



**ENERGY HEALING INSTITUTE**  
Education for The Consciously Curious

## **Evolving the Etheric Body**



## **Etheric Containment**



## Etheric Containment

Def: Etheric Containment is an exercise that evokes a high vibrational sheath of energy that surrounds and encapsulates the practitioner's Etheric energy. The purpose is to provide a distinct layer of separation between the Etheric/physical energy of the practitioner and the client, as well as the energy perceived in the Akashic blueprints during Energetic Assessments.

### Description

The practitioner creates a sheath of bright golden energy at the edges of the Etheric field, beginning at the surface of the skin and extending outward approximately 1" from the body. Etheric Containment is a fluid energy state, flowing throughout the Etheric field and exiting through the Etheric Grounding cords in the feet chakras. The energy is self-generating; when activated and running the energy is constantly in flow through the field, out the feet. When the table work or Energetic Assessment is completed, the Etheric Containment is released and dissipated so that the practitioner's Etheric field reverts to its normal state.

### Background

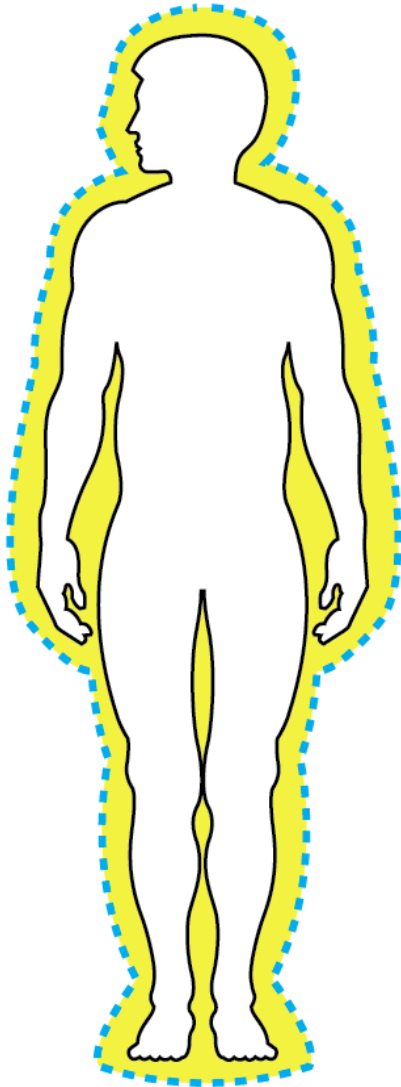
When viewing Etheric energy or doing table work, the practitioner is accessing energy and information that are directly related to the client's health and well-being. During Energetic Assessment, Akashic Blueprints are accessed to view the organized energy of the organ, system, gland for which the client is being treated. The practitioner also perceives the client's organ, system or gland in contrast to the Blueprint for health and disease states. This offers the practitioner a relative perspective on the status of the client's health, and the progress of treatments offered.

The practitioner's body and energy are best served in a state of separation from this energy and information. It is important that the practitioner's energy remain in isolation from the Blueprints and from the client's Etheric energy.

Additionally, the practitioner's own organs, systems or glands may be in a different state of overall well-being relative to the optimal Healthy Blueprint. Without Etheric Containment, the practitioner could unconsciously download energy and information from the Healthy Blueprint in excess of what his or her body is prepared to receive, causing physical distress.

Etheric Containment is also used when delivering a treatment protocol on seriously ill clients with communicable or life-threatening diseases.

## Illustration: Etheric Containment



*Etheric Containment creates a vibrant shield of golden, neutral energy that resonates in the Etheric field and Etheric body to contain the practitioner's energy and deflect Etheric energy of the client or information viewed in the Akashic Blueprints. It is left in place throughout Etheric viewing to ensure that information perceived is discretely separated from the practitioner's own energy. It is applied when conducting Energetic Assessments, or when facilitating table work on ill or diseased clients.*



## Exercise: Etheric Containment

Following Etheric Grounding

Allow your awareness to drift to the Etheric field

Imagine accessing bright golden, Cosmic energy

Stream the energy directly into the Etheric field from the surface of the skin  
around the body, terminating approximately 1" off of the skin's surface

The energy flows in a continuous stream into the Etheric field,  
the excess draining off through the Etheric Grounding