

JPs NOTEBOOK

The Energy Field in Man

Man is an eternal pendulum of movement and vibration. He has attempted, through the ages, to discover and understand his place in the universe. First, he tried to find his way by experiencing his own inner pulsatory movements and becoming conscious of the world within himself. Then he attempted to feel and understand the environment around him through his perceptions. These inner pulsatory movements, sensations and perceptions gave him the experience of being and the consciousness of his person. But what are those inner pulsatory movements? They are the sum total of the processes of life, of all the energies of the metabolism of life within his body. This sum total of energies within his body also flows out of his body in the same manner as a heat wave travels out of an incandescent metal object. They create an energy field made up of lines of force in the periphery of his organism. Man's body lives within this energy field which extends several feet away in the immediate vicinity and at times can be seen several dozen feet beyond the body.

Living organisms are able to emit light through the entire surface of their bodies; they have not lost their ability to luminate. This phenomenon constitutes the energy field, or aura, which is a reflection of the energies of the life processes. (Aura comes from the Greek *AVRA*, which means breeze.) The aura, or energy field, is a light cast of the body energies. Energy comes from *energeia*, which means to produce movement or work. A more fundamental definition is that "energy is the living force emanated by consciousness." Consciousness was previously related to perceiving oneself through the inner pulsatory movements expressed on the surface as the energy field.

The energy phenomena are related to the energy metabolism of the body, its production of heat, emotional excitement, rate and quality of breathing, activity, and rest. They are also affected by atmospheric conditions, relative humidity, polarity of charges in the air, and many other unknown factors. If one could see this luminous phenomenon around the body and in the space between people, one would perceive that human beings swim in a

sea of fluid, tinged rhythmically with brilliant colors which constantly change hues, shimmer, and vibrate—for being alive is to be colorful and vibrant.

The field phenomena belong to another dimension also. They are energetic phenomena that transcend the physical realities of matter and, even though they are tied up with the structure and matter of the body, they have their own laws of pulsatory movement and vibration not yet understood.

I have observed that when a person stands against a homogenous background, either very light (sky blue) or very dark (midnight blue) where there is a softness and uniformity in the light, one can clearly see (with the aid of color filters or the unaided eye) a most thrilling phenomenon. From the periphery of the body arises a cloud-like, blue-gray envelope which extend 2-4 feet, after which it loses its distinctness and merges with the surrounding atmosphere. This envelope is brilliant and illuminates the periphery of the body in the same way as the rays of the rising sun light up the fringes of dark mountains. It swells slowly, for one or two seconds, away from the body until it forms a nearly perfect oval shape with fringed edges. It remains in full development for approximately a quarter of a second and then abruptly disappears completely. There is a pause of one to three seconds until it reappears and repeats the process, which it does 15-25 times a minute in the average resting person.

The envelope is roughly divided into three layers. First, there is an inner dark blue/black layer, followed by a middle blue/gray layer, and then an outer sky-blue layer. Attempting to describe the exact consistency and features of these layers is extremely difficult. The first can be seen only when the observer is close to the subject, within 2-3 feet. It is completely transparent and looks like an empty, dark space. It has a crystalline-like quality and its true color is on the border line of ultra-violet and violet in the spectrum. It can be seen best against a dull, black background and appears to reproduce the form of the body in space.

The second is made up of multiple shapes and forms. It starts at the outer border of the inner layer and is clearly defined. Its overall color is blue/gray and it is brilliant, especially around the head. It is the halo of saints. It has three primary patterns of movement. First, there is a wave-like form which homogeneously

fills the whole layer to its extremes, like ink on blotting paper. Second, there is a corpuscular movement similar to those seen under a microscope in smoke particles. Third, there is a linear movement in the form of white or yellow rays that commence at the inner border of the intermediate layer, travels its whole width and extends several feet away from the body into space, almost reaching the walls of the room. In spite of this outer movement, the immediate layer is dominated in the trunk and extremities by a wave-like movement that moves distinctly along the surface of the body. Its overall appearance is that of a shimmering blue liquid, extremely rarified, but brilliant. The impression gained is that of a stream of fireflies extinguishing their glow at rapid intervals and progressing simultaneously in the same direction. The ray-like movement is dominant and very brilliant around the head where it forms a fringe-like effect. The pattern and outline changes with every new pulsation of the organism in the same manner as when the aurora borealis fires brilliant streamers towards the sky in rapid succession. Usually, the ray-like movement is perpendicular to the surface of the body.

The third layer is six to eight inches wide, but in an open space it expands several dozen feet away. It has an indefinite inner layer commencing at the outer boundaries of the middle layer. It is very thin, practically transparent, and has a delicate sky-blue color. The predominant movement of this layer is spiral or vortical. It expands in all directions in the same way as compressed gas molecules are allowed to expand by increasing the volume of the container. The outer boundaries of the third layer become so diffused that its margins are lost in the surrounding air. Its general direction of movement is perpendicular to the surface of the organism.

The direction of the movement of the three layers is somewhat complicated. Facing the subject, the energy field can be perceived on the sides of the trunk, head, arms and legs. The energy moves from the ground up on the inner side of the legs and thighs, up the trunk and the outer side of the hands, forearms and arms; the two main streams meet and travel upwards towards the neck and over the head. This is phase one of the movement. At the same time there is a movement on the inside of the trunk towards the ground. This is phase two. It is interesting to note that there

is an alternating upward and downward movement in each half of the body; each half has a simultaneous upward and downward flow. The streams join at the root of the neck and travel to the opposite half of the head. The alternation of the direction of movement of the field is represented in the alternate shifting in the two halves of the body, as when walking or running and changing one's pace on the surface of the earth. Both these alternate phases of the field fuse in the middle of the body longitudinally. Thus, while the subject stands in profile, the field pulsates from the midsection towards the head and feet simultaneously in both the front and back of the body. There must be a multitude of movements of the field inside the body, engulfing the body as well as the vital organs, in a spiral motion. This is supported by the shape of these organs and their spontaneous twisting and turning movements.

My explanation of what makes up the movement of the energy field is that there is a basic longitudinal movement in the core of the human body emanating from the vital organs as the field moves upwards towards the head or downwards towards the feet. It also rapidly permeates, in a radial fashion, all the tissues, irrespective of anatomical configuration, and reaches towards the periphery of the body. It then passes the skin and excites the surrounding atmosphere, creating the visual perception of the phenomenon of the energy field with its three layers. What we actually see are the changes in the surrounding atmosphere in the same way that we observe steam rising above boiling water. The steam molecules are of the same nature as the boiling water, only of different status. In the same manner, the energy field seen in the envelope surround the human organism is a modified form of the energy flowing inside the body. By studying its characteristics, we can discover its true movement, composition, and consistency, and the changes that occur in pathological conditions or in the simple processes of life with its variations. The energy field is actually a reflection of the multiple energies moving and expanding in all directions within the living body.

John Pierrakos, M.D.
Founder of Core Energetics

