

Subject: Spiritual Human

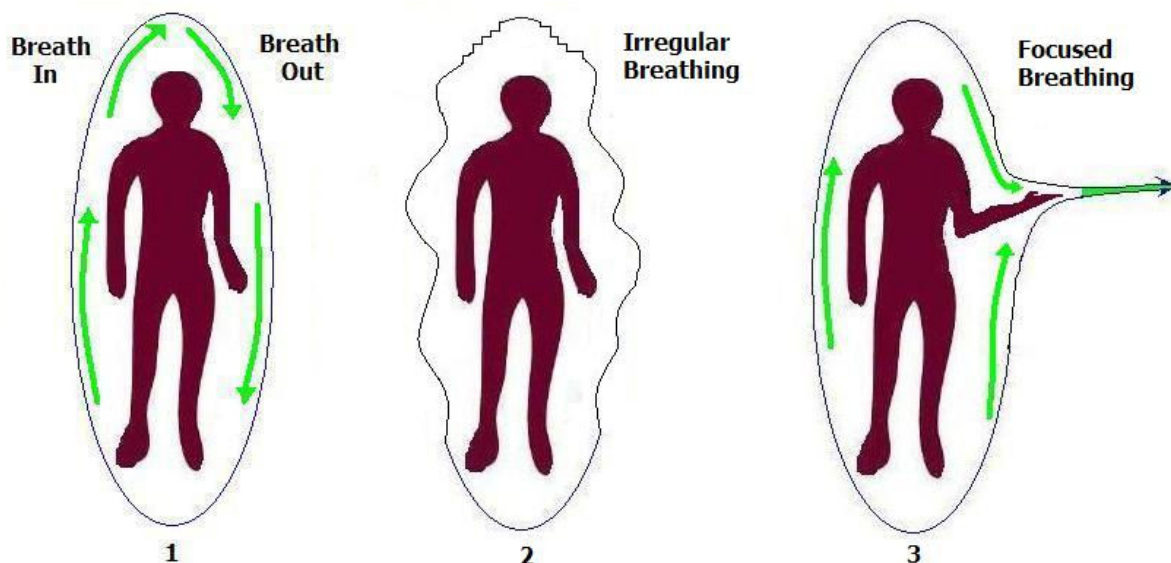
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The Human Energy Field

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All existing material entities have a particle aspect as well as a wave aspect. Both aspects are local formations within the vast infinite energy field, which is the background of all that is. The human energy field is different from the physical electromagnetic field, and has taken many names within different cultures. In the previous chapter **11-The Mind-Body Dichotomy** I called it "**Spirit**". This the vital life energy which is known as "**Chi**" in the Chinese culture, "**Ki**" in the Japanese culture, "**Ka**" in the ancient Egyptian culture, "**Atman**" in the Indian culture and "**Djan**" in the Persian as well as the Turkish culture.

This energy is like a wave circling and engulfing the physical body like a cocoon and is sometimes referred as the "spiritual body" or the "aura". The Chi energy is activated with the breath and when the breath stops the spiritual body separates from the physical body. So, we can say that the breath is the life force attaching the spiritual body to the physical body. The German word "atem" /breath/ and the Greek word "asthma" are related to Atman.



In Figure 1 above, the energy field that surrounds the physical body rotates like a closed wave as we breathe regularly in and out. The field rotates clockwise, from our left side toward our right side in general. But it can also rotate anticlockwise depending on the person. Breathing in is an expansion which invigorates not only the physical body but also the spiritual body. As we take regular and deep breaths the energy field becomes smooth and homogenous as shown in Figure 1. The rotation of the field settles at a constant regular pace and the physical body feels at peace.

When we feel disturbed, angry and anxious, or depressed and in fear our energy field starts to vibrate in an irregular pace. The cocoon loses its smooth shape and ripples appear around the head region. In such a mood our breathing becomes irregular and we lose control of our Chi energy. In such moments ***fight or flight*** reactions appear. Our energy field starts to vibrate in a disorganized and uncontrollable manner, as shown in Figure 2 above.

In Figure 3 above we see that the energy field is directed in a focused manner towards a specific target. The energy is intensely ejected towards a specific point while the rest of the cocoon keeps its smooth and regular form. The breathing is intense but regular. This is the type of reaction seen in people who can keep their energy field under control. In China, for example, monks practice mindless meditation and acquire physical skills through regular training. Every morning monks sit for a long session of meditation and concentrate on their breath in order to become aware of the present moment without judgment or attachment. Regular meditation soothes the spiritual ***energy body*** and enables the practitioner to develop full control of the physical body as well as the mind. Through regular training, the practitioner reaches a stage of physical toughness, together with agility and laser-sharp focused power. The person can instantaneously react and parade an aggressor without any anger or furor.

The ancient defense techniques of Chi Gong and Tai Chi help to coordinate the movements of the physical body as well as soothing the spiritual body. The practice of these ancient techniques together with regular meditation results in an ability to perceive things under a different perspective and reach a deep peace of mind. Both Chi Gong and Tai Chi are ways of moving the Chi energy smoothly and result in achieving a harmonious balance with the external world. This is why the practitioners of these techniques prefer to train during early morning in a park where trees and flowers are abundant.

The **Chi energy field** or the **Human Spiritual Energy** is a non-local energy field which is not measurable. It can connect instantaneously to any subject which is of interest. This is because the field is made out of the T-waves, which can move faster than the speed of light (see Article **7-The Tachyphoton** under Science). Our energy body is similar to -but different from- the magnetic field of our earth. It is recursive and self-similar. It can grow as the physical body grows. Its self-similar aspect creates a common energy field among the members of each species. This common energy field is what Rupert Sheldrake has called the ***Morpho-Genetic*** field (see Article **9-Morphic Field and Zeitgeist** under this section).

We are now able to intuit and somehow explain the constitution of our Spiritual Energy and its capacity to connect with external energy fields. We are the only species that can laugh and cry under emotional stress situations. Such reactions happen when our human spiritual energy cocoon suddenly correlates with an external energy field. This is what is known as the "**Resonance Frequency**" in physics.