

Cultivating Your Light Body

A Handbook

Living in the Center of the Circle of the Heart

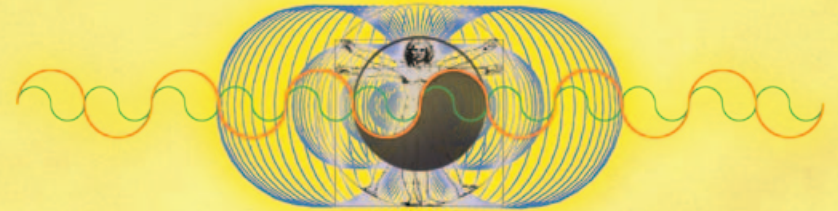


Dr. Patrick MacManaway MB.ChB.

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A Handbook

Living in the Center of the Circle of the Heart



Including
Meditations to Reconnect and Energize Your Light Body

Dr. Patrick MacManaway MB.ChB.

in the spirit of loving service...

*“this knowledge comes with the responsibility of
sharing it...”*

Cultivating Your Light Body, A Handbook

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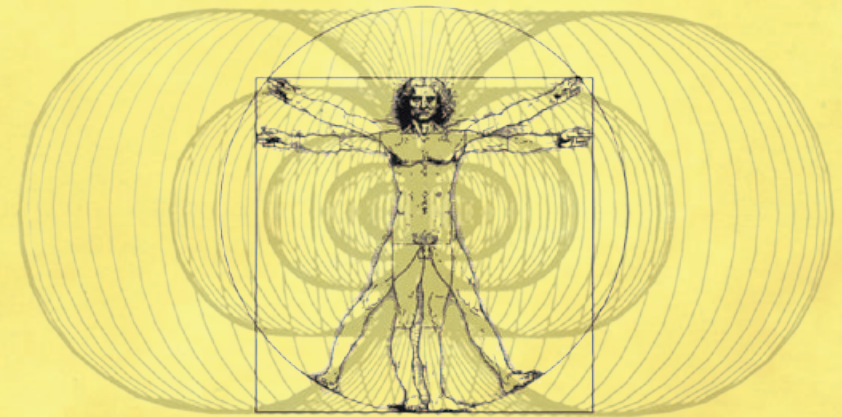
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Hello, and welcome to this simple little study of the human light body - designed to introduce you to the invisible part of yourself - the part of yourself that holds pattern and form for the physical framework - the part of yourself that holds and defines the quality of your spirit, the tone of your feelings, the content and quality of your thoughts.

The part of yourself perhaps that is most truly yourself - the part of yourself perhaps that is the source of your power and presence.

When we look around ourselves at the very many things in our world, we see, at first appearance, a rich and sometimes overwhelming diversity of complex and complicated forms and shapes, large and small, moving and still, animal mineral and vegetable.

We spend much of our time fascinated and preoccupied by the ways in which things appear different and unique one to another, and wonder, with so many degrees of variation and otherness, where and how we fit and belong in such complication ourselves - what the nature and meaning of humanness might be.



If we look with other eyes, and in another way at the world however, we see delightful and reassuring simplicity.

If we look at the world and observe fundamental pattern, we find, if we look innocently enough, and simply enough, and deeply enough - that there is only one, single, simple organizing principle that is the seed inside all things, large and small, from atom to galaxy. A seed pattern that under different circumstances and with different influences may generate a stone or a plant or an animal, or a planet - or a person.

A seed pattern that is fundamental to everything, that is shared universally throughout creation, that announces and reveals the true brother-sisterhood of everything around us, and assures us of our place in the family of things.



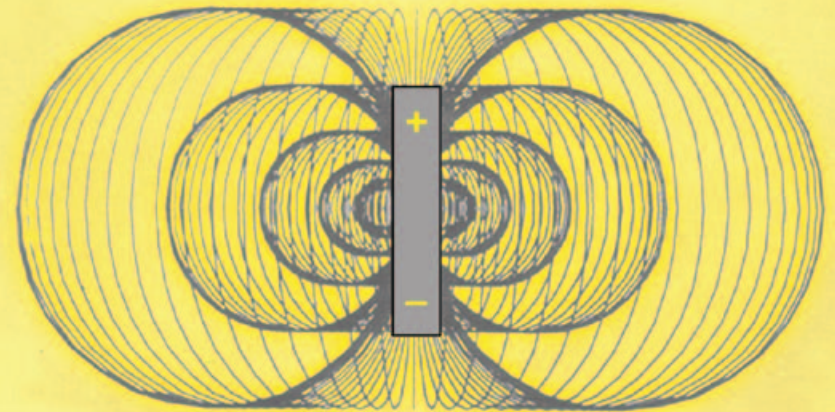
Let us consider a simple magnet.

The magnet has physical substance - is visible, is tangible, is touchable. At each end it has an equal but opposite magnetic charge or polarity - the north and south magnetic poles.

Between these complementary, balanced, opposite polarities a magnetic field arises, connecting the north and south poles with lines of force - the lines of magnetic flux - filling the space around the physical object with invisible energy.

Small, magnetically sensitive particles and objects may be drawn into and held by this invisible field of energy, revealing its' shape by the visible pattern that they form.

The shape of this invisible energy field, created by the presence of a pair of opposite polarities, is called a "toroid".

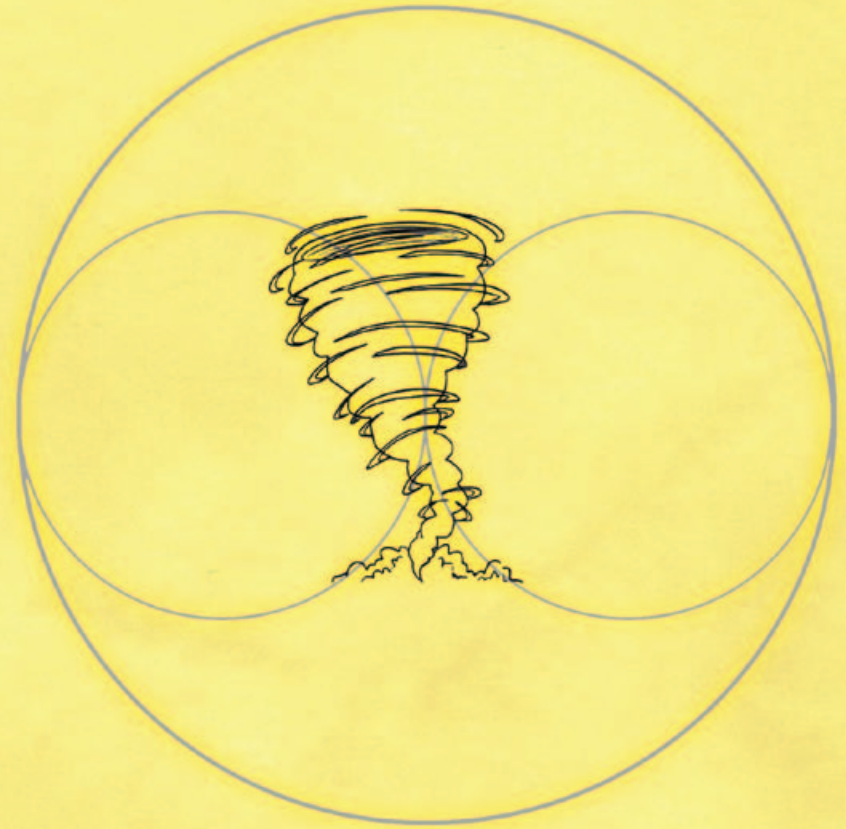


A dramatic and awe-inspiring example of a dynamic, powerful toroidal energy is the tornado.

In a tornado, the complementary opposite polarities are not magnetic, but are polarities of temperature and pressure. As with the magnet, these polarities create an invisible toroidal field of energy, which in this case moves not magnetically sensitive particles, but instead moves the substance of air creating powerful winds.

At the center of this invisible energy field, the forces may be strong enough to support a column of physical substance.

From the very small to the very large, this principle applies - a pair of complementary opposites create an invisible field of energy between them, which in its central core may be dense enough and strong enough to support physical substance.



Learning about your Light Body

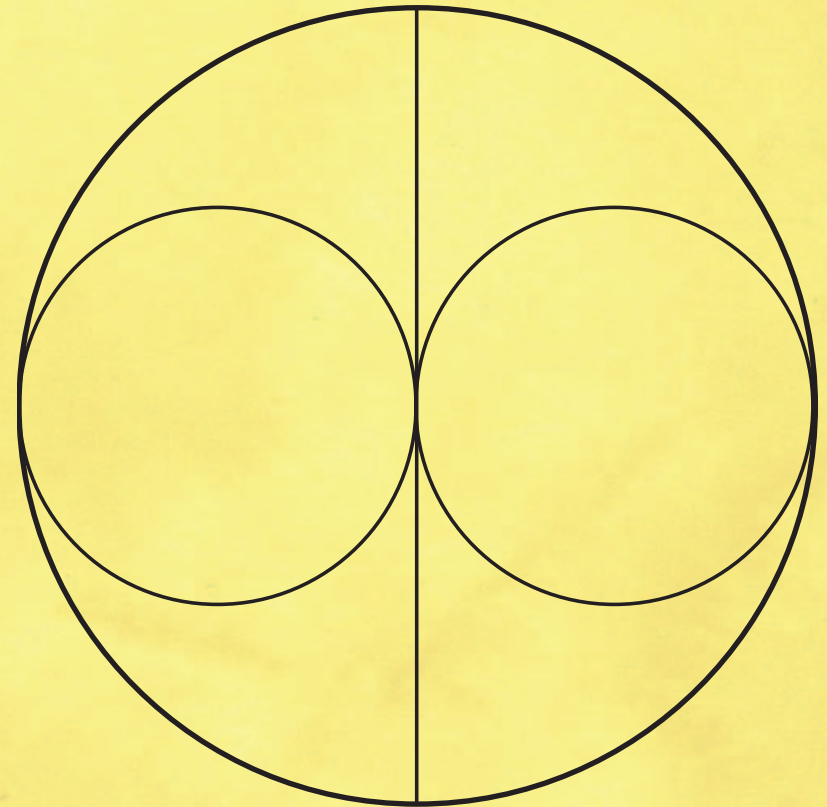
There are many names for the invisible energy field surrounding a human being, as well as different names for the concentric layers which may be experienced within it.

We shall take a very simple approach here - because in simplicity can truth be most easily appreciated.

The dense, central core of our light body is strong enough, like the tornado, to support physical structure - our physical body.

Permeating this and extending an inch or so beyond our physical edge, is a thermal and electromagnetic field or body which we can perceive when we bring our hands close together - we experience an “almost touching” before we actually make skin contact. This part of the light body is held to hold the blue print for our physical form.

Beyond this, we are surrounded by what we might consider our “personal emotional space”. This space extends to approximately arms length all around us. If somebody comes this close to us, we definitely feel them to be “in our space” - either welcome or unwelcome. This part of the light body is held to contain our emotions.



Dr. Patrick MacManaway

Patrick MacManaway learned about consciousness and metaphysics at his parent's kitchen table, from the many extraordinary and talented people who visited, taught and studied at their healing, teaching and natural therapies center in rural Scotland.

A holistic practitioner, consultant and educator, Patrick holds a degree in Medicine from Edinburgh University, is past President of the British Society of Dowsters and a founding member of Circles for Peace.

Through the practices of teaching students and parenting his daughter Alya, Patrick seeks to share key principles in a simple, inviting and empowering fashion.

This handbook is one of a series presenting the essential foundational elements inside the rich traditions of spirituality and philosophy that our new age has inherited.

You can find out about Patrick's work on his website
www.PatrickMacManaway.com
www.DragonLines.net



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