



# The 8 Layers of Your One Body

There are eight layers of interactive intelligent light or energy that make up your subtle/material body. These distinct layers are separated from and joined to each other by connective Bones of Light membranes that support and create the egg shape. Constructed in a concentric manner moving outward from the center, the bio layer and the soul layer bracket eight discrete layers. The Layers make a subtle system of interacting energy organs essentially forming the torso of the sacred anatomy. The soul layer acts like a container or a shell to the whole and holds and directs the light fuel that powers as well as forms the entire structure.

To move through the layers, train your sensing perceptions to feel clear distinctions and to glean information from those perceptions. It is possible to sense the Layers, their content and contour as well as the Bones of Light that separate and support them.

A very basic description of the anatomy of the different layers within the Human Energy Structure outlining location and general function is listed below. Please note that everyone is an individual in nature, size, shape, and contour. So, while a general description of form and function is possible, it is important to realize everyone is different and that variations occur regularly. All the subtle layers are made up of intelligent light that is interactive in nature.

**Bio Layer:** The only layer that takes manifest physical form the *bio layer* is located at the center of the Human Energy Structure, like a yolk at the center of an egg. It is made up of “congealed light” which we think of as solid form. Each cell, every molecule has an energetic component. Your subtle structure is within and without your bio layer and contains six subtle strata.



**Emotional Layer:** Usually this layer is pink, pale orange or soft red in color. Located immediately off the physical body and loosely reflecting the shape of it, your *emotional layer* may vary in thickness from 6” to 3’. Its primary function is to hold emotional being-ness. The personal experience of the emotional layer is one of *being with* emotion as opposed to *having or understanding* emotion. It is totally in the present moment and is extremely subjective in nature. There are two strata in the emotional layer.

**Primal Layer:** Most commonly the color is a mossy or swampy green. This layer roughly follows the contour of the emotional at its inner edge and when not manifesting pathology, is increasingly oval in shape at its outer edge. The primal layer adds at least another 8” to as much as 3’ to the thickness of the oval shape. It is dedicated to the primal experience of lineage and tribal connection as it shows in our DNA, heredity, ancestral memory, tribal affinity, and cellular memory. It is also the seat of instinct and has four strata.

**Mental Layer:** It is usually yellow in color. The rare person who is wired a little differently, who live and think out side of the box, the mental layer can be turquoise. Located at the outer edge of the primal layer, the mental layer wraps around the inner structure in an oval shape. It can add as little as 6” to more than 19’ in complex thickness and is the site of the mental construct, which is the housing for your systems of belief.

All manifest beings are products of organized mental constructs that form our intellectual orientation and approach to living, thinking, organization and *having* of emotions, spiritual belief and automatic reactive thought. These structures, which look like crazy, quilt, tinker toy fantasies, are an attempt by the unfocused mind to order and understand the Universe. The three strata of the mental layer are the seat of pure creative intellect, mental process, clarity of thought, and understanding of concept.



**Cognitive Layer:** The *cognitive layer* is blue green in color, which varies in hue throughout. Located anywhere from a few feet to 15' or 20' out from the bio layer, the cognitive layer is like the mechanical control tower for the overall structure. In some ways the most complex layer, the cognitive contains the *point of transmutation* where inspiration and intention meet to manifest in physical reality. This is where energy begins to organize to create the physical body. There are four strata within the *cognitive layer*, each has a distinct role in the functioning of a healthy human being. Ranging in thickness from 12" to 12'.

**Spiritual Layer:** The spiritual layer is shades of lavender and blue in color and ranges in thickness from 9" to as much as 15' depending completely on the complexity of your spiritual world. Located another two to ten feet out from the cognitive layer, the spiritual layer is the place where flashes of insight and inspiration generate an elevated state of awareness and where we are able to experience a mystical communion with pure inspiration. This is the location of the connection to the sacred nature, what can be called Divine intuition. The seat of the authentic self is here, that which is able to stand in partnership with all creation and which speaks through our body. The individual Akashic record or personal history is documented in the spiritual layer and transmitted to the etheric layer for storage. But the prime function of the six strata of this layer is the generation of individual spiritual purpose.

**Etheric Layer:** The etheric layer is orange colored and becomes a deeper orange at its outer most boundary. It is the repository in the body of all of the soul's historical knowledge, agreements, and contracts; no matter where or when they are made, as well as all information about Karmic debts and rewards for each individuated soul. This is what comprises the Akashic records for each being. The etheric layer connects to the angelic realm through which the Source feeds and cares for our eternal nature. The soul's influencing guides and teachers also gather here to discuss and record their work with an individual. The etheric layer is



from 8' to 18' in thickness and continues to expand the width of the overall structure. The largest layer, the etheric has eight strata.

**Soul Layer:** Red, *purpose* current, blue, *function* current and golden yellow, *wisdom* current create the rainbow coloring affect and the three strata of this layer and are responsible for the most active light movement in the body. In fact, the Tibetans call it the Rainbow Body. The soul layer acts as housing for the powerful energies that enter the structure by way of the core. This really makes it different from the other layers because it is the receiving, processing and storage facility for all raw energies and old energies being filtered and transferred within the system for use. The soul layer is located anywhere from 5' to 40' out from the bio layer and is normally anywhere from one to six feet in thickness.