

SARAH TYLER-WALTERS  
TRANCE MEDIUM

## The Seven Subtle Bodies

by Master Chou

### **7th - CAUSAL**

The Causal layer is the home of truth and reason. Not reason as in intellect, but reason as 'why'. It is your compass always pointing in the direction of home and completion, it speaks in terms of Spirit, the joy and bliss that we are. The truth that you are, and always will be one of us.

This layer communes with us (Spirit), connects to us (Spirit) and relays our thoughts to you. It is the Medium layer, if you will, of the energetic self, the go-between. Light enough to blend with us and heavy enough to stay with you, the perfect balance point.

Spirituality starts here, not at the Soul but at the outermost layer of Self that most remembers being Spirit; being pure conscious energy. The Soul is the interpreter for the Spirit being you are (The Higher Self). Your Spirit Guides communicate through the Etheric, but your Higher Self communicates through the most spiritual layer (The Causal).

The Angelic realm also likes to connect through here, though they will blend with many layers, as is needed, or ready for, by the channel. The higher realms, however, need a stronger link, a more tangible balance of Spirit and Physical, so need a strong and clear Causal layer to begin the blending.

This in effect anchors them as they start the descent through your energy. Meditation often allows you access to this layer, to this joy and tranquillity. Sadly you think it is outside yourself or beyond you instead of actually being you and what you are capable of.

Humanity limits itself and puts so much emphasis on living like us, being like us, that you forget you already are us. By embracing your Causal layer, linking to it and working with it, you can experience the joy of Spirit, you can transcend the Physical link and live in harmony with both a Physical and Spiritual connection.

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This layer is your marker, your evolved reality as a Spirit being. It holds much information from your Higher Self and much knowledge on behalf of your Soul. In essence as things are revealed in your life, it is through the Causal layer to the Soul and then out into your Physical life.

The colour violet vibrates with both the purple of Spirituality and the pink of love. To balance and engage with your Causal layer, focus on the violet's message - "You are Spirit and You are Love".

You work from the inside out and we say now is the time to work from the outside in. To balance your Spirit truth is to realign to your path and bring harmony through the layers to the Soul and then from the Soul out through your Physical reality - mind, emotions and body.

## **6th - CELESTIAL / SPIRITUAL**

The Celestial layer is our eyes, our vibration of light. This layer watches over you and your path as well as allows you to see it (the path) when the time is right. The ability to see is not limited to the Physical eyes and seeing with your Spirit opens new worlds of view and image.

Many of your fantasies and creative imagination rely on communication from this layer. Many painters live almost in this layer as do scientists and forward thinkers. Seeing is not only vision it is also thought and knowledge. The Causal layer holds it but the Celestial layer reads it.

This is why much psychic and mediumistic development starts with seeing. The human Soul reads and lives what is seen with less interference than what is said or spoken. Seeing also crosses divides and symbols are "Universal" as is Spirit.

We have no sectors or delineation, we are all one. Our symbols cross all your religions, and texts, and speaks more in a "Universal language". Therefore, opening your heart to the oneness with us (Spirit) that leads you to explore the oneness with the Physical or vice versa.

Seeing and vision is unifying. Energy is one and can therefore best be recognised by the eyes though some only feel it, they need to explore their Third Eye so they can see the truth.

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As the Causal layer holds it, the Celestial layer illuminates it. A book that is closed shares its knowledge with no-one. The Celestial layer acts as the pages opening to the world to be shared and read.

You may read and see your life, the life of another or even the whole picture. Your vision of the Spirit world and the Physical world mark the boundaries of your understanding and beliefs, but these are both movable, so you can grow beyond them.

However, the opposite is also true and you can draw them in if this layer is not in balance and aligned. Breathing with the Third Eye expands it but the subtle body also needs to breathe and be expanded to fully see.

This is why vision can fall foul of Ego and you see only what you want to see. Vision can be blind. True vision explores its boundaries and moves into a knowing of Spirit freedom, we are limitless and you can be too. That is the truth within the Celestial layer, all things are possible.

The dark blue represents the void, a place in which everything exists and can be created. Step into the dark blue and allow your vision to express its self.

### **5th - ETHERIC**

Our body of flight. Yes, it also holds the communication and expression of both the Spiritual and the Physical, but more than that it is the one that travels in the Spirit realm while still attached to the physical plane.

Your Etheric body is the body to roam, expression is about communication, it is also about truth, but mostly it is about being who you are and as Spirit we soar, and fly, and roam in order to learn and experience. So that aspect of yourself needs an expression, sometimes it is in a Physical sense of the traveller or nomad, but it also needs to be energetic in the adventure and exploration of Self, your life and the known and unknown. The inquisitive mind.

The curious mind connects with the Etheric but can be limited by Physical understanding and needs to travel free of that thinking. Then of course it is the need to express, to be who you truly are and be able to share that with the world and us

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freely, without judgement, holding only love in your heart and Soul as you give and receive the knowledge of each of you.

Sharing your light and life in harmony and divine alignment to your path. Lessons are then learnt quickly and effectively. This is why speaking therapies are so important in your world but now need to be enhanced with the Etheric body balancing to truly heal.

Sit in the turquoise blue energy, the depth of colour like your sea, radiant and peaceful yet capable of strength and surges. Expression must flow like water, always finding its true course without obstacles.

## **4th - ASTRAL**

The Astral layer is the Physical traveller, exploring the uppermost reaches of Physical reality; again about adventure and seeking, but only as a path to be ready to journey with the Etheric.

The Astral is mostly about balance. The needs of the Physical body being held in harmony with the needs of the Spirit being you are. This is your mid-point, your heart, your centre. A place of equilibrium.

And yet in so many we see it out of balance, swinging up and down trying to relate all aspects together. The Astral layer holds the key to harmony as it is the scales evaluating the harmony within each moment of your life.

However, it has become the scales of justice and judgement and that is not its role. It should not be acting as judge and juror of your life but instead as a barometer of it, a reflection if you will.

Too many have travelled into the heart without a true guide and lost their way with judgement and Ego. Travel in this layer with unconditional love as your guide - it does not judge but accept. It is acceptance of Self, all of Self that this layer seeks to heal and hold in harmony.

The Astral layers has two colours - green and pink - one speaks of the Physical and the other of the Spiritual - again balance. Use the green to balance your Physical understanding of Self and the pink to harmonise your knowing of your Spirit self.

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### **3rd - MENTAL**

The Mental layer - What can we say? Firstly you think too much and seek answers where they do not exist to questions that do not need answering. Your Mental layer is not about answers it is instead the vehicle for your Physical form to articulate what your Spirit knows and wants to learn.

To be the spokesperson as well as the informer, telling everyone else and all the other layers about what you are doing and not doing. The Mental layer also filters information from the Causal layer on its way to and from the Soul, intercepting it so the Physical being can act and learn from it.

It is also the messenger, the layer that relays your story, this is not expression, this is different. Expression from the Etheric layer is balanced with truth and your true Self. The Mental layer's story will, and can be coloured by the Ego, Free Will and those other Physical beings who affect your life.

The Mental layer acts or reacts according to your Soul contract and pathway. It can therefore be in or out of balance. However, when the uppermost layers are aligned and connected, clarity will ensue and remain. The focus of the mind being strong and clear at all times.

The yellow of the Mental layer seeks to give the brightness of the light and joy and warmth of the sun. Clearing away the clouds of confusion, leaving behind the blue sky of clear thinking.

### **2nd - EMOTIONAL**

Aaah! The Emotional layer. The beaming, pulsing, orange fire life. Your Emotional Self is always balancing and rebalancing for emotions and your reactions to them are the backbone of learning; and the main tool for learning to be. So do not be so hard on yourself if you have issues in this body.

Emotions and reactions merely act as milestones on the journey of your life. Telling the story of what you have learnt and will learn for yourself and your Soul to any who wish to look.

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This body will reach its balance and healing as it needs, it cannot be forced, it does not yield. It needs to flow with the love from the Causal, embrace the truth from the Etheric and find its equilibrium from the Astral.

It is in many ways the most complex body, yet the simplest. It has but one mission – to teach. Allow the orange to be the flame, a fire running through, clearing the deadwood and weeds from the path of your life that do not serve.

Set the fire, be the torches that light the way, let this light guide you effortlessly through your lessons and beyond.

## **1st - PHYSICAL**

Finally the Physical layer, the anchor. It weighs you down so you may stay here, stay in this precious place that opens its heart to you, so you may learn. Your body is your temple, not of worship to us but to yourself.

It is the map that holds the key to treasure, X does mark the spot. Your body shows you all the conversations the other bodies are having, it is the mirror that reflects them. It is the final resting place of some of them. Your body serves you, so serve your body. Honour it for the gift it gives you of incarnate life.

The gift of Physical experience, the gift of touch. Touch is something we do not have. Spirit are energy and though we resonate with each other, we do not truly experience this thing called touch.

This ability to express everything in the touch of a hand, to know a person through a handshake, to convey a thought wordlessly with a hug, this is the greatest gift of being Physical.

To be able to express love without words or energy, to be able to hold a child and know what you have created, that life itself is in your hands, a sign of your power to manifest and create as well as a gift to the Soul of the child of the chance to learn and evolve.

You are more powerful than you realise, in all the meanings of the word. You can manifest your reality and your Physical body is the tool for that manifestation. The mind and heart create the desire, but the body holds them so they may exist.

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The red of the root chakra symbolises your life force, your blood, it too flows with an ebb and flow, like the water of the Etheric. One a mystical flow and one a flow in reality.

Breathe with your life force, a gift from Mother Earth and embrace your body with love and acceptance.

## **CONCLUSION**

“You are a being of the divine and when the auric layers are balanced, connected and breathing in harmony, your divinity shows through. Your light is revealed and your journey is breathtaking.”

*Written by Master Chou via automatic writing through Sarah Tyler-Walters*

**Hashtags:** #SubtleBodies #AuricField #EnergySystem #Aura #LightBody