

Our Invisible Bodies: Scientific Evidence for Subtle Bodies

By [Author's Name]

Scientific evidence for the existence of subtle bodies, or energy fields that surround and penetrate the physical body, has been accumulating for decades. This book presents a comprehensive overview of the most cutting-edge research in this field, providing compelling evidence for the reality of subtle bodies and their role in our physical, mental, and spiritual health.



Our Invisible Bodies: Scientific Evidence for Subtle Bodies by Jay Alfred

★★★★☆ 4.4 out of 5

Language : English
File size : 600 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 230 pages
Screen Reader : Supported



In this book, you will learn about:

- The different types of subtle bodies and their functions
- The scientific evidence for the existence of subtle bodies
- The role of subtle bodies in our physical, mental, and spiritual health

- How to work with subtle bodies to improve your health and well-being

This book is a must-read for anyone who is interested in the science of subtle bodies, energy healing, or spiritual growth. It is also a valuable resource for healthcare professionals who want to learn more about the role of subtle bodies in health and healing.

Chapter 1: The Different Types of Subtle Bodies

There are many different types of subtle bodies, each with its own unique function. The most common types of subtle bodies include:

- **The etheric body** is the closest subtle body to the physical body. It is made up of a fine, luminous energy that permeates the physical body and extends about 4-6 inches beyond it. The etheric body is responsible for the vitality and health of the physical body.
- **The astral body** is the second subtle body. It is made up of a more refined energy than the etheric body and extends about 12-18 inches beyond the physical body. The astral body is responsible for our emotions, desires, and passions.
- **The mental body** is the third subtle body. It is made up of a still more refined energy than the astral body and extends about 24-36 inches beyond the physical body. The mental body is responsible for our thoughts, ideas, and beliefs.
- **The causal body** is the fourth subtle body. It is made up of the purest energy and extends infinitely beyond the physical body. The causal body is our true self, the essence of who we are.

Chapter 2: The Scientific Evidence for the Existence of Subtle Bodies

There is a growing body of scientific evidence that supports the existence of subtle bodies. This evidence comes from a variety of sources, including:

- **Studies of near-death experiences** have shown that people who have had near-death experiences often report seeing their subtle bodies leaving their physical bodies.
- **Studies of energy healing** have shown that energy healers can use their hands to manipulate the subtle bodies of their clients, often resulting in improvements in health and well-being.
- **Studies of psychic phenomena** have shown that psychics can often see and interact with subtle bodies.
- **Studies of the human energy field** have shown that the human body emits a measurable energy field that extends beyond the physical body.

Chapter 3: The Role of Subtle Bodies in Our Physical, Mental, and Spiritual Health

Subtle bodies play a vital role in our physical, mental, and spiritual health. They:

- Provide energy to the physical body
- Protect the physical body from illness and disease
- Regulate the emotions
- Influence our thoughts and beliefs
- Connect us to our spiritual selves

When our subtle bodies are healthy and balanced, we are healthy and happy. However, when our subtle bodies are out of balance, we can experience physical, mental, and emotional problems.

Chapter 4: How to Work with Subtle Bodies to Improve Your Health and Well-being

There are many things you can do to work with your subtle bodies to improve your health and well-being. Some of these things include:

- **Energy healing** is a type of therapy that uses the hands to manipulate the subtle bodies. Energy healing can be used to treat a variety of physical, mental, and emotional problems.
- **Meditation** is a practice that can help you to connect with your subtle bodies and to promote their health and balance.
- **Yoga** is a practice that can help you to strengthen and balance your subtle bodies.
- **Tai chi** is a practice that can help you to improve the flow of energy in your subtle bodies.
- **Spending time in nature** can help to replenish your subtle bodies with energy.

Working with your subtle bodies is a powerful way to improve your health and well-being. By learning to connect with and care for your subtle bodies, you can unlock your full potential for health, happiness, and spiritual growth.

Subtle bodies are real and they play a vital role in our physical, mental, and spiritual health. By learning to connect with and care for our subtle bodies,

we can unlock our full potential for health, happiness, and spiritual growth.



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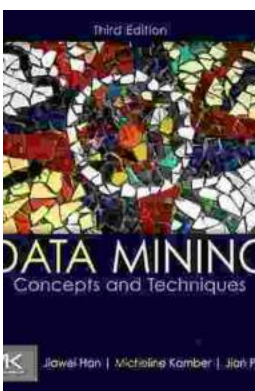
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