

Living in De•Light

The 52 Gifts of a benevolent, flowing Multi-verse



The Forty Ninth Gift

The Gift of Energy Bodies

It would appear that the physical is just that, physical. What you see is what you are. It appears so. Every form looks solid, feels solid...is solid? No...it most certainly is not. That is the beauty of the design. Energy layered upon energy in increasing frequency aligning to create a multidimensional being. Wow! This changes everything...yes...

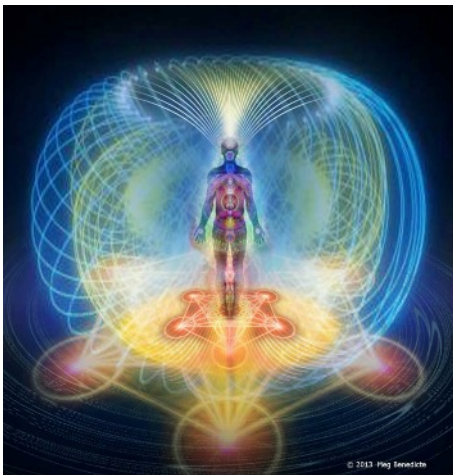
Space between space we are. Atoms and molecules is constant oscillation with lots of space between them. Inner space actually looks like outer space...a magnificent union of the infinitesimal and the infinite. We are made up of successive layers of energy with the physical body being the most dense. Each of at least seven layers, bodies, has purpose and capacity. Knowing this opens up our understanding and significantly broadens our experience of life on earth.

We are taught in the Western lands that the physical is it. So, what happens to it is final and sometimes catastrophic. But this is not the way the Multiverse works...that design is too simple and limited. The creation feeds itself. There are links between dimensions. Energy must be stepped down in frequency to be useable by the physical. The energy bodies function in this manner. The body does not have the capacity to store all the information it has and continually receives. It is kept in the energy bodies in a multidimensional alignment of increasing frequencies.

Each of the bodies embraces the other as it moves out from the physical... the mental body, the emotional body, the etheric body, the astral body, the etheric template, the celestial body, and the ketheric body. The dimensional energies are filtered through these layers. Our own energetic experiences, especially the unprocessed or held energies of our own form of living, are stored in these bodies depending on the issue/frequency. The unprocessed impacts the bodies and reduces their normal vibration of health.

Daily attention to clearing and cleansing energetically is essential to staying in center. With the amount of input coming into and through these bodies, it is almost a constant process of tending the energy shields. Do so and the moments of living will have much less impact. Be aware and begin to notice the feel of life's moments. Clues are everywhere. Listen to the body and you will be guided to stay in your Prime Presence.

The Forty Ninth Gift Activities



- Learn about energy bodies. Google it and see what you are led to. Look into the work of Cyndi Dale and her book, *The Subtle Body*. Open to the idea and allow the information to flow to you. You will be surprised how it arrives. Become an attractant...
- Start to tune into your body. You can develop sensitivity to the energetic bodies. But it must start with the physical first. Your body is sending information and callings all through the day. Pay attention to the sensations, the aches, the pains, the itches, the pulses, the numbness, the buzzing, the tingling. The location gives clues as to the nature of the issue being revealed. Sometimes the body makes contact to invite release of the old. Hearing, acknowledging these callings will assist in clearing. Any work done in the physical can impact the other energy bodies as well.
- Conversely, making connection with the other bodies will allow you to clear energies before they manifest in the physical. Learning to trust the wisdom of guidance can be very useful to staying clear. Simply asking about the condition of each body can have successful results, if you choose to trust the information. Play with that. Just follow guidance and see the results. Repeated thoughts that disempower are bound to eventually impact the physical if allowed to progress. Discern where the thought/pattern/belief is held in the mental body. Trust the guidance and clear it with your hand, like cleansing a mass of energy. Bind that into the earth or in water. Then feed a counter thought to fill up that space.
- Do these kinds of activities and notice results. Does your life change? Do the forms of living shift?
- Secure some rattles, drums, and sound tools/toys. Sound is a powerful cleanser for the energy bodies. Notice the sounds that irritate you. These have information. Experience them until there is no longer discomfort (frequencies are what I am referring to...obviously loud sounds are not to be experienced for long without damage)

"There's a never ending river from Heaven, pouring into us each day. If we close our eyes in ignorance and throw up our resistance, the river won't flow, no way. So why not dredge the Holy Channel Make it deep make it wide. Let the manna bring abundance To the heart of our lives"

-Give In Give Out, from [Wake Up CD](#) by Mark Stanton Welch