

Tibetan Figure Eights and Auric Field Balancing Class

Understanding the Field

According to Einstein's principle: "**The field is the sole governing agent of matter.**"

The human body consists of approximately 98% energy, though the dense physical body is what we can see. This energy pervades the inner body, outer body, and the surrounding field. The energy field governs physical matter, which is why disturbances in the field can manifest as pain or dysfunction in the body.

Figure Eight Energy Flows

Figure eight patterns exist throughout:

- The universe and galaxies
- The human body
- DNA helix structure (at the lowest measure)

When these figure-eight energy flows are disrupted, physical symptoms may appear. Practitioners can use muscle testing to identify where these disruptions exist in the aura or energy field.

Tibetan Figure Eight Locations on the Body

The Five Element Pattern

The body is divided into specific quadrants, each associated with particular meridians:

Face and Head

- **Front of Face:** Kidney (Water element, Crown chakra)
- **Back of Head:** Bladder (Water element)
- **Left Side of Head:** Small Intestine
- **Right Side of Head:** Heart
- **Top of Head:** Governing Vessel (rises over the top)

Torso (Front View)

- **Left Side:** Liver (Wood element)
- **Right Side:** Spleen

Torso (Back View)

- **Left Side:** Gallbladder (Wood element, yang)
- **Right Side:** Stomach

Torso (Side View)

- **Right Side:** Spleen and Stomach
- **Left Side:** Triple Warmer and Circulation Sex (for legs)

Legs (Front)

- Lung (Metal element)

Legs (Back)

- Large Intestine (Metal element, yang)

Feet

- **Center:** Central Meridian (stand in the center with feet on the center)

Key Principles

- **Yang meridians:** Located on the back of the body
- **Yin meridians:** Located on the front of the body
- For figure eights specifically, the **left side** is considered yang (though traditionally in the body, the right is yang)

Testing and Correction Protocol

The Fuzzy Glove Technique

Step 1: Initial Assessment

1. Test a strong indicator muscle (such as finger muscles)
2. Wave your hand back and forth through each body segment—this is called the "fuzzy glove"
3. If a segment tests strong, no further work is needed
4. If a segment tests weak, proceed to check individual quadrants

Step 2: Identify the Weak Direction

1. Stroke or tap from one shoulder to the opposite hip
2. Test the muscle
3. Reverse the direction (opposite hip to shoulder)
4. Test again
5. Note which direction causes weakness

Step 3: The Correction

1. Stroke in a figure eight pattern in the **opposite direction** of the weakness
2. Move your hands in the figure eight pattern approximately 10 times
3. Keep your hands just over the skin (not touching)
4. Breathe deeply throughout
5. Retest by stroking in the weakening direction—it should now test strong

Alternative Method: Tapping

For clients who might find the stroking "too woo-woo":

1. Tap the shoulder quadrant
2. Tap the opposite hip quadrant
3. Continue alternating in a figure eight pattern
4. This provides a physical sensation that may be more acceptable

Working with Specific Sites

Local Area Corrections

Applications:

- Scars (internal or external)
- Joint problems (knee, shoulder, etc.)
- Areas of previous injury
- Insect bites or injection sites
- Post-surgical areas
- Organs

Two Figure Eight Orientations

Horizontal (Sideways) Figure Eight: Like an infinity sign (∞)

Vertical (Upright) Figure Eight: Moving up and down

Step-by-Step for Local Sites

1. **Circuit Locate:** Place your hand on the area and muscle test
2. **Determine Orientation:** Test both horizontal and vertical figure eight patterns
3. **Find Weak Direction:**
 - For vertical: Test from bottom to top, then top to bottom
 - For horizontal: Test side to side movements

- 4. Apply Correction:** Stroke in the opposite direction of weakness approximately 10 times
- 5. Retest:** Both directions should now test strong

Adding Muscle Testing for Enhanced Results

The Bowling Pin Principle: The more information you provide before the correction, the more comprehensive the fix:

1. Test the local area (circuit locate)
2. Test associated muscles in that area (e.g., sartorius for the inner knee, popliteus for the back of knee)
3. Perform the figure eight correction
4. Retest all muscles and the local area

This approach tells the body: "We've got strength, we've got energy flow here."

Auric Field Work

The Layers of the Energy Body

- 1. Physical Body:** Crystallized energy vibrating at low frequencies, sensed by the five senses
- 2. Etheric Body:** Just above the surface of the body, penetrates and powers the physical body through meridians
- 3. Emotional Body:** 12-18 inches from the body, influences both physical and mental bodies
- 4. Mental Body:** About 3 feet from the physical body, has concrete and conceptual aspects
- 5. Spiritual Body:** Extends far from the body

Fixing Leaks in the Aura

Indications:

- Waking up tired
- Not feeling rested after sleep
- Chronic fatigue
- Specific pain or dysfunction

Step-by-Step Procedure for Aura Scanning

Step 1: Scan the Etheric Level

1. Run one hand over the entire body at the etheric level (just above the skin)
2. Use continuous pressure while testing an indicator muscle
3. Scan front, back, above the head, and below the feet
4. Note any areas that test weak

Step 2: Check Additional Levels

1. Move your hand further from the body (12-18 inches for emotional body)
2. Continue testing at different distances
3. Check up to 3 feet out (mental body) and beyond (spiritual body)
4. Identify the specific level where weakness appears

Step 3: The Correction - Frosting the Cake

1. Place both hands on the body
2. Move in a **clockwise direction** over the body
3. Gather energy from other areas and bring it to the weak spot
4. Think of frosting a cake, smoothing energy from surrounding areas into the hole
5. Continue until the area tests strong

Alternative Method: Circular Clearing

1. Place your hand over the weak area
2. Make circular motions over the spot
3. Gradually expand the circles, moving outward
4. Progress through each energy level:
 - Close to body (etheric)
 - 12-18 inches (emotional)
 - 3 feet (mental)
 - Far from the body (spiritual)
5. You may feel the energy shift—denseness clearing, power moving

Step 4: Retest

1. Scan the previously weak area again
2. Check at all levels where weakness was found
3. Confirm the area now tests strong

Specific Applications

For Meridian Imbalances

When a meridian tests as a priority:

1. Identify the associated body quadrant
2. Test the figure eight pattern for that quadrant
3. Correct as described above
4. Optionally add: chakra balancing, neurolymphatics, neurovascular points

For Shoulder Problems

Example: A shoulder weakness may relate to the lung meridian

1. Test the shoulder
2. Check which meridian is involved
3. Work the figure eight on the associated quadrant (e.g., front of legs for lung)
4. Retest the shoulder—pain often resolves without direct shoulder contact

For Emotional Issues

When someone is hysterical or emotionally overwhelmed:

1. Start with frontal eminences and tapping
2. Consider auric field clearing as an alternative
3. A complete meridian balance can also help emotional states

Duration of Results

Results depend on what's causing the imbalance in the first place:

- **Electromagnetic fields:** Cell phones, electric blankets, Wi-Fi routers, clock radios near the bed
- **Structural issues:** Unresolved scars, specific site blockages
- **Biochemical factors:** Diet, sugar, artificial sweeteners
- **Emotional patterns:** Unresolved emotional trauma
- **Environmental factors:** Consider all LSBEE aspects (Localistic, Structural, Biochemical, Emotional, Electrical)

Self-Care Emphasis

Key Principle: Don't wait for someone else to balance you

- Check your own auric fields regularly
- Perform figure eight corrections on yourself
- Use the finger modes to identify priorities
- Balance yourself using the techniques learned
- Work with family or friends when needed

Integration with Other Techniques

Figure eight and auric field work can be combined with:

- Chakra balancing
- Meridian tracing
- Neurolymphatic reflex work
- Neurovascular points
- Acupressure points

The "Stack Everything" Approach: When you find an imbalance, use multiple techniques:

1. Clear the chakra
2. Balance the figure eight
3. Work the meridian
4. Add neurolymphatics and neurovascular points
5. This comprehensive approach creates powerful, lasting results

Key Principles to Remember

1. **The field governs matter** (Einstein)
2. Work in the **opposite direction** of the weakness for figure eights
3. Move **clockwise** when fixing auric leaks
4. **Breathe deeply** during all corrections
5. The more **feedback before and after**, the better the correction
6. Simple techniques can produce profound results
7. Energy field work is **measurable and real** (like MRIs)

Recommended Resources

Book: *Endless Energy* by Deborah (Debra) Greene, Ph.D.

- In-depth exploration of auric fields
- Scientific perspective on energy medicine
- One of the top recommended books on energy medicine