

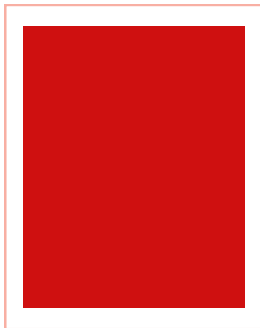
Biofields

"The aura is a pulsing, sensing set of interrelated energy fields that are the blueprint for your body and mind."

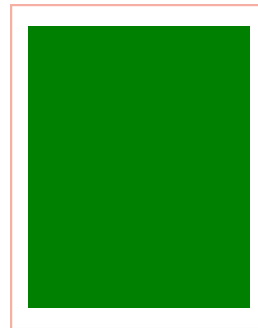
- Donna Eden

The biofield functions like a cell wall around the body delivering information from the organisms to the outside world. It mediates a continual flow of internal and external connections which modulate the functions of life. It may serve as a bridge between the mind and body.

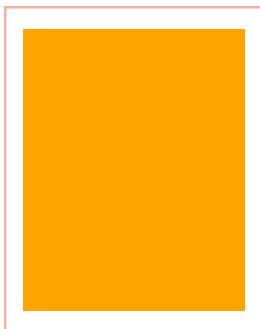
The energy in the biofield pulsates and swirls in figure 8 patterns. The layers of the aura correspond with the energy of the chakras. The aura may glow in a variety of colors which all have a unique meaning.



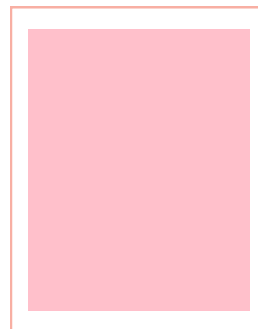
Red
Energetic and Fiery



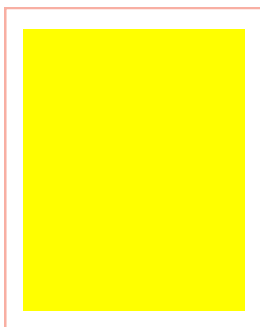
Green
Loving, Compassionate
and Nurturing



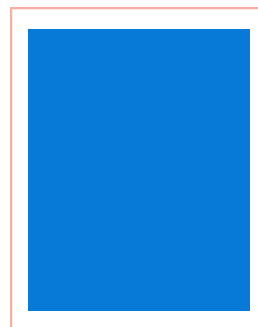
Orange
Creative, Positive and
Action Oriented



Pink
Kind, Caring and loving



Yellow
Sunny, Charismatic and
Confident

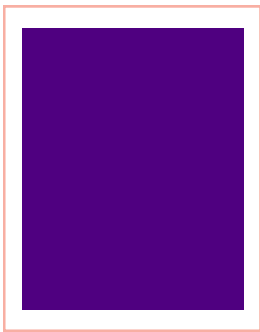


Blue
Powerful and Insightful

Biofields

The color and shape of the aura are constantly changing as they are influenced by activity, physical health, emotional health, relationships and the environment. According to Donna Eden, there are seven fields of the human aura. The Etheric field, the Protective field, The Mental/ Emotional field, the Morphic field, The Celestial Field, The Life Color and the Celtic weave.

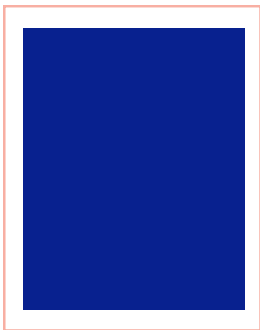
<https://edenenergymedicine.com/the-human-aura/>



Purple
Empathic and Intuitive



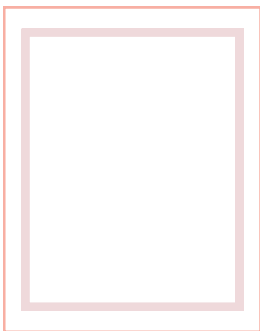
Black
Tired and Low



Indigo
Sensitive and Empathic



Rainbow
Busy, Energized and Confident.



White
Pure, Wise, and Spiritually Connected

If your aura is malfunctioning, you may experience the following:

- Feeling invisible, vulnerable, alone, and hopeless
- Dealing with boundary issues, merging with others, heightened sensitivity, and being affected by others' moods
- Increased vulnerability, susceptibility to infections (colds, flu), and oversensitivity to airborne substances
- Heightened sensitivity to sounds, smells, and sensations
- Low stamina and chronic pain
- Difficulty staying grounded, leading to feelings of confusion, remoteness, disconnection, lack of focus, distraction, aloofness, panic, avoidance, anxiety, lightheadedness, and feeling stuck
- Being spiky, prickly, overly sensitive, and resistant or unable to change
- Experiencing a lack of energy and motivation
- Feeling heaviness, weariness, vulnerability, and issues with the immune system
- Dealing with confusion, lack of direction, an inability to see a way forward, a crisis of faith, and making uncharacteristic choices
- Facing repetitive issues and injuries in a specific area
- Experiencing poor judgment and continually being wrongly judged
- Vulnerability when facing in a particular direction

The world is chaotic and messy. This negativity can compromise the energy of the biofield. You can strengthen your protective energy with Reiki and healing touch therapy. Biofield tuning is a type of sound healing that uses tuning forks to reorganize negativity and clear the aura. Limit or eliminate your exposure to dirty electromagnetic frequencies from wifi, Bluetooth, and electricity.

When it comes to the biofield, intention is important. Just breathing in light is a great way to infuse good feelings. Take a shower or a sea salt bath and imagine negativity flowing down the drain. Walk in the rain or swim in the ocean. Soak in the sunlight to revitalize your energy field. Burn sage or palo santo to clear your environment. Create a daily energy practice with yoga, Qi Gong, and a " Zip Up". Most importantly practice self-love and compassion.