

Seven *lower* Energetic Bodies

These bodies are part of your energetic presence.

1 st	DNA Body
2 nd	Genetic
3 rd	Physical
4 th	Etheric
5 th	Emotional (Astral)
6 th	Mental
7 th	Spirit

DNA Body - first body : crown chakra

Holds all the blueprint of energy that contains all the information of your being and its long journey through the universal planes. It has all the tools for you to manifest your highest potential upon Earth.

It is the first body to be anchored and this happens automatically when the soul extension incarnates and the physical body develops in the womb.

Anchored within the strands of DNA of each being is the memory of all experiences that we have had within this universal plane. Most of us have only two strands. These are responsible for holding particular knowledge that will assist you to evolve on Earth.

1st strand holds information regarding our physical body

2nd strand holds the Akashic records. Your pasts incarnations experiences and learnings. It will assist you to resolve unresolved karma which you have created. Therefore assist you to lift into a higher consciousness.

Sometimes this body can be deactivated during childhood.

It is a light body and is connected though your heart centre and through the heart centre of Mother Earth

Genetic Body - second body : heart chakra

Anchored automatically at the time of birth. It holds the blueprint of the genetic lineage created through your mother and father's lineages coming together. So it holds the information regarding your bloodline and also many programs held by the generations – these include beliefs, behaviour patterns, disease patterns and programs held by the physical and personality traits.

Most souls reincarnate over 1000's of years with the same bloodline, until the group has learnt its lessons. This group karma is held through the genetic lineage and is released when all souls in the group accept their ability to work in a group consciousness to resolve old karmic energy which they created.

Physical Body - third body : throat chakra

At the age of eight, the blueprint of the physical body is completely anchored. The physical body reflects what is occurring in all the other energy bodies through the immune, muscular, skeletal, endocrine, nervous, circulatory, lymphatic, respiratory, digestive, urinary, reproductive and nervous system. All seven lower bodies are connected to the physical body and the flow of light frequency will be reflected in some form of physical response.

Etheric Body - fourth body : root chakra

Is completely anchored at the age of eight. It holds the Divine Will (or destiny) blueprint of the first three bodies and it is connected to the soul. It holds your full potential in the physical realm, even though you may not realise it in this incarnation.

The etheric, DNA and genetic bodies remain with the soul from one incarnation to another. It also holds the perfect blueprint or mirror of the Physical body. It is an exact replica of your perfect physical body. So if you lose limbs or organs they still remain part of your etheric body. It is the etheric body which is responsible for near death experiences and bilocation (projection of yourself to another location). It is often the etheric body we see when we see spirits or ghosts, the energetic imprint of your 3D physical form

Emotional or Astral Body - fifth body : solar plexus chakra

Is anchored on the Earth between the ages of 13 – 15 years and is completely developed. While developing it is not fully anchored. All emotions you have experienced, through all incarnations are held in this body.

The emotional body is one of your best friends. If you tune into the energy it holds you easily are able to resolve all unbalanced energy within your lower bodies.

Many forms of energy may effect and can be absorbed by this body (from other people, plants, sound, electricity, the Earth). It also holds your emotional reactions from the past, which in turn affect how you interact with others. All e-motions you feel are energetic messages from your emotional body to let you know that there is unresolved energy held in one of your energy bodies. This energy is often activated 'triggered' by an outside source (reflection or resonance) or your soul saying its time to resolve this energy.

When the emotional body is filled with unconditional love from source, it no longer reacts or responds to outside energy.

Mental Body - sixth body : 3rd eye

Is fully anchored between 16 – 21 years. Often anchoring at 18 for women and 20-21 for men. The mental body is divided into two parts. The lower mental body is the activity stimulated by programs downloaded during your early development. It is where your conscious and intellectual abilities are displayed.

The higher mental body is activated by your I AM self or higher presence. This body is not always connected to your lower mental body on a conscious level until the spiritual body is anchored and the chakra system opens the flow of energy between the energetic bodies to enhance the flow of information from the higher to lower mental bodies.

The higher mental body assists the transfer of formless information to the lower mental body for interpretation through thought, feeling, colour, sound, smell or symbols. The higher mental body has direct access to Universal wisdom. When you meditate or reach a high level of spiritual awareness you access this body.

Spirit Body - seventh body : sacred chakra

The spiritual body develops from birth and is fully anchored through all the six other bodies after the 30. For some though might not happen for some, and without the assistance of a teacher/teachings it might never be anchored during their incarnation.

The spirit body is part of you connected to the higher dimensions of your being. It assists you with guidance from your higher consciousness for your earthly life. Connecting you to the soul and star energies, the Christed self and your Bhuddic nature.

The spirit body is your communicator and connector to all your higher bodies and assists your heart to open to the light of all that is - the One Heart. It holds the understanding and coded information of your soul's connection to Source. It comes to remind you of all that you are. It is the gateway to your multi- dimensional self. When open , activated and connected through your heart chakra, your higher consciousness is able to move through it and anchor into the lower bodies.

We are called to activate the spirit body regularly. Through this we begin to understand the multi-dimensional nature of their light body. With its many rooms for us to experience. It is the spirit body that initiates you into seeking more of your spiritual self.