

# The Divine Human Energy

## Introduction

Pasquale De Marco has been a student of energy healing for over 20 years. He has studied with some of the world's leading energy healers and has developed his own unique approach to energy healing that is both powerful and effective.

In *The Divine Human Energy*, Pasquale De Marco shares his insights into the nature of energy and how it can be used to heal the body, mind, and spirit. He explains the different types of energy healing, the benefits of energy healing, and how to receive and give energy healing.

*The Divine Human Energy* is a comprehensive guide to energy healing that is written in a clear and easy-to-understand style. It is a valuable resource for anyone

who is interested in learning more about energy healing or who wants to use energy healing to improve their own health and well-being.

Energy is the life force that animates all living things. It is the power that flows through our bodies, minds, and spirits. Energy healing is the practice of using energy to promote healing and well-being.

Energy healing can be used to treat a wide range of conditions, both physical and emotional. It can help to relieve pain, reduce stress, improve sleep, and boost the immune system. Energy healing can also be used to promote spiritual growth and development.

There are many different types of energy healing, including Reiki, Qigong, and Therapeutic Touch. Each type of energy healing has its own unique approach, but they all share the common goal of using energy to promote healing and well-being.

Energy healing is a safe and effective way to improve your health and well-being. It is a complementary therapy that can be used alongside traditional medical treatment or as a stand-alone therapy.

If you are interested in learning more about energy healing or if you want to use energy healing to improve your own health and well-being, The Divine Human Energy is a valuable resource.

## Book Description

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comprehensive guide to energy healing that is written in a clear and easy-to-understand style.

# Chapter 1: The Energy of Life

## The nature of energy

Energy is the life force that animates all living things. It is the power that flows through our bodies, minds, and spirits. Energy is everywhere around us, in the air we breathe, the food we eat, and the water we drink.

Energy is constantly flowing in and out of our bodies. We take in energy from the food we eat and the air we breathe. We also absorb energy from the sun and the earth. We use energy to power our bodies, minds, and spirits. And we release energy back into the world through our thoughts, words, and actions.

The nature of energy is mysterious and complex. Scientists have been studying energy for centuries, but they still don't fully understand it. However, we do know that energy is a powerful force that can be used to create or destroy.

We can use energy to heal our bodies, improve our minds, and uplift our spirits. We can also use energy to harm ourselves and others. The choice is ours.

It is important to remember that energy is always flowing. We cannot stop the flow of energy, but we can control how we use it. We can choose to use energy for good or for evil.

We can choose to use energy to create a better world for ourselves and for others.

# Chapter 1: The Energy of Life

## The human energy field

The human energy field is a field of energy that surrounds the human body. It is sometimes called the aura. The human energy field is made up of several layers, each of which has a different function.

The first layer of the human energy field is the physical layer. This layer is made up of the physical body and the etheric body. The etheric body is a subtle body that surrounds the physical body and contains the blueprint for the physical body.

The second layer of the human energy field is the emotional layer. This layer is made up of the emotions and the astral body. The astral body is a subtle body that surrounds the emotional body and contains the emotions.

The third layer of the human energy field is the mental layer. This layer is made up of the thoughts and the

mental body. The mental body is a subtle body that surrounds the mental layer and contains the thoughts.

The fourth layer of the human energy field is the spiritual layer. This layer is made up of the spirit and the spiritual body. The spiritual body is a subtle body that surrounds the spiritual layer and contains the spirit.

The human energy field is a dynamic and constantly changing field. It is affected by our thoughts, emotions, and actions. The human energy field can also be affected by the energy of other people and the environment.

The human energy field is a vital part of our overall health and well-being. A healthy energy field is associated with good health, vitality, and a sense of well-being. A weak or unhealthy energy field is associated with illness, fatigue, and a sense of dis-ease.

There are many things we can do to strengthen our energy field. Some of these things include:

- Eating a healthy diet
- Getting regular exercise
- Getting enough sleep
- Spending time in nature
- Meditating
- Praying
- Doing energy healing

By strengthening our energy field, we can improve our health and well-being and live a more fulfilling life.

# Chapter 1: The Energy of Life

## The chakras

The chakras are energy centers located along the spine. They are responsible for distributing energy throughout the body and mind. There are seven main chakras, each of which is associated with a different color, element, and function.

The root chakra is located at the base of the spine. It is associated with the color red and the element of earth. The root chakra is responsible for grounding and stability. It helps us to feel safe and secure in our physical bodies and in the world around us.

The sacral chakra is located just below the navel. It is associated with the color orange and the element of water. The sacral chakra is responsible for creativity, passion, and sexuality. It helps us to feel connected to our emotions and to our bodies.

The solar plexus chakra is located in the center of the abdomen. It is associated with the color yellow and the element of fire. The solar plexus chakra is responsible for willpower, confidence, and self-esteem. It helps us to feel powerful and in control of our lives.

The heart chakra is located in the center of the chest. It is associated with the color green and the element of air. The heart chakra is responsible for love, compassion, and empathy. It helps us to connect with others and to feel a sense of belonging.

The throat chakra is located at the base of the throat. It is associated with the color blue and the element of ether. The throat chakra is responsible for communication, self-expression, and creativity. It helps us to speak our truth and to listen to others.

The third eye chakra is located in the center of the forehead. It is associated with the color indigo and the element of light. The third eye chakra is responsible for intuition, insight, and wisdom. It helps us to see the

world with clarity and to make sense of our experiences.

The crown chakra is located at the top of the head. It is associated with the color violet and the element of spirit. The crown chakra is responsible for our connection to the divine. It helps us to feel a sense of peace, unity, and love.

**This extract presents the opening three sections of the first chapter.**

**Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.**

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