

# YOUR AMAZING ENERGY ANATOMY

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Welcome to **YOUR** amazing energy anatomy!

**The human energy system is the foundation of your health. Understanding how to support your energy means being able to support your physical health, your mental health and your vitality.**

Despite the fact that you probably didn't learn about it in school, the human energy system is not a great mystery. It has been observed, mapped and understood for thousands of years in many different cultures. Your energy systems govern your physical body and hold the blueprint of not only your physical health, but also your resilience, your radiance and your ability to adjust to life's road.

You will be very familiar with the anatomy of your physical body but what about the corresponding anatomy of your energy? Just as you have a range of physiological systems in your body, like the respiratory system, circulatory system and endocrine system, you also have specific energy systems such as the Chakra system, the Auric system and the Energetic Core system.

Each of these energy systems has a slightly different vibration than the other; just as the fluid of your circulatory system (blood) has a different density than the fluid of your lymphatic system (lymph), or the fluid of your elimination system (urine), so the vibration and movement patterns of your Chakras are different to the vibration and movement patterns of your Meridians, or the vibration and movement patterns of your Aura.

In your physical body, all of your systems slot together and work harmoniously to create your body and its optimal functioning. You don't have to consciously think about breathing in order for your respiratory system to function, and you don't have to concentrate on moving blood from one organ to another; your circulatory system just gets on and does it. The immense wisdom of your physical body ensures that all of the functions that are needed for your body to operate smoothly and automatically take place.

And this is exactly the same as your energy systems. Although each of them has a different vibration and movement pattern, they all slot together harmoniously to create your amazing human energy system. The Chakras flow into the Aura and into the Energetic Core, your Heartfield manages the electro-magnetic energy in the body, and the Elemental Rhythms pulse through every other energy system. Every one of your energy systems fit together perfectly to flow from one to the other, receiving information from each other and adjusting patterns accordingly to keep you healthy, vibrant and resilient. The human energy system is universal; all humans have the same energy anatomy system, just as all humans have the same physical anatomy system. However, you are also totally unique.

In just the same way that although every human has a face, no two faces are identical; every person alive has the same human energy systems and yet your specific combination of energy, vibration, movement and colour makes you YOU rather than someone else. I have seen energy systems that have similarities of energy, vibration, movement and colour, but never the same. Your energy fields determine who you are, how you are and how you can bring forward the potential of all that you are here to be.

### **The Energetic Core**

The energetic core is your most essential system, and one that either informs or connects into all other energy systems. There are many components:

#### **The Taiji Pole**

The Taiji Pole holds your vibrational essence, what you may call your soul. This immense Energetic Core of the body runs from above your head, through your body, and down to well below your feet. Energy moves through it both ways continuously. This core energy is the interface point where you are connected to universal energy and yet uniquely yourself. The energy in your Taiji Pole is exquisite and it always looks like a super highway of light filaments flowing through the very centre of you, shining your radiance bright and strong throughout all of your body and all of your energy systems.

## The Stellar Diamond

The Stellar Diamond is an energy structure that fixes you on Earth, and helps you hold the cosmic and Earth energy in harmony. At this time in global evolution you also need to continue to be grounded even when the magnetic pole of the earth is shifting. You need to ground into the core of the earth rather than the crust and the inspiration you get from the Stellar lines help you do that. When your Stellar lines are vibrant and strong then you are able to act as that pole between the Earth and Stars and thus raise the vibration of everything to which you are connected.



### Dantians

You have three Dantians within your whole-body system:

The lower - below the navel

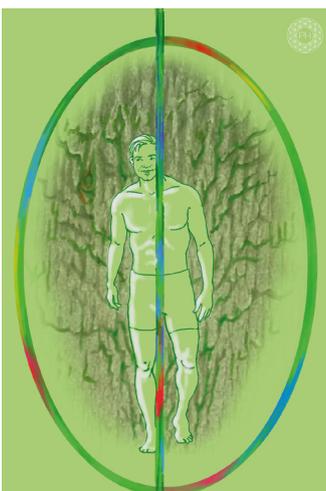
The middle - in the heart centre

The upper - between the eyes.

These vast cauldrons or reservoirs of energy emanate from the Energetic Core. The middle Dantien cannot hold its energy unless the lower dantien is fuelled, and the upper Dantien cannot hold its energy unless the lower and middle Dantians are fuelled. When the Energetic Core is compromised, the energy of the lower Dantien, and thus the whole Dantien system, is compromised, which may cause low physical vitality or difficulty connecting into the magnificence of yourself and your life.

## The Yin/Yang Vortex

We bring energy up from the earth in a Yin Vortex spiral, just as we bring energy down from above in a Yang Vortex spiral. The Yin Vortex begins deep below our Earth Star and spirals from the left of the body, around the front over to the right, getting narrower and narrower to a point near the navel. The Yang Vortex begins above our Sun Star, and spirals from the right of the body, around the front and over to the left, getting narrower and narrower to a point near the navel. These two energies are also carried directly up the Taiji Pole where they meet to create the lower Dantien.

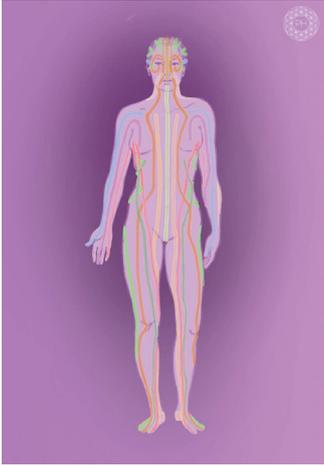


### **The Elemental Rhythms / The Rhythms of Life**

In the depth of the Energetic Core is a specific pulsing energy that moves in a specific rhythm. Just as the rhythm of music determines if the dance is a samba or waltz, the rhythm that beats in your core will determine how you dance through your life. This pulse or rhythm sits in every band of the Aura, and moves through every one of your energy systems, bringing its own specific hue depending on the element.

The ancient Chinese identified that there were five rhythms or elements found within the human body as well as throughout society, nature, and indeed the Cosmos at large. These Elemental Rhythms are Water, Wood, Fire, Earth, and Metal. Each of you holds all of the Elemental Rhythms within you, however, there will be one or two that are more prominent within your whole-body system.

Depending on which one or two rhythms beat most strongly in your core, your entire energy field will vibrate differently and have a different shape - so you could identify the rhythm of a person as being more 'fiery' or 'earthy'. When there is an imbalance in the Elemental Rhythms, especially if there is a lack of a primary or secondary rhythm showing more prominently, then there are gaps where there should be a vibration, a silence where there should be sound.



### **The Energy Channels System**

Throughout every part of your physical body and your energy system you have hundreds of miles of Energy Channels, whose job it is to keep you physically healthy, emotionally healthy and able to connect into your magnificent potential.

You have different types of Channel Systems, some that are connected to each of your organs, some that run deep in your body to play an essential role of connectivity, and others that move from your Energetic Core to spread healing and radiance throughout your entire being. To watch this network of Energy Channels is amazing, as they all know where to go, what to do, and how to do it. They are an interconnected network of wonder!

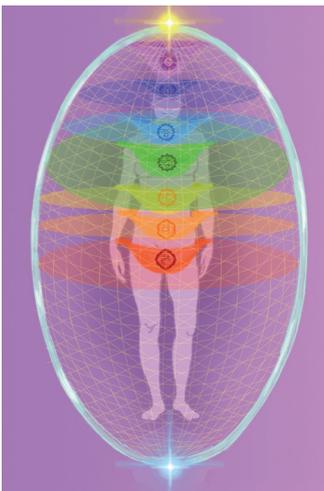


### **The Aura**

Also known as the Biofield, the Aura is one of the most dynamic of the energy systems and created by a vast connective webbing. Your Aura has three key functions; protecting you, connecting you, and carrying information through all of your other energy systems.

In its healthy form it is continually changing its flow and its shape. The colours of the Aura come from the way in which the different energy systems are vibrating together. The energy within the Aura can be swirling around clockwise or anti clockwise, it can be going up or going down, coming out or going in.

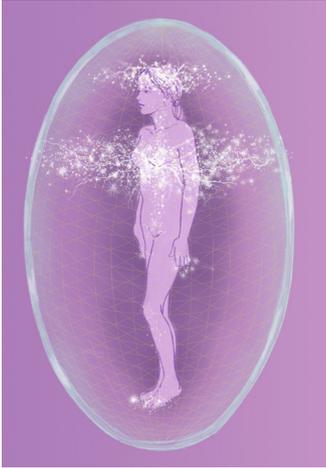
It can be a real whirlstorm or gentle, peaceful and filled with sunny radiance. It can also be very thin or flat, or even non-existent outside the human body when collapsed in order to protect all of your vital life.



### **The Chakras**

A Chakra is a whirling disc of energy where information is gathered, stored and expressed. This means that every experience that you have ever had in your life is stored in these powerful centres. You have seven main Chakras and other minor Chakras that help govern the flow of information and energy from deep in the core of your body, out to the very edge of your Auric field. I also see two other Chakras that act as essential and powerful parts of the Chakra System. One is above your head and is called the Sun Star. The other is below your feet and is called the Earth Star.

All of your Chakras are connected into your energetic core, and help you both interpret the world you live within and bring your deep wisdom forward into your everyday life.



### **The Heart Field**

The heart is your most electrical organ and the heart field is measurable several feet away from the physical body. The heart has an exceptional place within the energy systems and has a huge impact on the energetic organisation of the body. For the most part, it is the conductor of the whole intricate orchestra of the physical, emotional, cognitional and spiritual aspects that make up who you are.

The HeartMath Institute has done an amazing job of researching how the brain follows the rhythm of the heart, and if you have a steady, calm heart then all of your electrical systems can follow suit.

Do you want to learn more about how your energy systems flow and what is needed for health, joy and vitality? Download Prune's other free handout [The Fabulous Fundamentals of Energy](#).

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### **ABOUT PRUNE**

Able to see energy since she was born, Prune is a holistic health expert, medical intuitive and British shaman who has worked in private practice for 20 years. She is a passionate educator who teaches throughout the world, sharing her profound insights about energy, consciousness and soul care.

If you want access to more courses, videos and articles, visit Prune's [website](#), [course platform](#), [Facebook](#) page, [Instagram](#) account and [YouTube](#) channel.