



# Self-Care of Your Energy Body

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**W**hen we begin to take the time and a bit of effort - meaning due diligence in focusing on our own energy body - we can understand ourselves at a deeper level. This understanding is important as it can help us clear stuck (sometimes very old) patterns of energy that inhibit us from living our truest potential. As we utilize tools to support us on all levels—physically, emotionally, mentally and spiritually—we can be more vibrant and full of life first and foremost for ourselves, and then for others. Deeper understanding of our own energy system can result in deeper understanding of another.

Let me share a self-care tool with you to assess your own energy system and how this assessment might support you.

Utilize your “6th Sense” to assess your energy centers (touch/kinesthetic, emotions, intuition, sense, taste, smell, hearing, seeing, direct knowing).

This exercise will support you in beginning to experience the levels of the energy field. You are invited to utilize your sensing and visualization skills. Trust what you sense, even if you do not quite understand, as sometimes we may not always “get” something cognitively. However, your other senses may pick up information. Just allow yourself to be your own “personal observer.” You may want to have a note pad handy to

jot down any information you receive or invite your mind to “remember” what pertinent information will be useful to you at this time.

You will be assessing all levels of the energy field, beginning with the first level and working out to the seventh level. Remember, each level of the energy field has a corresponding chakra. That chakra is the “doorway” to the level of the energy field.

First, we begin to assess our energy system by physically tuning in with our hands to the levels of the human energy field. Place the palm of one or both hands at the thigh between the knee/s and the hip/s, making sure you are not hovering over a major or minor chakra as you may get a skewed reading. As we move through this self assessment exercise, our hands will stay in this same location, while moving outward through the energy field. Allow yourself to be present for “YOU.” Invite yourself to “explore” without self-judgment what might want to be understood at this time. As you assess each level of the field, move your hand/s out away from your physical body, following the instructions.

In the instructions below, I have offered a few suggested questions, but allow yourself to expand your inquiry as you see appropriate for you.

~**The 1st level** of the field (*about 1” to 4” from your physical body*) is directly related to your physical

body. The 1st chakra is the doorway to the first level of the field—**the Etheric Body**. Do you get information that there is a physical pain, challenge or does your field feel clear? Is it easy for you to be in your body and stay grounded? Is there “stuck” energy here?

~**The 2nd level** of the field (*about 3” to 9” from your physical body*) is the emotional level. The 2nd chakra is the doorway to the second level of the field—**the Emotional Body**. Do you receive information or feel a particular emotion with your hand in this level of the field? Are you strong in your own sense of self and hold deep compassion for yourself? Is there “stuck” energy here or does it seem “clear”?

~**The 3rd level** of the field (*about 7” to 12” from your physical body*) is the mental level. The 3rd chakra is the doorway to the third level of the field—**the Mental Body**. Do you receive mental images relating to yourself? What might your “gut” be telling you? Is there “stuck” energy here or does it seem “clear”?

~**The 4th level** of the field (*about 1’ to 2’ from your physical body*) is the spiritual and compassion for another level. The 4th chakra is the doorway to the fourth level of the field—**the Astral Body**. Is there information here that could support you? Is there a deeper understanding waiting to be felt as it relates to being in healthy relationship with another? Is there “stuck” energy here or does it seem “clear”?

~**The 5th level** of the field (*about 2’ to 3’ from your physical body*) is speaking your Divine truth. The 5th chakra is the doorway to the fifth level of the field—**the Etheric Template**. What manifests in the physical begins here. What might you glean from this level? Is it safe for you to “speak your truth”? Is there “stuck” energy here or does it seem “clear”?


~**The 6th level** of the field (*about 2 ½’ to 3 ½’ from your physical body*) is unconditional Divine love. The 6th chakra is the doorway to the sixth level of the field—**the Celestial Body**. What information might be here to support you on your path? Is it okay for you to embrace the Divine light that you are? Is there “stuck” energy here or does it seem “clear”?

~**The 7th level** of the field (*about 3’ to 4’ from your physical body*) is Divine Mind. The 7th chakra is the doorway to the seventh level of the field—**the Ketheric Template**. Is this outer edge of the energy field smooth, tight, diffuse? Is there information at this level of the field that can support you more deeply on your healing path? Is there “stuck” energy here or does it seem “clear”?

Once you have practiced and learned how to assess and “tune in” to the energy field levels with your hands as a tool, you can connect with the levels through intent. Bring your awareness to each level and receive information from that level of the field without using your hands. Energy follows intention, trust yourself!

So, why do we assess the levels of the energy field? Assessing your energy field on a regular basis can help you become more aware of your own energy system and clear stuck energy in all levels of the field, which can support you in your personal healing path. Sometimes, just having a “knowing” of what is stuck can shake it loose and clear. Alternately, if we do not bring awareness to a deeper, ever-expanding level of our consciousness, it might inhibit our stepping into our deepest healing potential. This awareness invites us to have a clearer energy system and be a more open channel when providing healing sessions for others as well.

To support deeper clearing, journaling can be a great tool to expand on the information you received in your energetic self-assessment. The more deeply we are in contact with ourselves, the deeper we can be in contact with others.

My wise Mentor/Teacher Janet Mentgen shared with me over 10 years ago—“Our job is to be diligent at clearing our own energy system so that we may be a clearer vessel for another. Thus, supporting our own clearing can support raising the consciousness of all humanity.” 



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