scanning your leg from foot to hip. Wave after wave. Use whatever helps to enliven the sensation. Every wave takes about half of a second to one second to go through the whole leg. One after the other. Feel it in every part of your left leg, moving its way up. Do this for a few minutes. Whenever it becomes too intense, stop the exercise and try again later with more softness.
4. Feel the difference between the left leg energized, and your right leg, not yet energized.
5. Start the same process with your right leg.
6. When you experienced the waves of energy in each leg, you can focus on both legs simultaneously. Do this for a few minutes and feel the waves moving up both of your legs through both feet. This exercise alone is giving your legs more vitality and is waking up your connection with your energy body and vitality.
7. When you reached a good feel and stable attention in both legs, you can visualize an energy ball from the ground below your feet. Visualize it moving all the way up

through your legs, just like the waves you visualized before. Wave after wave, ball after ball. Feel it all the way up to your perineum, accumulating there and charging it with vital luminous energy, coming from Mother Earth. Feel her love and beauty coming from the ground, energizing your whole body, reaching your whole torso and being, from the perineum — Through the legs, feet, and ground below you. You can even experiment with different colors the energy ball is made of. Enjoy this for a few minutes. Do not let your mind get distracted and keep visualizing and feeling it.

If you had difficulties feeling anything, you can give your whole legs, feet, hips and buttocks a gentle massage to get more body awareness and wake up the area. Then repeat the mental exercise as shown above. You should feel it more clearly now. Just remember that the goal is to strengthen your mind to do the exercise by itself without help.

The energy you felt is real and the vitality you received is noticeable. Do this exercise daily and the better you get, the more freely you can use it and work with it. You can use it any time and in any place to get vitality which helps you with any further practices.

THE 5 ELEMENTS & CHARGING YOUR VITALITY WITH THEM

Our whole physical universe, and any atom of it, is a constellation of the 5 elements - fire, water, air, earth, and ether. Our body consists of all those elements, and balance between them is essential for our wellbeing and vitality.

The earth element we can see the clearest. Water and fire are already more subtle and made of less physical matter than earth, and are sometimes not even that visible to our eyes. Air we can not see, and need secondary events and movements to experience and know it, like breathing or sensing.

But what we can see and feel is only the tip of the iceberg. Ether is not fully tangible like air or fire, but not purely abstract either — it's the subtle field in which the other elements manifest.

All elements come from spirit and consciousness and have specific properties to them. These properties get then projected into our physical universe and experience and they become the objects we know and can see or feel - starting from earth, water, fire and air. All other objects in this world, including our physical body, is a constellation of those elements. Also our subtle bodies consist of those elements.

For our energetic exercises, we can harness the essence and power of the elements according to our needs at that moment. By connecting to an element, meditating on it, and visualize it filling our being, we can absorb its energy and charge our energy body with it. All elements have different properties, which together in balance, maintain a perfectly healthy body and vibrant life. If an element gets out of balance, we can bring us back into balance, by connecting with it and absorbing its related qualities and properties.

In this course you learned about experiencing and physically sensing your Etheric body, and the related feeling and texture of it. Just as your body is „made of“ the ether, so it is also made of the other four elements. And with those we are going to work with now.

The properties of the different elements, how they affect us when they are in balance or out of balance, and how we can bring them back to balance:

1. THE EARTH ELEMENT

Properties: Earthy, thick, heavy, dense, slow, stable, yin-dominant, cool

Main purpose: Grounding, vitality, stability, nourishment

Chakra: Muladhara (Root Chakra, located at the perineum)

When the earth element is well balanced and integrated, we are full of energy and vitality, healthy and stable in life. We are grounded and have a well focused positive mind. Our being becomes disciplined and full of trust in life and the rhythm of nature. We find joy in even the simplest things.

When the earth element is out of balance and not well integrated, we feel tired and lazy, sad, lack vitality and drive. We are easily depressed and demotivated, pushed away from our center, and pushed around by other people. Life and being feels more like a burden.

Balance the earth element when you: Can't sleep or rest well; Are overthinking too much or your mind is clouded; Lack general grounding, routine, or a feel of safety and trust in life

What we can do to work with the earth element: Meditate on the positive aspects of the earth and the planet. Walk barefoot and connect with the ground under your feet or buttocks and feel how positive, nurturing energy fills and recharges us. This is always happening, but its effects increase immensely when we focus on it and use our mind to actively absorb it. This is what we do in this course. Connecting with the earth is best done in nature and on natural ground, as the energy there is more pure and active, undisturbed by modern influences.

Getting in tune with the earth element is a great general remedy for disbalance with all the elements, especially the air element and mental issues.

Tools and objects for visualization: soil; trees and forests; garden and flowers; wood and stone; planet earth

Color: Bright red; bright green

Further practices for the earth element: Yoga poses for grounding; Forest walks; Being naked in nature; Physical exercise; Oil massages or Chocولاتerapia; Mud Baths; Hearing the sound of a forest;

2. THE WATER ELEMENT

Properties: Flowing, fluid, receptive, adaptive, connective, sensual, yin-dominant, cool

Main purpose: Transporting emotion and information; purification; adaptability

Chakra: Svadhistana (Sacral or Sex Chakra, located a few centimeters above the root of the penis or the clitoris)

When the water element is well balanced and integrated, life and emotions are flowing smoothly, we feel alive, joyful, clean and in flow with nature and existence. Impurities or emotional baggage can not stick that easy and we are able to process our thoughts and emotions better and more clearly.

When the water element is out of balance and not well integrated, emotions can easily overwhelm us and we are unable to process them properly. Impurities can stick and develop more easily.

Work with the water element when you: Get too emotional too fast or uncontrollably; Can't process emotions or thoughts very well; Joy of life feels absent; You don't feel in flow with life, nature or other people

What we can do to work with the water element: Connect with water in all its forms more consciously. Drink pure water, tea or cacao with awareness and intention. Bless and appreciate it, or charge it with a specific property by using your mind or a written text on it. Sit and meditate at a waterfall. Take a bath or a shower. It is always best to do all of that at a natural waterfall or river, in the midst of nature. Natural waterfalls are generally a great spot to recharge and balance, and to connect with the earth and air elements as well, and balance them simultaneously. Sit in the sun, or add a bonfire next to it and you have all of the elements combined in one place and session.

Tools and objects for visualization: waterfalls; lakes; rivers; ocean; drinking water; rain; moon

Color: deep bright blue

Further practices for the water element: Swimming and baths; Waterfalls; Water Jet Massages; mindful water and teadrinking; Hawaiian Lomi Lomi; Listening to the sound of water

3. THE FIRE ELEMENT

Properties: Transformative, dynamic, passionate, sharp, luminous, yang-dominant hot/warm

Main purpose: Bridging spirit and matter; transformation

Chakra: Manipura (Navel Chakra, located a few centimeters below the navel cavity)

When the fire element is well balanced and integrated, we are very motivated and committed to our purpose and Dharma. We are active and dynamic and reach our goals faster and more smoothly. We can influence and benefit others easily, and uplift the energy in a room

When the fire element is out of balance and not well integrated, we get angry and agitated easily and our temperament overwhelms others and ourselves. Hate and hurting others can result from a raging fire element within us.

Work with the fire element when you: Lack motivation, enthusiasm, discipline, self-worth or self-confidence; You get sunburned fast, or too hot and exhausted in summer; Are sick often or a weak immune system

What we can do to work with the fire element: Observe the calmness of a bonfire or candle flame in a windless place. Simply connect or sit in the sun and absorb its powerful and nurturing energy to absorb and harmonize the fire element. Modern society often portrays the sun as harmful, yet humans have survived without clothes for millennia, and cultures all around the world praying to the sun as an incarnation of the Divine. Do not be afraid of the sun, and simply listen to your body and skin how much sun is enough for the day. Absorb its energy especially during sunrise. The sun is the literal master of the fire element. According to mystical philosophy, the sun is also closely related to Christ Consciousness, and the spirit of Archangel Michael. The sun holds the perfect balance between spirit and matter, earth and cosmos.

Drinking water mindfully and in moderation calms down the fire element if it got out of balance. Also grounding in nature and connecting with the earth and water element helps a raging fire.

Tools and Objects for visualization: Sun; Bonfire; Candle flame; Hot coals; Archangel Michael

Color: bright fiery red; bright golden yellow

Further practices for the fire element: Sun bathing (without chemicals or sunscreen); Sauna; Redlight and Infrared Therapy; Lighting candles; Making a bonfire;

4. THE AIR ELEMENT

Properties: Light, mobile, expansive, swift, free, uplifting, enlivening, playful, yang-dominant, fresh/cool

Main purpose: Movement, freedom, exploration/expansion

Chakra: Anahata (Heart Chakra, located in the middle of the chest)

When the air element is well balanced and integrated, we feel free and adventurous. It feels great to be alive and to breathe the beautiful and powerful energy available to us. Inspiration and philosophy is found everywhere. Our mind is free and easily inspired, but also sharp, calm and stable, and works perfectly according to our need and will.

When the air element is out of balance and not well integrated, we get easily depressed, anxious and nervous. We are afraid of the future and dwell in the past, but never really in the present. Sleep becomes difficult and life turbulent. Most mental disorders come from an imbalance of the air element.

Work with the air element when you: Feel stuck or lack inspiration and enthusiasm

What we can do to work with the air element: The general best remedy for all air-related or mental problems is to connect with the earth element first, and as little as possible with the air element.

We also find great remedies especially in Ayurveda, the science and treatment of health, which is practiced in India since thousands of years. For problems with the air element and „Vata“-related problems, Ayurveda recommends warm fatty foods and soups, slow controlled movement, a stable routine, oil massages, and complete abstinence from any stimulant (coffee, alcohol, green tea, refined sugar, drugs, etc.). Ayurveda is a big topic in itself, but a lot of information exists on the internet and in books. If the air element seems chronically out of balance, it is recommended to get a book on the topic or visit an ayurvedic practitioner.

Energizing and focusing predominantly on the lower chakras and qualities of the earth element, helps bring the being back into balance. Also mild physical exercise and general grounding practices are recommended.

Tools and objects for visualization: Prana; Calm wind; Your own breath and how it enters your nostrils and body

Color: Bright light blue; Bright purple

Further practices for the air element: Breathwork; Pranayamas; Oxygen Therapy; Ice Baths and Cryo Therapy; When imbalanced focusing on practices for the earth element

5. THE ETHER ELEMENT (ĀKĀŚA)

Properties: Subtle, spacious, all-pervading, connective, luminous, transparent, still, neither yin nor yang but the field in which both arise, neither hot nor cold but contains the potential for both

Main purpose: Space, communication, resonance, spiritual connection, the medium for sound and consciousness

Chakra: Vishuddha (Throat Chakra — in the soft spot just above the edge of the collarbone), with extensions upward to Ajna and Sahasrara

When the ether element is well balanced and integrated, we feel connected to all beings and realms. There is a natural sense of spaciousness, inner stillness, and intuitive clarity. Communication flows effortlessly, both inwardly (intuition, inspiration) and outwardly (authentic speech, artistic expression).

When the ether element is out of balance and not well integrated, there may be a sense of disconnection, confusion, isolation, or loss of inner guidance. Speech can become either excessive and superficial or blocked and fearful. There may also be spaciness without grounding.

Work with the ether element when you: Feel spiritually disconnected or uninspired; have communication issues (internal or external); experience a lack of intuitive clarity; feel “empty” in a negative sense.

What we can do to work with the ether element: Sit in silence and observe the space between breaths, thoughts, and sensations. Practice deep listening — to the environment, to others, to the subtle. Chant mantras or sacred sounds and feel their resonance in the space around and within you. Gaze at the open sky or stars at night and let your awareness expand without grasping. Work with your energy body and visualization.

Tools and objects for visualization: Night sky; stars; cosmic space; luminous void; sacred sound (e.g., Om)

Color: Deep indigo, violet, or translucent white

Further practices for the ether element: Silent meditation; mantra chanting; sky gazing; conscious listening; practicing presence and inner spaciousness

HOW TO CHARGE YOURSELF WITH THE ELEMENTS

Apart from working with the elements in the way described already, we can also absorb them in meditation. Just as we absorbed vital energy from the ground below our feet, we can also absorb the essence of the elements according to our needs. This greatly enhances the effectiveness of our exercises and self healing.

Most people tend to find it easier to work with the element of their astrological sun sign. But we always should remember to check for, and maintain balance between all the elements.

Lets work with and absorb the properties of an element:

1. Sit in meditation, stand up or lay down, but keep your spine straight and your body comfortable and not tense. Remove your shoes. If you sit, your feet should be on the floor or on a soft cushion. Best to do this in nature on natural ground. Close your eyes.
2. Start with only one element at a time. Think about the properties of the chosen element and recall its different attributes. Look them up again above and remember their properties. For example if you want to work with the fire element, you think of a bright fiery red color, hotness or warmness, the sound of a bonfire, the look and feel of a candle flame in a windless place, the taste and smell of it, etc.
3. Feel its heating, expanding and transforming nature in your whole body. Absorb the fire within your being and body. Be fire, feel it.
4. Imagine fire in the world around you and absorb it. Imagine everything as made of fire. Connect with the fire element inherent in all particles of nature, or the sun itself, and feel how you exchange your energies. Show gratitude and love towards it. Feel how it is open to serve you, and how you expand by serving it with love as well.

Do the same exercise with all the elements, one by one. Recall its attributes and properties. Feel it, smell it, taste it, hear it, become it. Absorb the element deep within your body and all around you.

If an element gets too much to be comfortable, you can simply release it through your outbreath. Feel how it leaves you and stop wherever you feel comfortable again.

Particularly the fire element can create a lot of heat in your body. If it gets too much, simply slow down and feel it leaving your body again until it is comfortable. If it gets too much to handle, you can always take a cold shower to wash away excess energy.

FURTHER ENERGY ENHANCERS

So far, we learned about actually feeling and experiencing our subtle body and energy, and how to charge it naturally and through the elements of nature. There are many more ways how you can explore and work with your energy bodies.

The following tools are especially recommended to increase your body awareness and to work with it:

1. Yoga, Meditation & Breathing Practices

Yoga is probably the most advanced system of knowledge and practice around energy and being. It goes deep into the topic of the subtle body and its connection to the universe and the higher worlds. Yoga says, God is within. The mystics say, as within so without, and as above so below. Many systems and schools still teach these principles to this day. Yoga postures, Pranayama (yogic breathing exercises), and meditation practices are just a fraction of the whole science of Yoga. Anyone can easily feel how energy perception increases and harmonizes. The wave of energy we run through our body in this course intensifies a lot after a session of Yoga.

2. Physical Exercise & Stretching (not exhausting but invigorating)

Authentic Yoga postures go far beyond just stretching the physical body. But specifically to enhance the effects of the exercises shown in this course, physical exercise and working out with the body is a great way of increasing body awareness.

3. Massage, Bodywork & Energy Work

Any form of massage and physical touch helps our skin and body to increase awareness. Tissue gets worked through, tendons and muscles get softened and stretched and energy can flow easier. Especially traditional massage styles with spiritual religious orientations have a great knowledge of working with the energy body, energy lines and points, and improving the body-mind-complex. South Indian Marma Massage is probably the most advanced style, even though it seems oftentimes that it has little to do with a classical massage as we know it in the west. Ayurveda Massage, closely connected to Marma Therapy and Yoga, is especially helpful in balancing and integrating the elements. Thai Massage, if done properly, can improve the body energy flow and harmony tremendously. Just as traditional Yoga, it was never meant as just a simple stretching exercise for the physical body. Yoga and Thai Massage both developed originally as a practice primarily for the energy body and its effects to the mind and connection to the physical body.

But also regular massages or purely energy based bodywork can have great effects. Like Reiki, Pranic healing, or acupuncture. For general health and to restore it, chiropractic and craniosacral therapy are also great tools.

Many more styles and practices exist. Try and choose what resonates most at any moment.

4. Purification & detoxes

A general maintenance of purity is essential for spiritual progress. But especially in our modern days it is important to cleanse the body regularly and free it from toxins that get accumulated through life. Cleaning and detoxing the colon, gut and stomach can solve many issues, physical as well as mental and energetical.

5. Sleep, routine & regular sun exposure

A healthy routine and morning ritual, ideally with sun exposure for several minutes in the morning is ideal to start the day in a good way. Enough sleep and early bed time should also be in anyone's schedule who wants to improve their life and energy work.

6. Regular practice

The golden rule of energy work and any spiritual practice: Daily a few minutes is better than a few hours once a week. Visualization and psychic abilities improve successively. So they have to be practiced regularly.

7. Healthy & organic food, Vegetarianism, Ayurveda

We are what we eat. Food is one of the greatest influences to our energy. A vegetarian diet and regular fasting increases the effectiveness of energy work, perceptions and spiritual progress.

Ayurveda is a big system and science of health and wellbeing, and food is a major part of it. It analyzes the constitution of a being through their bodily form and recommends specific foods and treatments. A recommendation to look into for anyone on the path of Yoga or personal development.

8. Healthy well maintained environments & architecture

An organized and tastefully designed home is not a luxury, but helps to keep your mind and being clean and content. Feng Shui, specific architecture like pyramids structures or symmetrically organized homes can increase wellbeing and the effectiveness of energy work.

ENERGY KILLERS

The following are the mayor killers of progress in perceiving and working with your energy body. They can slow the development process or completely annihilate your ability to actually feel and control energy properly:

1. Substances (Alcohol, coffee, refined & artificial sugars, drugs, stimulants)

Stimulants can be extremely harmful to the body and psyche and its effects are even more damaging to the energy body. Especially alcohol is an extremely potent toxin. Rudolf Steiner, one of the greatest modern teachers of energy work and spiritual development, talked especially about the harmful effects of alcohol and coffee. All his students were adviced to stay away from those substances. He explained in detail how they affect different areas within the subtle body, and how they interfere with one's spiritual and energetic development.

2. Chemicals in food & processed food / Aluminum & plastic in food environments

Toxins, chemicals, and careless consuming is damaging our energy body and whole being. Microwaves, fast-food and de-naturalisation through high-processing of what was once food is not nurturing our energy and mind in the way we need. Depression and lack of energy and a prosperous life are the consequences of it. Aluminum in kitchens, chemicals and plastic in food are toxifying our internal organs directly, which in consequence requires more detox. Especially aluminum has nothing to do anywhere near food. It is a great harm to our body and well being and a big underestimated problem by many people.

3. Too little sleep & lack of routine

Enough sleep is very important for general energy in life and even more so when we want to work with our energy body. Sleep deprivation can cause problems in mood, focus and the ability to sense well and correctly.

A too chaotic life with no routine also creates a chaotic mind, which in turn creates a chaotic energy body and life.

4. Non-controlled ejaculation

The semen for men is one of the most important and precious substances within their body. It is pure life force materialised. Its release is a great loss of energy which needs to be compensated for by the body. This makes one tired and depleted. The effects of ejaculation are especially felt in energy work and the lost life force can only partially regained. Tantric and taoist texts talk greatly about the preservation. Especially in Yoga, followers are advised to preserve their vital fluids, and practice Brahmacharia.

5. Bluetooth, 5G, EMF, Electrical appliances

When we talk about energy and sensing the subtle body, it is obvious that we have to talk about the subtle energy even mainstream science is aware of. Bluetooth, 5G, electromagnetic frequencies and electronics in our environments are great tools for our modern lives. But the magnetic fields they are emitting can interfere with our whole being, mind and subtle bodies. It is best to use and be around them only when necessary and as little as possible. Regularly spend time in nature or practice where they are absent.

6. Sextoys & stimulants

Orgasms and enhancing one's sensitivity and pleasure through toys and stimulants can be great tools to increase our wellbeing and sensing abilities temporarily. But they also numb our subtle body and body awareness, especially over time. What we try to gain, actually leaves us more and more. Which in the end requires more work, to gain back the lost sensitivity, and de-armour what is numbed out now. Like the soles of the foot gets thick and desensitized when we walk barefoot on hard grounds a lot, so our skin gets desensitized when we overstimulate it with artificial tools. Not even to speak about viagra and other stimulants which replace our natural abilities for artificial drugs. Both toys and substances should be avoided. They harm our senses and the power house of sexual energy, the most potent and intense form of energy for our body to work with.

7. Synthetic Clothes

Our body and skin absorb things constantly. Therefore it is best to wear clothes made of natural material. Wool and light colors should be preferred. Synthetic clothes should be avoided, as it can affect not only the skin, but also ones ability to sense properly. Black color needs more chemicals to dye it, which can even damage our organs and whole body.

8. Perfumes & artificial skin care products

Perfume, artificial scents and chemicals in „beauty“-products harm our bodies and corrupt our senses. It influences our DNA, hormonal balance and internal system. It should be absolutely avoided for anyone working with their energy body and leading a healthy life. Better stick to essential oils and natural healthcare-products from nature, or just leave them away if you can.

FINAL WORDS

Working and exploring your own nature is important, and an exciting and adventurous topic. It led me to many beautiful moments and opened doors I would have never imagined that they even existed.

Working with your body's energy is essential for many practices to follow. It can lead to being able to heal yourself and others, to realize and embody your true nature. To even explore other dimensions and the Divine itself. It can ground you and transcend you at the same time. It shows us who and what we really are beyond the surface.

If you enjoyed this course, send me your feedback and experiences. It might inspire others as well to explore and benefit.

I hope the exercises brought you closer to the discovery of your own being and gave you valuable input that resonated with you. I hope it made you curious and inspired you to seek further. To explore with enthusiasm and to find the right practices, traditions and teachers for you.

Always stay open and curious.

Always keep searching for more — **There is always more!**

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