

# CORE SOUL

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THE LUMINOUS ENERGY FIELD



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The Luminous Energy Field (LEF) – also called the light body, halo or aura – is a matrix that envelops and informs the physical structure of all living beings, and organizes the body the same way that iron filings are organized by a magnet.

It is shaped like a doughnut with a narrow axis or tunnel (called a torus), less than a molecule thick, in the center. Perceived as an aura of energy and light, this translucent, multicolored bubble extends about the height of arms held above the head, the width of outstretched arms, and down into the earth about a foot.

The LEF is in continual flow: As well as flowing clockwise around the body there is also a vertical flow up and down the spinal cord and down into the earth, re-entering the body through the feet.

It is a reservoir of vital force – a sea of energy as indispensable to our health as the oxygen and nutrients carried by the bloodstream. These energies are the purest and most precious fuel for life. When vital reserves are depleted through illness, environmental pollutants, or stress, we suffer disease.

The LEF contains a template of how we live, how we age, how we heal, and how we might die. This template is based on an “archive” of all our personal and ancestral memories, early-life trauma and wounds from former lifetimes. These records of imprints are stored in full color and intensity of emotion.

The LEF is holographic in nature and has four multidimensional layers extending outward from the body: Causal (Spirit), Psychic (Soul), Mental-Emotional (Mind) and Physical (Body). The outermost layer, or membrane, serves as a defensive cocoon in the same way the skin protects the body.

Imprints of physical trauma are stored in the outermost layer (Physical/Body), emotional imprints are stored in the second layer (Mental-Emotional/Mind), soul imprints in the third (Psychic/Soul), and spiritual imprints in the fourth and deepest layer (Causal/Spirit).

Imprints in the LEF predispose us to follow certain pathways in life; they orchestrate incidents, experiences, and the people we attract to ourselves. They are like dormant computer programs that when activated compel us toward behaviors, relationships, accidents, and illnesses that parody initial wounding. Thus: Our personal history repeats itself through old patterns, belief systems and programming.

When there is no imprint for disease in the LEF, recovery from an illness happens at a tremendous speed. By the same token, imprints can depress the immune system, causing delay in recovery. When we erase the negative imprint or frequency disturbance that caused the onset of illness, the immune system can rapidly eradicate the disease.

Many researchers believe LEF is simply an aura produced by electric activity in the brain and nervous system. Quantum healing, however, believes that the LEF is what creates and continues to mold the body, the brain, and the nervous system.

Quantum and Frequency Healers also believe that everything we perceive is a reflection of an internal, individual map or blueprint that each of us has constructed about the nature of reality. These maps are stored in the LEF, and what scientists call neural networks in our brain.

Quantum Healers and Wisdom Keepers know that if they wish to change the outer world, they must begin by changing inner maps, by healing the imprints of disease and trauma from the LEF and upgrading it's quality.

When we do this, we create the energetic conditions of health – and disease goes away. This is the foundation of Quantum Energy Medicine: To create and maintain extraordinary health, so that our health span equals our lifespan.

Cutting-edge neuroscience is now confirming what many Healers and Wisdom Keepers have known all along. Thanks to neuroplasticity – the brain's ability to organize itself into higher order neuro-circuitry – we can create psychosomatic health (Body-Mind communication is the essence of psychosomatic therapy: how the body communicates with the mind and vice versa.)

Luminous Body and the LEF contain information about our genetic and Galactic histories, the illnesses and psychological dramas that run in our families and determine how we will heal, age, and even how we will die.

This information is encoded in the form of imprints that are stored in the field. When we don't upgrade the quality of the LEF, we end up living out the same dramas that our parents and grandparents experienced; the successes and the failures, the lost loves and the hurt. We end up repeating them all. We also repeat the genetic histories of our ancestors – living with and dying of the same conditions they suffered throughout their lives.

When we upgrade the quality of the LEF by clearing the imprints of trauma and disease, we create the energetic conditions of health – and diseases go away. (However, in some cases this may depend on the contracts and life agreements a Soul came in with.)

Biology is telling us about epigenetics – our ability to modify our genetic expression through what we eat, drink, and breathe; through the thoughts we have, and the love we experience in our lives. In fact, one part of our health or illness is influenced by our genes. The other part is a result of our lifestyle... and our dreams.

If we don't upgrade our LEF, we will keep replaying and repeating the nightmare that we inherited through genetics.

We now know that we can modify our genetics through our energy field. That is possible to access password protected areas that switch on the genes that create health.

At there of Quantum Energy Medicine is how we modify our genetic expression in order to create health. Even beyond that we can take a quantum leap to create a new human – a 5th Dimensional light body – that is not or less subject to suffering and the illnesses that have long plagued humanity, and that continue to plague us today.

Through Quantum Energy Medicine and by removing frequency disturbances we can create a new human that ages and dies and heals courageously and brilliantly.

Core Soul Healing perspective and Dr. Villoldo's teachings