

# Premises and Guidelines for Energy Diagnosis

Perceiving reality through vibrational  
resonance, not just concepts.



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# Basic Requirements for Perception



## PEB Awareness and Management

Perceiving free from personal filters and agenda, achieving neutrality.



## PFC Management

Internalizing the PFC and acquiring a holistic perspective.

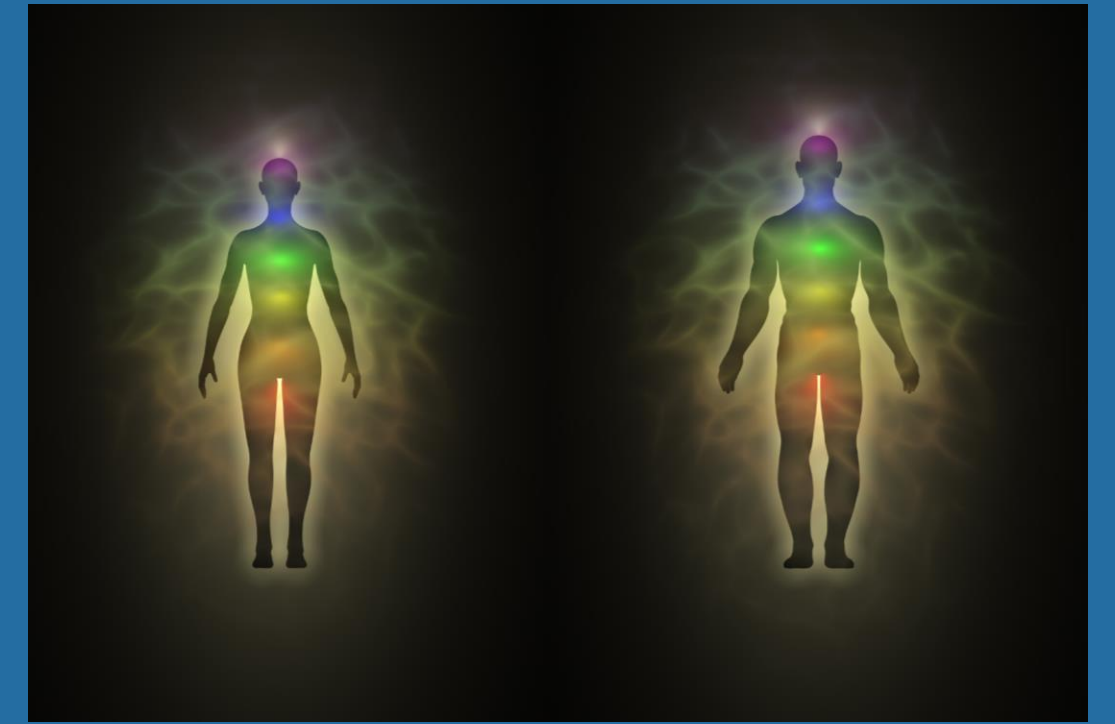


## Conscious Use of Senses

Utilising physical, subtle, and inner senses to perceive energy dynamics.



# Inner Alchemy's Energy Diagnosis



## Definition

The process of tuning in, observing, perceiving, and recording energy dynamics in graphic and descriptive form.

## Targets

Environments or individuals, which is the main focus of our work.

## Components

The complete version of I.A. Energy Diagnosis is composed by:

- Aura & Energy distribution at the Physical level
- Chakras at 3 levels: Physical, Spiritual and Psychonoetical.

# Why Use Energy Diagnosis?

## NEUTRAL PERSPECTIVE

Energetic reality offers clarity beyond appearances, biases and personal interpretations.

## TRANSPARENCY

Energetic dynamics cannot be hidden or covered up.

## REVEAL THE UNSEEN

It shows where the person is in terms of consciousness development and energy management.

## PROVIDE SUPPORT

It helps to determine how best to assist a person's growth and development.

- ✓ We never do an energy diagnosis out of curiosity; the purpose is always to help the person.



# How to do an Energy Diagnosis

## 1. FIND TIME AND SPACE

Sit comfortably, prepare materials and make sure no one will disturb you.

## 2. RELAX AND ALIGN

Breathe deeply, check your PEBs and fall into the Alchemical Alignment.

## 3. ATTUNE TO THE PERSON


Visualise the person in Alignment, contact his/her Presence and ask permission to perceive.

## 4. CHECK YOURSELF

Make sure that you are fully grounded, with you PFC internalised and flexible, and in the right vibratory frequency.

## 5. SET INTENTION AND EXPLORE

Tune in to the aspect, body or chakra you want to perceive, place your intention to “See/Know” and allow the energetic impressions to emerge from within (trust and wait).



**During the AA**, you must reach and stabilise yourself in the **7D** and slowly bring your focus of attention to the level you want to perceive.  
Physical level: slightly above **3D**  
Higher level: **10D**.



# Learning your Way of Perceiving and Decoding

Learn to recognise, develop and trust your own style of perception.  
Use all your instruments of perception - **ORDINARY, SUBTLE AND INNER SENSES.**

You might also perceive through:

- ✓ **Physical Sensations:** weight, density, temperature and senses (hearing, smell, sight, touch, taste). Examples: heaviness in the back, tightness in the throat, movement in the stomach, heat, cold, lightness, tingling, physical pain.
- ✓ **Emotional Dynamics:** feelings, emotional waves. Examples: wanting to cry, sadness, tranquillity, anger, etc.





## Reminders

- ✓ Perception should always be neutral, without identification, projection, judgment and personal interpretations.
- ✓ Don't worry about making sense of everything or mentally "understanding" your first impressions.
- ✓ Make sure your personal filters are not interfering with your perception and trust yourself. Let the impression, image, word, symbol, etc., emerge from within.
- ✓ "Wanting" too much, excessive worry, doubt, judgment of aspects observed, comparison and idealisation of the person being observed, such as previous information about the person, are all elements that might distort your diagnosis.





## Physical Aura & Energy Distribution in the Physical Body

**PHYSICAL AURA** - It is the etheric field the immediately surrounds the Physical Body.  
It reveals the way the person manages (or mismanages).

A general observation of the Aura at the physical level will often reveal:

- Colour;
- Density;
- Consistency (whether it is uniform or it has cracks, holes, openings etc.).

A closer observation would reveal:

- If the aura is divided into layers;
- If there are differences according to the region of the body (e.g. around the head, lower part of the body, etc.);
- The presence of symbols, images and/or various forms of entities and other external influences (like spiritual guides, ancestors, etc.).





## Energy Distribution in the Physical Body

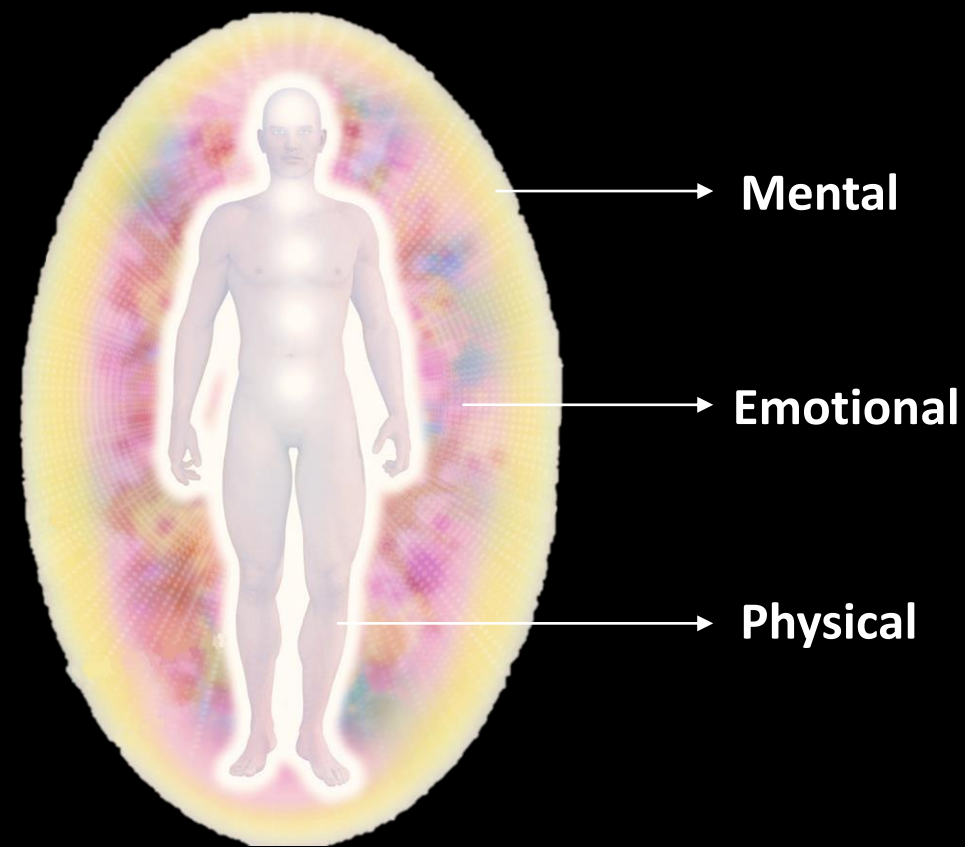
It reveals how the management of personal energies affects the semi-physical and physical body.

The basic aspects to observe at the physical level:

- Structures or substances attached to or covering specific body areas;
- Energy cuts and disconnection between parts of the body;
- Flow and concentration of energy;
- Grounding;
- Connection to the Presence.

A standard reading of the energy distribution would reveal:

- Shapes, symbols, colours, densities, adhesions, movements and textures, which may or may not have a counterpart in the material body;
- Denser or uninhabited areas;
- Areas where the energy doesn't circulate;
- Areas where there is an accumulation of energy (due to excess or misuse);
- Areas where there is loss of energy or voids, etc.



## Physical Aura & Energy Distribution in the Physical Body










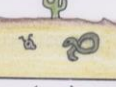











“Everything shows up in the body”

The physical body is the integration point in the 3D for all energy fields

Observing the energy distribution at the physical level will also reveal the energy dynamics of the **MENTAL** and **EMOTIONAL** bodies, being able to see:

- How **feelings** such as pain, sadness, abandonment, anger, hatred, etc., are impressed in some areas of the physical body.
- How **mental activity**, such as beliefs, doubts, confusion, fantasy, illusions, etc., affects the person's energy field.



	PHYSICAL LEVEL	PSYCO-NOETICAL LEVEL	SPIRIT LEVEL
7			
6			
5			
4			
3			
2			
1			

# Chakras in Energy Diagnosis

Our system of perception of the chakras is based on SYMBOLS or IMAGES that reveal and convey the energy dynamics happening at different levels in each of the 7 basic energy centres (chakras).

The Chakra's observation happens at 3 levels:

**1**  
**PHYSICAL LEVEL**  
+3rd dimension

**2**  
**SPIRITUAL LEVEL**  
10<sup>th</sup> dimension

**3**  
**PSYCHONOETICAL LEVEL**  
Between 3rd and 7<sup>th</sup> dimension

# THE PHYSICAL LEVEL



# Chakras at the PHYSICAL LEVEL

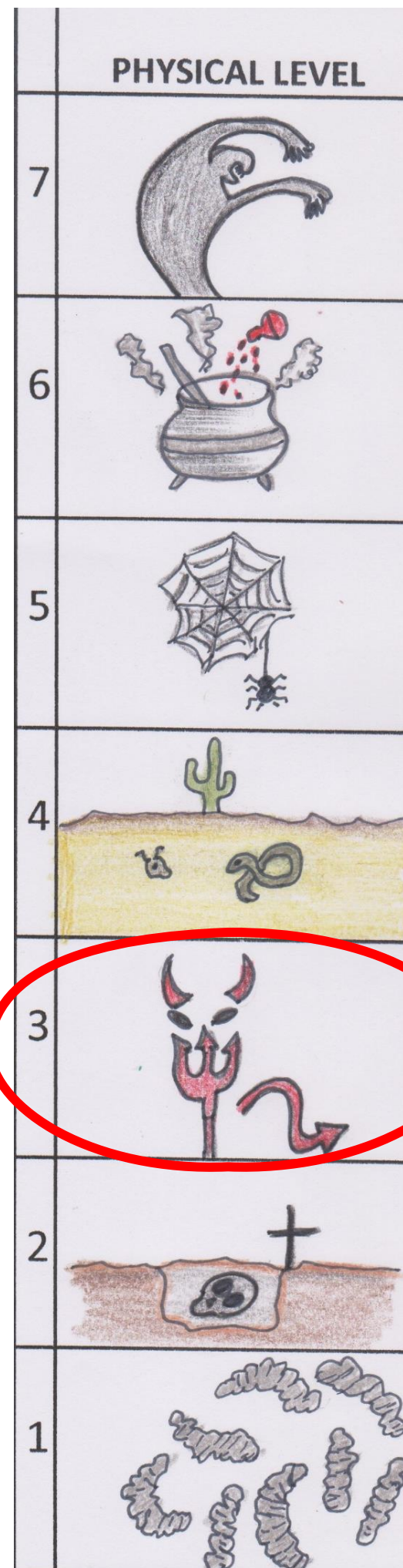
Once you are aligned, you must tune into a frequency just above the third dimension to focus on each of the chakras.

Chakras, on the physical level, are mostly represented by images and elements from ordinary everyday life that express the way the person manages the energies in each centre.

They can be tools, devices, furniture, animals, vehicles, landscapes, buildings, or places etc. They should reflect the reality of the 3D world.

You must **record** the **image** and also the **quality** that comes with it.





## Chakras at the PHYSICAL LEVEL

It is also necessary to note:



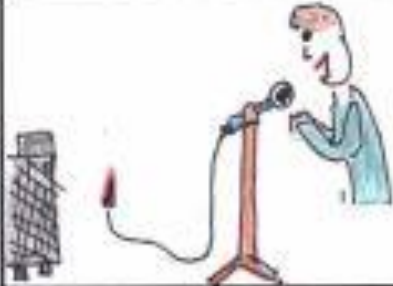




- Which of these chakras is the most prominent, has the most power or holds back the most power.
- Whether there is any connection between the individual chakras (due to similar quality or complementary dynamics)

**NOTE:** The images on the physical level are not permanent. They gradually change according to the circumstances, current situation, and development of the person.



# PHYSICAL LEVEL

## Chakras at the **PHYSICAL LEVEL** (example 1)

7	
6	
5	
4	
3	
2	
1	

**7º Crown made of paper.** It is a copy, a fake version of a Crown. It doesn't have the same quality of royalty and power. It denotes self-importance.

**6º Virtual Reality Goggles:** What is being seen through it is an emulation of reality. It looks very similar, but it is not real

**5º Person talking (or singing) using an unplugged microphone:** Nobody is really listening to it. Empty words.

**4º Gear:** It moves systematically, always the same way. Lack of flexibility.

**3º Racehorse:** Very fast and focused, running always in a straight line. It is trained blind folded. Limited vision.

**2º Fish Bowl:** Limited space that holds a sample life. Separated from the life itself. It doesn't really get in touch with the "real life" out there.

**1º Hammer game:** There is energy and movement, but with a lot of effort and stubbornness, always repeating the same movement, hitting (insisting) the same point. Lack of flexibility, creativity, and adaptation.

## PHYSICAL LEVEL

7



## Chakras at the **PHYSICAL LEVEL** (example 2)

7<sup>o</sup> Open window. Sunlight is coming in.

6



6<sup>o</sup> The dirty window is being cleaned up. Removing veils and filters.

5



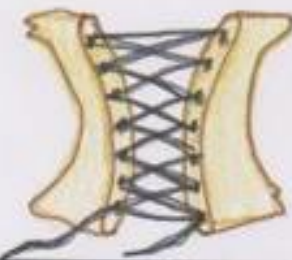
5<sup>o</sup> Glass-like protection has been broken. The flower inside can now breathe and bloom.

4



4<sup>o</sup> Meteor hitting the ground and opening a hole. Strength and power to move obstacles.

3



3<sup>o</sup> Corset that loosens the tights and releases control and self-imposed rigidity.

2



2<sup>o</sup> Paddling in a wild and turbulent river. Managing to navigate intensity and agitation.

1



1<sup>o</sup> Planting seeds in the ground that germinate and grow. Fertile soil, full of possibilities.



# THE SPIRITUAL LEVEL





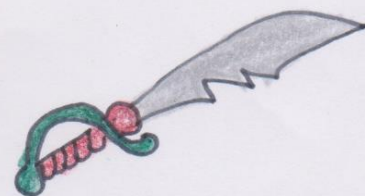


# Chakras at the SPIRITUAL LEVEL

Unlike the physical level, **symbols on the spiritual level are fixed and do not change.**

They express **the quality** that we carry at the spiritual level and represent the **full potential** that we can achieve if we **fully embody those qualities.**

They are **always SYMBOLS**, usually carrying esoteric, archetypal, ancient, ceremonial powerful energies and meaning.  
For example, ancient shamanic symbols, symbols and gods of ancient civilisations, angelic and archangelic symbols, etc.

At the spiritual level there are **NO imperfections** or **mismanagement** of the energy centres. They represent the **pure potential** of the **unique spiritual faculties** of that person.

SPIRIT LEVEL	
7	
6	
5	
4	
3	
2	
1	



# Chakras at the SPIRITUAL LEVEL

## Procedure

### Step 1:

Start once again falling into your Alchemical Alignment.

### Step 2:

Firmly anchor yourself on the ground and accelerate your frequency (through the points of light) to the **10th dimension**.

### Step 3:

Hold this attention and let yourself be inspired. Keep your **PFC** flexible enough to grasp the impressions emerging from the **10<sup>th</sup> D** and simultaneously be able to decode your perception at the **3D** level through the drawing.



## Chakras at the **SPIRITUAL LEVEL** (example 1)



**7<sup>o</sup> Triple circle** - Celtic symbol of the triple Goddess: virgin, mother and elderly woman



**6<sup>o</sup> Celtic Infinity** symbol



**5<sup>o</sup> Indigo blue diamond**



**4<sup>o</sup> Ouroboros** - the Cycle of Life, eternity



**3<sup>o</sup> Strength and power of the fire-spewing Dragon**



**2<sup>o</sup> Symbol of Motherhood**



**1<sup>o</sup> Tree Of Life**



## Chakras at the **SPIRITUAL LEVEL** (example 2)

7º Crown of Hator

6º Eye of Horus

5º Menat (necklace that symbolized Joy) of Hator

4º The Condor – Higher vision, Truth

3º The Scale of M'aat

2º Lotus flower - sensibility

1º Dove - Holy Spirit



# **THE PSYCHONOETICAL LEVEL**





# THE PSYCHONOETICAL BODY

- The ultimate skill of the seeker of truth is the development of the psychonoetical body.
- This energy body is a composite of consciously controlled emotional and mental substance.
- It is constructed slowly and deliberately through training in disciplines of self-awareness using both the psychic (emotional) and noetical (mental) energies.
- In developing compassion as integrity and impersonal service, we construct a compounded psychonoetical unit.
- The psychonoetical body is a wholly conscious and deliberate construction commanded by a disciplined will.





# THE PSYCHONOETICAL BODY AND CHAKRAS




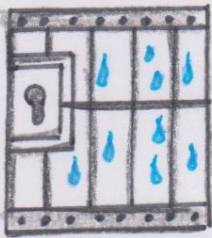



Psychonoetical consists of 2 substances:

1. **PSYCHIC** (emotional)
2. **NOETICAL** (lower concrete mental mind, the linear thinking mind)

These 2 substances are to be managed by the **PEB & PFC**.

The frequency is very close to the body, almost as close as the physical chakras, just a level "higher". It is not 7D, but lower.



PSYCO-NOETICAL LEVEL	
7	
6	
5	
4	
3	
2	
1	

## Chakras at the PSYCHONOETICAL LEVEL

The chakras at the psychonoetical level show what a person is actively working towards on his/her development path.

For example, a person who is looking for cleansing or purification. It will create an image that conveys this intention/movement and what they might be achieving.

The images can also show stagnation or regression if the person is not moving any energy internally (no intention to change).

# Chakras at the PSYCHONOETICAL LEVEL

## Procedure:

### Step 1:

Accelerate and stabilise your points of light in the whole body to **7D**, the level of the heart, without going into the higher chakras.

### Step 2:

Be inside your body, fully occupying all the parts simultaneously.

Although your **vibration is at the 7D** level, your **physical body remains in the 3D**.

Relax your thinking mind and place your **PFC** in the centre of your body.

You may eventually hear a sound or feel a specific tingling vibration at that moment.

This state is that of the Higher Mind.

With the PFC in the heart, you may experience a pulling sensation in the back part of your head.

Now, heart and mind are united!

### Step 3:

Positioned at **7D**, look between **3D** and **7D** impressions until you get a picture. You can use a question to help you, such as:

"Where is the person in his/her energy/chakra right now?"

or "Show me what I need to see."

or "What is the person striving toward?"





# CHAKRAS AT THE PSYCHONOETICAL LEVEL

To see the other, you need to be transparent in a state of harmlessness and good will.

Take off your veils. There should be no fixation but a very amorphous, mobile state. Distance disappears, and you see the person in the psychonoetical plane. Your vision may get a bit blurred, but your "sight" is very sharp.

This is the attitude and the frequency of the psychonoetical plane.





## Chakras at the **PSYCHONOETICAL LEVEL** (example 1)

**7º Sunrise:** The beginning of a new day, a new cycle.

**6º Chess game:** Analyzing and strategising the best move to make next.

**5º Portable device** syncing with the main source of data.

**4º Patiently weaving** a beautiful tapestry. Integration.

**3º Heavy machinery** cleaning the bottom of the river. Dealing with old, deep garbage.

**2º** A person standing **between two different paths** doesn't know which path to follow. Indecisiveness.

**1º** Manioc or beetroot. **Growing underneath the earth.** One cannot see it from the surface.



## Chakras at the **PSYCHONOETICAL LEVEL** (example 2)

7º **Eagle** flying towards the Sun. Freedom and contacting the source.



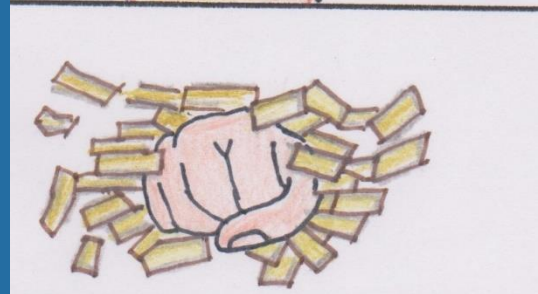
6º **Bull's eye**. Hitting the target.



5º **Releasing a scream** that has been suffocated for years.



4º **Blooming flowers**, attracting butterflies. Opening, attracting life and expansion.



3º **Breaking a wall** made of stone with bare hands. Breaking self-imposed limitations, protection and separation.



2º Child playing under the rain. **Enjoying the freedom**, but it is still protected by a rain cover. Collecting water to play again later on.



1º Snail **getting out of its shell**. Daring to leave its protective shell and move forward (slowly).





Thank You!



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