

Swasthya - The Energetic Body

Module 1

Five Elements Energy Balancing Bowl

As we discussed in the short “Introduction to the Energetic Body” video, modern day quantum physics is now unequivocally supporting the age-old Vedic notion that the whole universe, including our bodies, are made up of nothing but pure vibrating energy.

The reason this is so important is that if we are to truly cultivate unparalleled levels of Swasthya, health and contentment into our lives, we need to proactively attend to and optimise this energy. In the same way that there are a wide variety of tools for building and supporting high levels of Swasthya in the physical and mental bodies, there is a whole science devoted to doing in our energetic body.

Most of these approaches are subtle but profound; indeed, the Vedic tools for optimising the health of our energetic body are generally believed to be the most powerful and transformative for the simple fact that such approaches work at our deepest level. And I have had the pleasure of seeing this play out many times in those facing serious or life threatening conditions; those that attend to and practically address their energetic bodies are very often the ones that go on to become exceptional. And to my mind this is no coincidence.

As such, in the section of the series we will address a variety of time-tested approaches that can be utilised to modulate the energetic physiology of our body in a way that will elevate our levels of health and wellbeing to new heights.

And to kick off this aspect of the series, we turn our attention to the “five elements energy bowl,” an approach that has been pressed into service in the Yogic tradition since time immemorial.

The five elements energy bowl is based upon the fact that the entire world and everything in it is purely a manifestation of the five elements that are present in different ratios in everything in existence. The five elements are Ether (or space), Air, Fire, Water and Earth.

For example, in the inner world, represented as our physical body, ether exists as the extra-cellular spaces in the body, air exists as the movement of oxygen in the lungs and blood, fire exists in our digestive acids and enzymes and body temperature, water exists as the cytoplasm in our cells and the liquid aspect of our body (which is over 70% of our volume) and earth exists as our form and structure in terms of our muscles, fat and connective tissues, for example.

Likewise in the outer world, represented as our environment and ecosystems, ether exists all around us as empty space, air exists in the movements of wind and air currents, fire exists in

the transformative heat and power of the sun, water in the world's oceans, rivers and water courses and earth in the physical ground we stand on.

This pattern is replicated in everything in existence, from our sub-atomic particles to the universe at large.

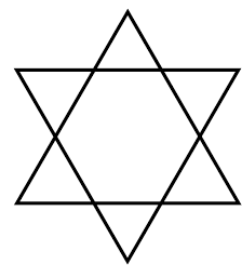
The importance of this cannot be over-emphasized; if we are to energise our energetic body, we need to practically attend to and support all five of these great elements, both in the outer world we exist in, such as our homes and places of work, and also our inner world in terms of our body.

This simple Yogic technique is a fantastic, easy and time-tested tool for doing so and is based upon the assumption that only energy can go on to modulate energy. Therefore, by creating a perfectly balanced energetic "space" in your house or place of work that consists of all five of the elements, the energetic balance inherent within this space will optimally modulate the balance of the room it is in and any living body within that room.

I have used this approach often over the years and it really does create a powerful and often palpable sense of energy and balance. In fact, when working on really challenging work projects or if a higher level of creativity or inspiration is needed, placing this energy bowl in my study is always the first thing I do! Try it and see how you it makes you feel!

Instructions:

1. Get a large plate and pour some flour, rice or grains onto it and smooth this out onto the plate.
2. Then using your finger, draw the famed six-sided triangle into your flour or grains. The six-sided triangle looks like this:
3. Then place a small bowl of water in the middle of the triangle.
4. Light a tea candle and float this in the bowl of water.
5. Finally, head into the garden and pick any flower you like; it could be a simple daisy, a dandelion flower, a rose or anything else. Then place this into the water too.
6. You have now created a powerful geometric shape that contains of all five elements that can have a transformative impact upon our energetic body. Simply leave this energy bowl somewhere central in the house such as the kitchen or where you spend lots of time during the day, such as your study or office, to tap into the energetic benefits it affords.



Below you will find an image of an energy bowl we made today.



Energy Bowl Challenge:

Your first challenge of this module is to have a go at creating and using your own energy bowl to ascertain the impacts it has upon you and your environment. If you find it helpful, just aim to use it several times a week to keep the energy in your body and house in optimal balance.

In the next module, we will turn our attention onto the ancient Yogic science of Pranayama where we have an amazing series of instructions videos waiting for you; see you there!