

Notes on the human energy system

The physical body

It used to be thought that the physical body was in some way animated, governed or directed by an invisible and intangible 'vital force'. Modern physics has demonstrated that the physical form is *itself* energetic in nature, a viewpoint held for thousands of years by, for example, the seers of the Toltec tradition in South America. Therefore, when we speak of the 'physical body' we should be aware that we are actually referring to a particular type of *energy field* which happens to manifest in material form, but which is inseparable from other, less visible types of energy field.

The subtle body

What we call the physical body is that part of the human energy field that is perceptible with the five senses - touch, sight, sound, smell, taste. There are other components of this energy field which are not normally detectable in this way, but which may be detected in other ways. These components include the *biofield* (vital force, life force, chi, qi, prana, ankh etc); the *chakras*; the *meridians*; *kundalini* (the 'coiled serpent'); the *aura*; and the *assemblage point*. Each of these aspects of the subtle anatomy have been studied, mapped and documented by various cultures throughout the ages.

The biofield

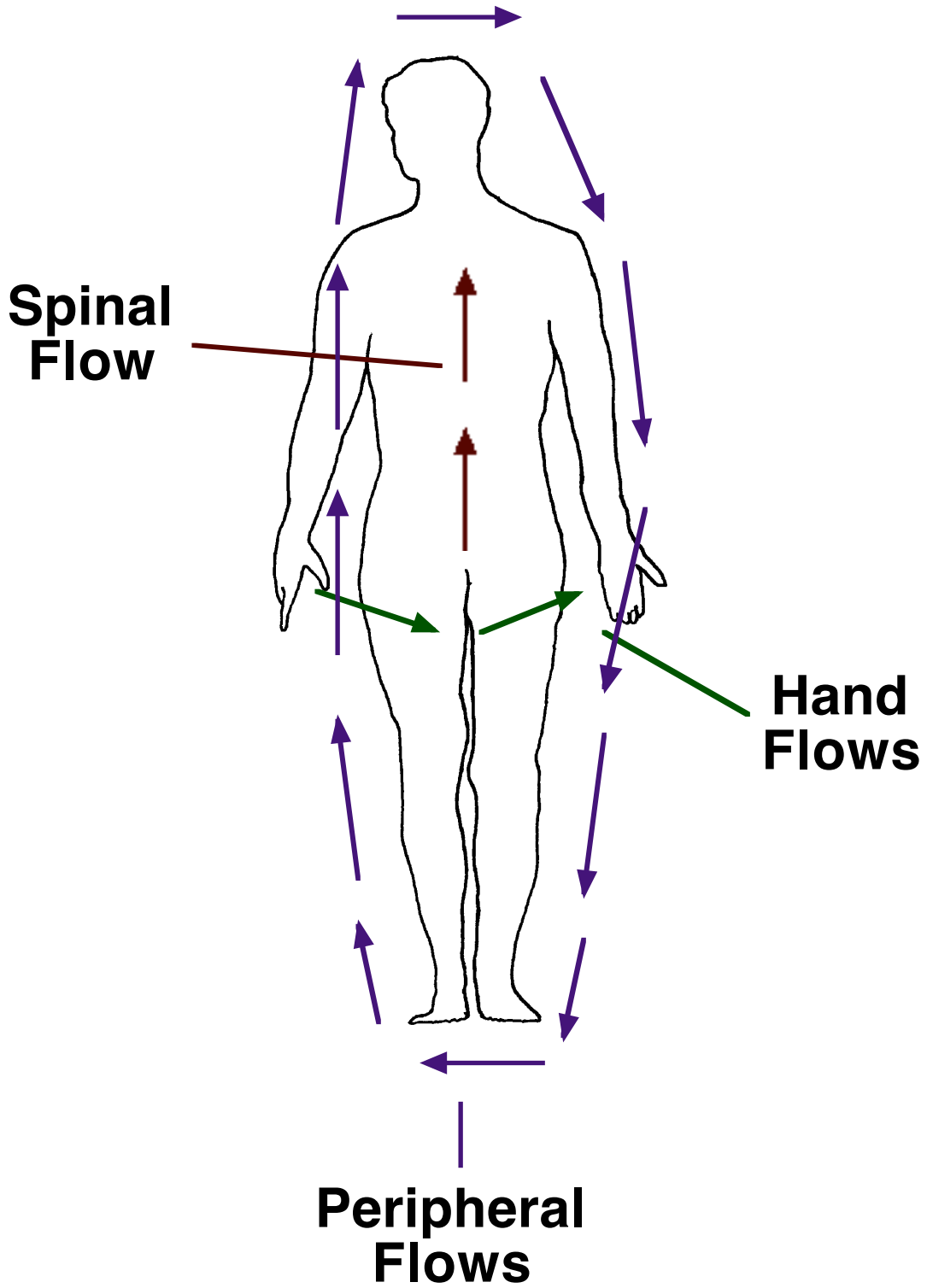
The human biofield *behaves* like any other field in physics (e.g. electro-magnetism), but it is not identical to any other such field. Research has demonstrated that the biofield has a polarity and flows in consistent patterns. A **peripheral body flow** moves upwards from foot to shoulder on the right side of the body and downwards from shoulder to foot on the left side. These two flows are connected in a continuous stream over the head and around the feet. (**Note:** when fully developed, the loop over the top of the head forms a halo, which may be visible under certain circumstances). A **spinal flow** travels from the perineum, up the spinal column and out through the crown of the head. A further flow circulates through the **arms and hands**. In the majority of people, this flow travels from the right to the left hand, in some cases the direction is reversed.

Emotion centres

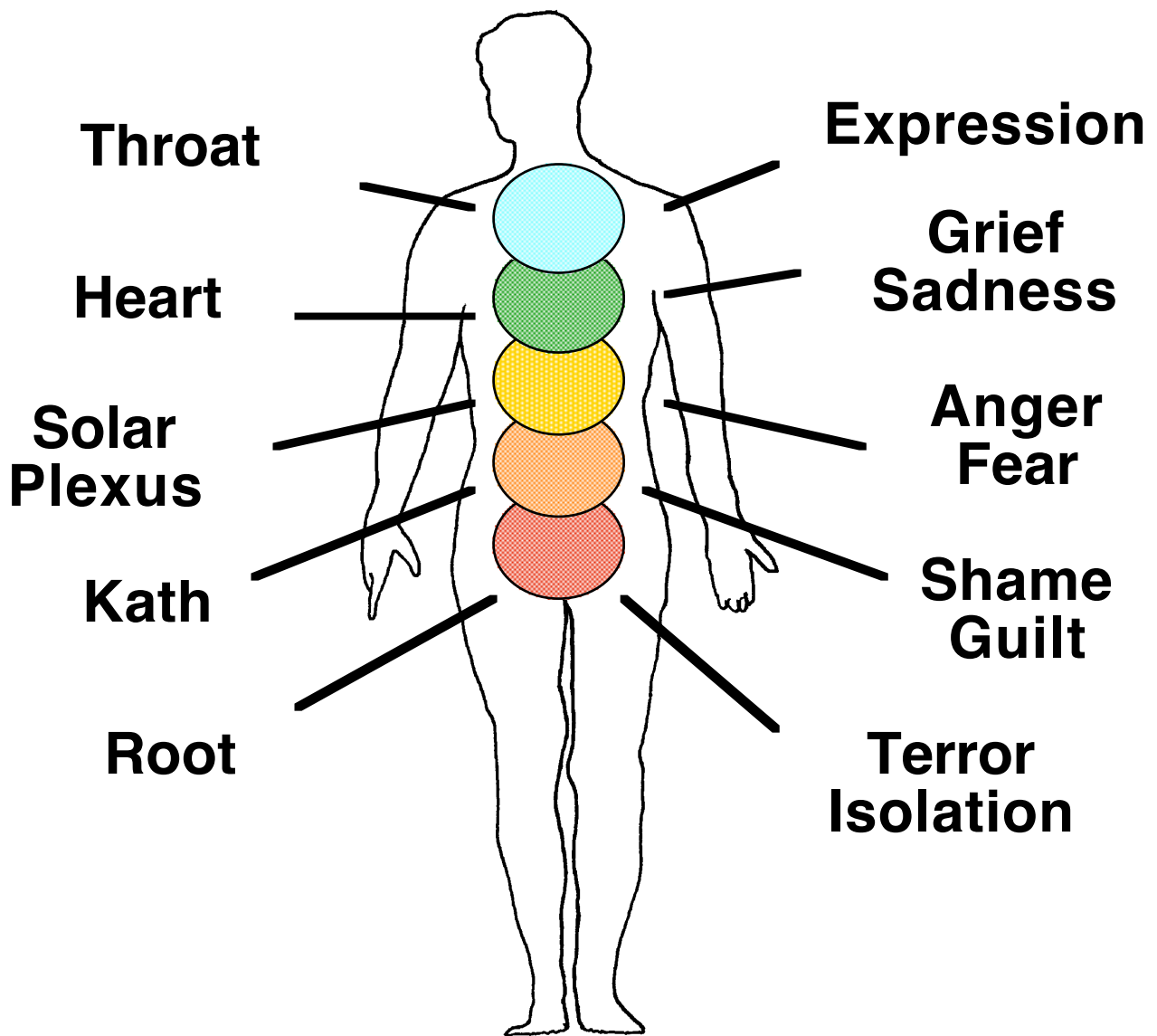
At certain sites in the body (called 'emotion regions'), the biofield can be affected in such a way as to produce the *experience* of emotion. Generally, emotions are felt in the front of the body, and in the region of the torso. There are **five emotion centres**, situated at the **root, kath, solar plexus, heart and throat** regions.

Emotion centres extend outwards from the associated bodily region. They may be *open*, allowing the associated emotions to be experienced in the body, or *closed*, causing the associated region of the body to be filled with discomfort, contraction or pain. Painful emotions tend to induce an automatic physiological contraction in their associated emotion region, known as the **auto-contractile pain response**. This in turn sets up an area of regional tension which will eventually produce corresponding physiological changes in the local organs and tissues.

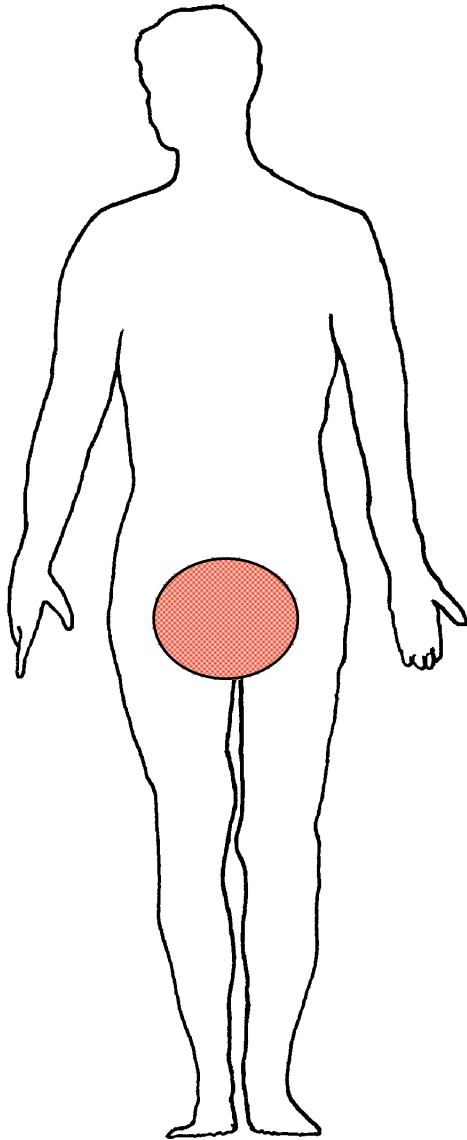
The Human Biofield



The Emotion Centres



The Root Centre



Aetiologies

Injury
Severe shock, grief or trauma
Anesthesia
Near-death experience
Being uprooted

Sensations

Rootless
Ungrounded
Spaced-out
Floating
Out-of-body experience
Survival issues
Heaviness/Dragging down
Isolation/Separation
Terror
Existential Fear
Night terrors

Bodily Regions

Adrenals
Anus
Perineum
Rectum
Sciatic nerve
Sacrum
Pelvis
Legs & Feet
Motor Nerves

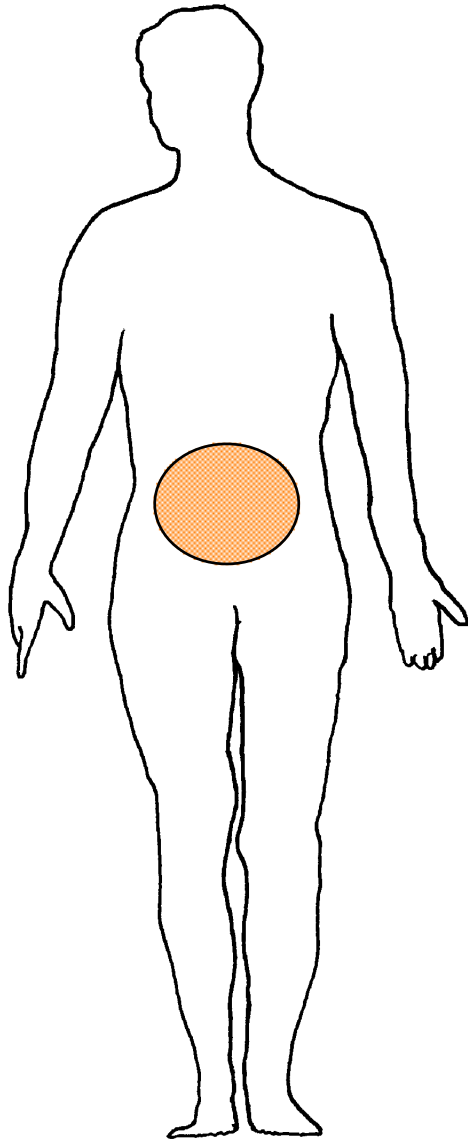
Group 2 Remedies

Acidums
Aloe
Alumina
Arsenicum
Barytas
Camphor
Carbo-animalis
Carbo-veg
China salts
Coffea
Hallucinogens
Heavy metals
Psoric & syphilitic remedies
Rocks & minerals
Secale
Sepia
Silica
Veratrum
Zincums

Group 1 Remedies

Aconite
Anacardium
Androctonus
Arnica
Gelsemium
Hypericum
Ledum
Opium
Ruta
Stramonium

The Kath Centre



Aetiologies

Sexual abuse
Rape
Humiliation
Embarrassment
Sexual Repression

Sensations

Shame
Embarrassment
Worthlessness
Low self-esteem
Poor self-image
Confidence issues
Guilt

Bodily Region

Genitalia
Urinary organs
Gonads
Prostate
Uterus
Lumbo-sacral region

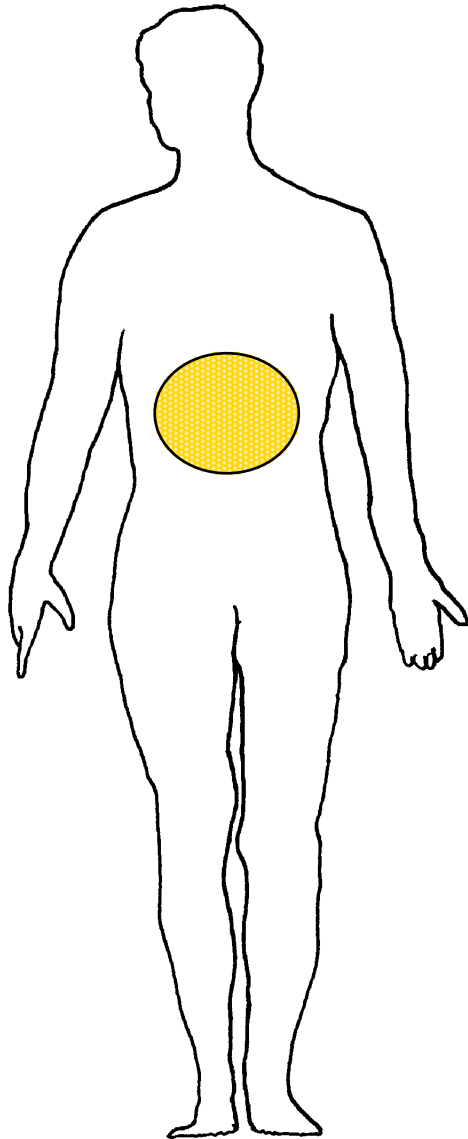
Group 2 Remedies

Agnus-castus
Ambra-grisea
Aurums
Barytas
Berberis-vulgaris
Bromiums
Bufo
Cantharis
Carcinosin
Causticum
Conium
Ignatia
Lycopodium
Medorrhinum
Natrum-mur
Opium
Origanum
Pulsatilla
Sabal-serrulata

Group 1 Remedies

Folliculinum
Hyosyamus
Lac-caninum
Platina
Staphysagria
Thuja

The Solar Plexus Centre



Aetiologies

Anger
Anticipation
Food poisoning
Over-indulgence

Sensations

Anger/Irritation
Fear/Anxiety
Panic attacks
Anticipation
Butterflies
Stage fright
Gnawing/Emptiness
Burning
Hurried/Worried

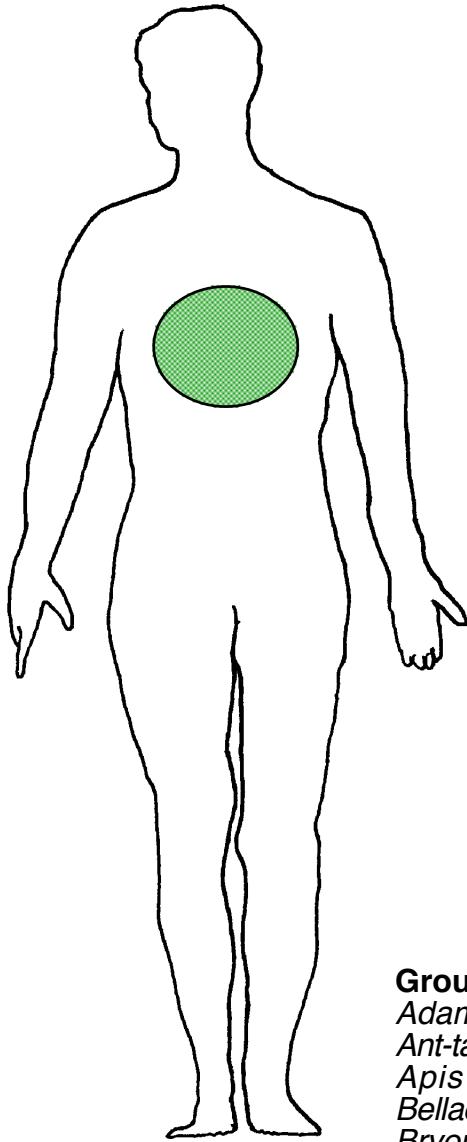
Group 2 Remedies

Calc-carb
Carbo-veg
Carcinosin
China salts
Chocolate
Cocculus
Cuprum
Dioscorea
Dys-co
Granite
Graphites
Gratiola
Hydrastis
Ignatia
Ipecac
Lac-caninum
Lobelia
Magnesium group
Medorrhinum
Natrum group
Podophyllum
Rheum
Silica
Sol
Staphysagria

Group 1 Remedies

Argentum-nit
Arsenicum
Colocynth
Kali group
Lycopodium
Nitric-acid
Nux-vomica
Phosphorus

The Heart Centre



Aetiologies

Grief
Dissappointed love
Loss

Sensations

Grief
Hurt
Sorrow
Sadness
Joy
Love
Constriction/Expansion

Bodily Region

Heart
Chest
Lungs
Upper Back
Thymus

Group 2 Remedies

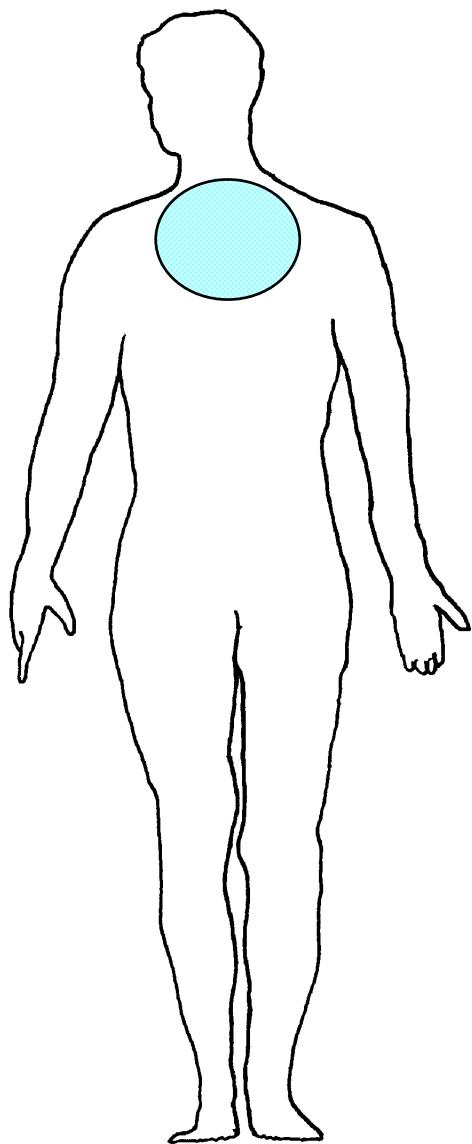
Adamus
Ant-tart
Apis
Belladonna
Bryonia
Cactus
Calcium group
Carcinosin
Chocolate
Cimicifuga
Cocculus
Crataegus
Cyclamen
Digitalis
Graphites
Kali-brom

Laurocerasus
Lobelia
Muriaticum group
Naja
Natrum group
Phosphorus
Pulsatilla
Ranunculus-bulb
Rumex
Spongia
Stannum
Sulphuricum group
Syphilinum
Tabacum

Group 1 Remedies

Aurum group
Causticum
Ignatia
Lachesis
Natrum-mur
Phos-ac
Tuberculinum

The Throat Centre



Aetiologies

Emotional expression that is blocked or repressed
Feeling thwarted
Blocked creativity

Sensations

Choking
Constricted
Strangled
Speechless
Stifled
Loquacious
Ball/Lump
Stammering
Stuttering
Swallowing

Bodily Region

Throat
Tonsils
Neck
Pharynx
Larynx
Thyroid
Buccal Cavity
Teeth
Jawbone

Group 2 Remedies

Aconite
Agaricus
Ambra-gris
Anacardium
Apis
Argentum group
Asafoetida
Belladonna
Bromium
Capsicum
Causticum
Coccus-cact
Crotalus-hor
Drosera
Gelsemium
Hepar-sulph
Hyosyamus
Kali group

Lycopodium
Lyssin
Mancinella
Mephitites
Moschus
Naja
Natrum group
Nux-mos
Nux-vom
Phosphorus
Phytolacca
Spongia
Staphysagria
Stramonium
Strychninum
Sulphur
Thyroidinum
Valerian

Group 1 Remedies

Baryta group
Ignatia
Iodum group
Lac-caninum
Mercurius group
Lachesis
Tuberculinum