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energetic healing

Information Sheet

What Is My Energy Field?

You, and everything else on this planet, are surrounded by a field of energy which is an extension of who you are. It's just as much a part of you as your physical body, but you probably aren't consciously aware of its presence in the same way you are with your physical body. Most of us aren't taught anything about our energy fields as we're growing up, so we never learn to be aware of it.

What your energy field feels like

If you're interested, there are some simple exercises you can do to start to sense & feel your energy field. Hold your hands out in front of your body at about shoulder width apart, facing each other. Concentrate on what your hands are feeling, and very slowly start to bring your palms together. Take your time with this and try to be patient, let yourself take some time to feel what's there. As your palms get quite close together, you may start to feel a slight sensation of fullness between your palms, like there's a very subtle balloon between your hands and you're squeezing in on it.

Spend some time taking your hands apart & back in again, play around with the pressure sensation if you start to feel it. If you're not feeling it or you're not sure, do the same thing again later - keep experimenting with it and really focus on what your hands are feeling. Try not to think too much about whether or not you can do it, or whether or not you're imagining it if you do feel something - the more your thoughts jump in, the more distracted you get from actually feeling what's there. Keep playing with it and you'll start recognising how it feels, and you'll gain confidence that you're not making it up!

What you're doing is feeling one of the layers of your energy field, probably the one that's densest and closest to your physical body. It's not magic and it's not supernatural, it's just a part of who you are that you've probably never gotten acquainted with yet.

What your energy field does

One of the things your energy field does for you is absorbs energy from your surroundings to keep you nourished and vitalised. You also get information from the energy you absorb - you are learning about the places you go and the people you interact with by absorbing their energy. If you meet someone who is angry, some of

the energy you sense will probably be aggressive, frustrated, angry energy. Depending on the verbal or body language interaction you have with them, you may not be entirely relying on that energetic information to know they're angry, but you've received that message nonetheless.

How you respond to the energetic messages you receive is another function of your energy field. You will have developed the habit of responding to different events in your world in various ways. You may get angry and yell at those around you when things don't go well. You may withdraw and feel fearful when you're faced with something you find challenging. Everyone has learned and developed particular behaviours as responses to things happening to them. The responses you have determine whether your thoughts or emotions about things may get 'stuck' in your energy field, potentially causing blockages or imbalances, or whether they flow easily through your field and are released as you deal with things in a healthy, balanced way.

The structure of your energy field

Your body is a complex structure, and your energy field is the same - there are many pathways along which energy travels in your field, similar to the arteries & veins through which blood travels. The spots at which these energy pathways cross over are more energised and sensitive. The more pathways that intersect at a particular spot in your field, the more energised and important that location is for the smooth working of your energy field, and the more energy that can be absorbed in that centre to keep your body healthy.

There are several very significant energy centres in your field where many energy pathways intersect - these are located along your spine in your torso, neck and head, and are generally the most important areas when we do energetic healing work in your field.

There are many other energy centres around your body which are also important in healing, although these are usually smaller with less energy running through them than the major ones along your spine.

Common names

The terms most often used to describe aspects of the human energy field include:

- **Chakra:** used to refer to the energy centres that absorb energy to keep you healthy, including the major centres along your spine as well as the many smaller centres around your body. This term originates with the ancient Indian (Sanskrit) energy traditions.
- **Meridian:** a name for the energy pathways that travel around the body, these are the basis for traditional Chinese medicine and many other therapies available today.
- **Aura:** the name most often used to describe the energy field surrounding humans and sometimes animals or plants.

There are many books available that explain these areas in depth, from various different perspectives and to different audiences. You can find some excellent references on the Further Information page at www.elliepovey.com.au.