

## Energy Medicine Glossary

### ***Astral body***

Another word for the energy field or subtle body

### ***Aura/auric field***

The colorful energetic field permeating and surrounding our bodies that interacts with and reflects our entire beingness. It encompasses all aspects of ourselves, including, but not limited to, the physical, emotional, mental and spiritual. Another word for the energy field or subtle body

### ***Chakra***

Means "Spinning wheel" and is the Sanskrit word given to the cone shaped energy vortices which control the flow of energy throughout the entire body. There are seven main chakras that are associated with specific coloration, frequency, and location. See the section on charkas for more information.

### ***Dan-tien/Hara***

A ball of energy located 1.5 inches below the navel. Referred to primarily in qi gong, tai chi and other martial arts systems. It is associated with the adrenals and considered to be a bank of energy to be cultivated and replenished.

### ***Energy center***

...see Chakra

### ***Energy field***

See Aura

### ***Energy system***

Has three parts: energy field/ aura, energy centers/ chakras, energy tracts/ meridians which act interdependently with all of life. It is electromagnetic energy.

### ***Hara line***

A vertical line running through the center of the body. It connects us to heaven and earth as it runs through the hara/dan tien. It is associated with centering, focus, and our intention. i.e. when the hara line is straight and strong, we are in harmony with all existence.

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## ***Higher sense perception***

Knowledge obtained beyond the normal five senses. This may be visual, auditory, kinesthetic, intuitive, or a sense of knowing.

## ***Intuition***

Another word used to describe information beyond the five senses

## ***Levels of the field***

There are approximately seven levels of the field, related to and interacting with the seven major chakras. See the energy anatomy section for more information.

## ***Meridian***

A pathway for qi/chi that runs through a primary organ.

## ***Prana***

Energy or breath in Sanskrit, also understood as life force.

## ***Qi /ki/chi***

Eastern terms for energy.

## ***Qi Gong***

A healing art form, internally focused, to build up qi.

## ***Subtle anatomy***

The specific anatomical structures that comprise the auric field, including the chakras, and levels of the field. Most cultures that subscribe to this medicine have their own vocabulary to describe these primarily unseen structures.

## ***Tai Qi***

A martial art form, balancing internal focus with outer movement

## ***Universal Energy Field***

The energized atmosphere that surrounds us continually.

## ***Vertical power current***

A part of the subtle anatomy. A vertical tube-like pathway passing through the center of the body. The tips of the chakras connect to this power current to allow for communication and distribution of energy throughout the body system.

## ***Vortex***

Smaller spinning portions that fit within the chakra. The number of vortices varies from chakra to chakra. Their function corresponds to the minutia involved with the functioning of a particular organ.