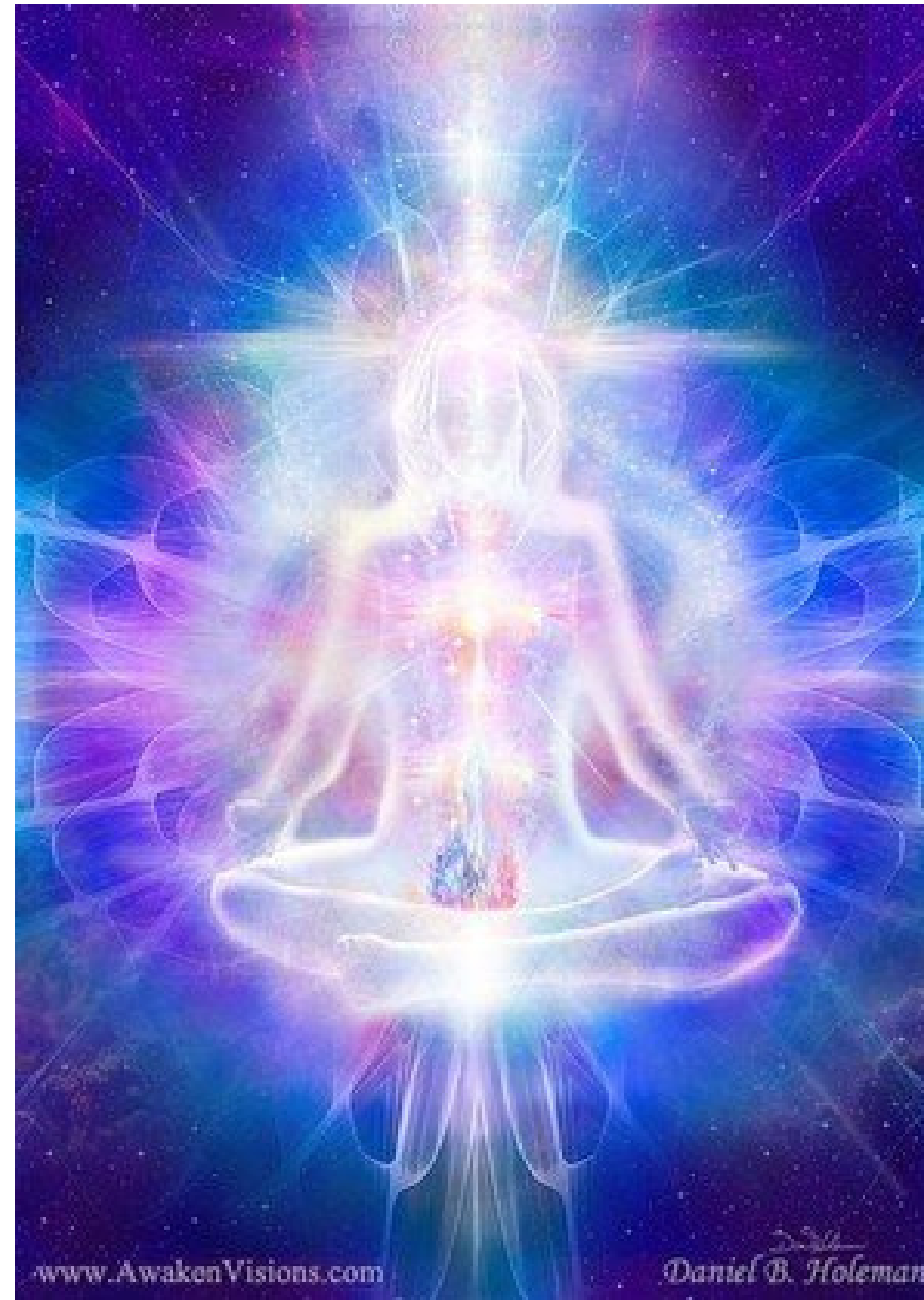


# Energetic Uplevel

## The Light Body - The Human Energy Field -Aura



Susie Mooratoff 2025

## **The Light Body**

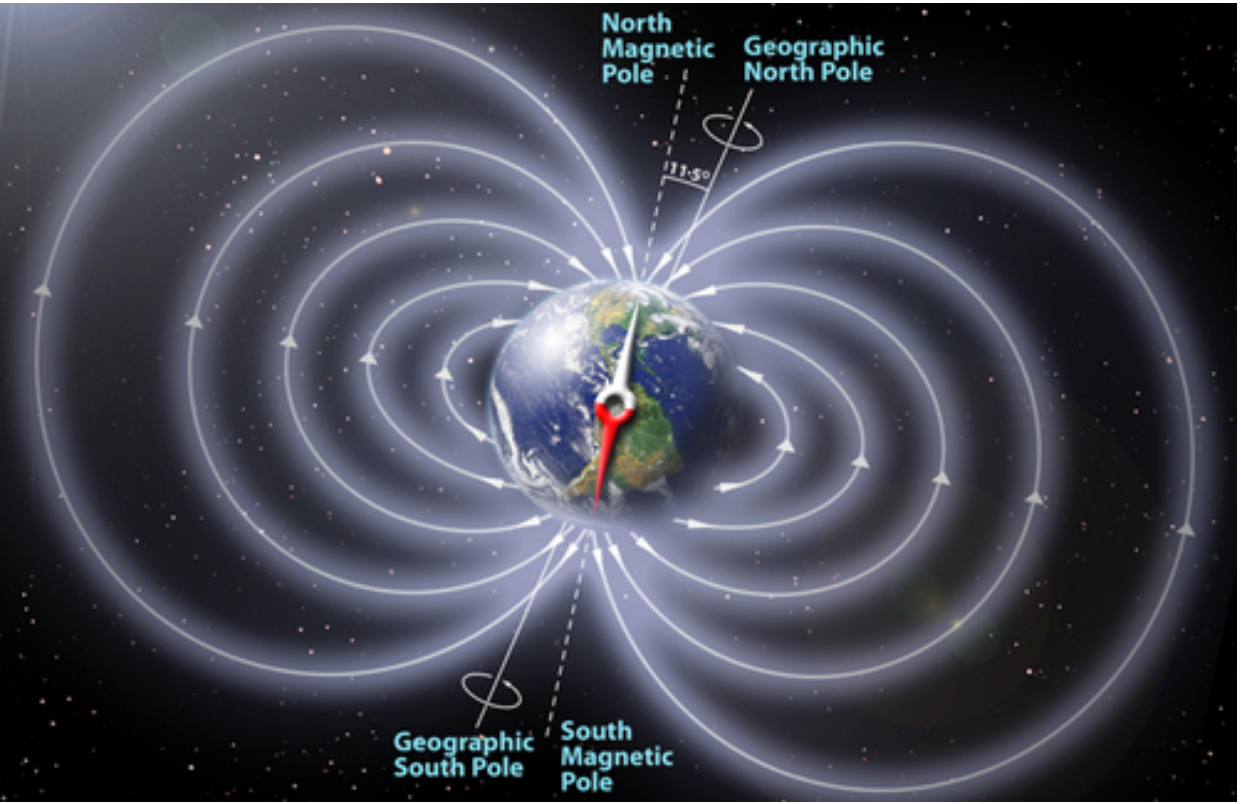
The Light body, also called the aura or the human bio-field is an field energy that exists as interwoven layers of light and sound (electromagnetic) frequency around the body. It can change color depending on our physical, emotional, mental and spiritual state. It projects outward from the physical body and can extend many many feet in all directions as well depending on the spiritual, mental, emotional and physical health of the person.

It holds the living light code of our original blueprint architecture and is the way we can access and maintain connection with God/Source our higher self and the higher realms. it is our interface system with the pure consciousness of the quantum field.

it is the vehicle which our soul/ spirit bodies are connected to the physical body. it encompasses all layers of our physical, emotional, mental and spiritual bodies. Anywhere we are holding onto old limiting beliefs, emotional pain, trauma, anywhere you haven't forgiven yourself or someone else, hold resentment, etc will show up as a cloudy darker color in the light body, implants, unless we take the appropriate measures to clear and heal ourselves will create dis-ease in the physical body. So it's beneficial to take steps to clear any trauma held from this lifetime and we also can carry imprints from our family lineage and ancestors, our past lifetimes on and off this planet.

You may notice or sense the frequency spirals around the body in the toroidal shape and or extends as color waves. The intention is keep our light bodies as clear and cohearant as possible which is why we have practices and protocols for protection and strengthening the light body. Doing the inner healing to transform old limiting thought patterns, belief systems and heal inner child trauma.

The planet also has a light body field, as she ascends and with all the influxes of geomagnetic solar activity recently it seems to be creating another layer or band around her of high energy particles - a crystalline light field potentially that we can sense, also activated and activating the crystal core of the planet.



## **Strengthening the Light Body**

A regular daily practice of energetic protection, meditation and spiritual hygiene will strengthen the light body. As we progress through our spiritual path, the cellular matrix of our physical body will be required to hold more light frequency to help this process we can learn to hold our center, or strengthen and stabilize our core.

The Symmetry Command is used to strengthen the core and stabilize the energetic structural alignment of the body to be able to hold higher light frequency bands.

This exercise can be used at any time when you feel out of balance to return back to center.

Stand up straight, say command while breathing deeply and holding a palm over your midsection. Visualizing your inner pillar of light and intending the energy to become centered by moving the energy:

Left to Right, Right to Left. Front to Back, Back to Front, Top to Bottom, Bottom to Top, Inner to Outer, Outer to Inner. Breathe as you visualise the centering and balancing of your inner column of light strengthening.

## **Sacred Architecture in the Light Body**

Our light bodies hold many beautiful architectures and each of us has our unique blueprint architecture that radiates upwards into our light body from our earth star chakra, the 12th Chakra beneath our feet. It is the endemic blue print of what we came here to do and create at the highest level. It is an exquisite mandala of sacred geometries and colors, harmonic sound and light, jewels, crowns, angelic wings, symbols, light codes, flower templates (rose/lotus), shields, oracle templates, diamonds, diamond pillars, sacred structures that radiate at certain dimensional levels of this space time matrix, that can be seen from the higher dimensions. Especially vibrant and radiant when we are healthy in body, mind and spirit.

It holds codes that are activated through certain periods of our lives and as we make conscious decisions to live in alignment with the virtues of Christ or simply to live in ethical alignment.

The 12 sphere Tree of Life is another architecture, Our Devotional Template, our sacred crystal heart, crystal seeds within each of our chakras, and merkaba are all different architectures you can attune to.

We can activate our merkaba and certain sacred architectures through our pure heart intention.

As we each go through our own spiritual evolutionary journey to house higher consciousness, strengthening our Devotion and connection with all of life and God, we can begin to build a golden Krystalline Cathedral around us, as our inner divine temple to house more of the Holy Spirit/God/Source/Creator and Christ Consciousness. This structure is similar to what we co-create when we build our sacred sovereign temple space for this training.

Feel into your own light body and sense what is there, colour, geometries etc

### **The Merkaba**

The merkaba is a beautiful sacred geometrical shape that we can activate within our bodies.

It is two triangles of tetrahedrons (pyramids), one pointing upwards and the other pointing down. These represent the masculine and feminine energies within each person. The masculine tetrahedron has the tip pointing up, whilst the feminine component has the tip pointing down.

The male represents the elements of fire and air, and female represents water and earth. Together they represent unity. The merkaba has a spin movement, the male tetrahedron spins clockwise and the feminine spins counter clockwise. Together spinning in the perfect symmetry alignment to balance the feminine and masculine energies within and the left and right hemispheres of the body. You can consciously activate this geometry and move your merkaba up and down the central verticle chakra column.

In expanded stages of development, the merkaba is used as a vehicle for consciousness travel.

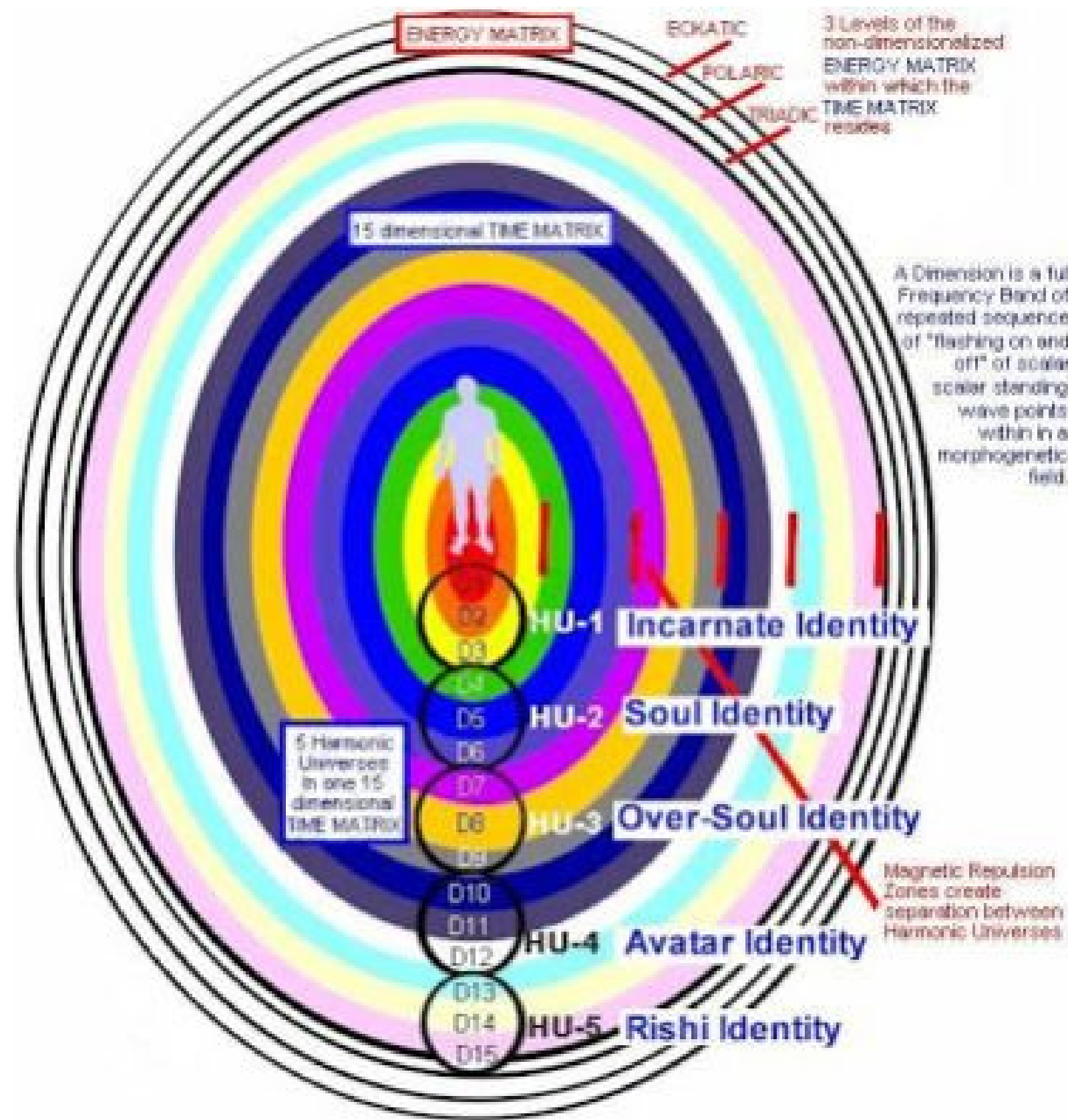


## Building the Dimensional layers of our Light Body

During our awakening process as we expand into higher consciousness embodiment, our higher chakra centers develop and activate higher strands of DNA, and so simultaneously we also build the dimensional layers of our light body.

Our light body will expand and we also have the ability to contract or expand it consciously when we feel it necessary.

An exercise to practice: consciously visualise your energy field/light body as a sparkling radiant ball of light. See your diamond pillar running vertically through the center column of your body. With your heart intention begin to expand your sparkling radiant ball of light to fill your entire space, then expand further to fill your entire home. Expand even further to encompass your whole street, then your suburb and town, state, country and the entire Earth. You can expand up to highest God realms. It is also a wonderful practice to send healing to different parts of the Earth.



## **Sound Cloud Meditations for Protection and Setting your Personal Space and Strengthening the Energy Field**

[https://soundcloud.com/suz\\_ee/setting-your-energy-field-and-space](https://soundcloud.com/suz_ee/setting-your-energy-field-and-space)

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