

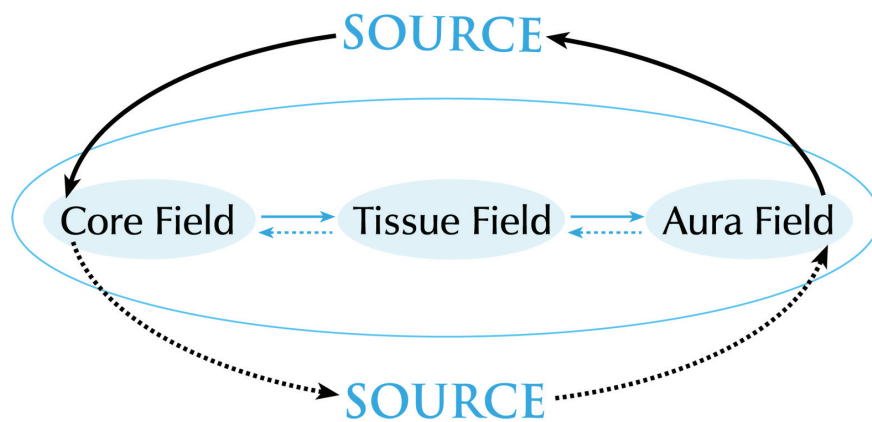


THE TRINITY OF ESSENCE

BY DOUG JONES

SETTING THE STAGE

It can be very valuable to look at what we already know from a different vantage point. The Trinity of Essence model presents another way to orient to the whole of ourselves and to how we function from an energetic standpoint. Instead of experiencing the body as dense and solid, this viewpoint relates to the body as an energetic field of tissue. This “tissue field” is suspended in dynamic equilibrium between our core essence and our larger energetic field. Let’s call these the “core field” and the “aura field.” This diagram may help you orient visually:



Before we go further, we’ll need a working definition of the term, “field.” Because it appears throughout this article, it would be helpful to know how I’m using it in this context. *A field is a coherent and co-resonant collection of energy that acts as a unified whole.* Let’s work with this a bit: Coherent implies order, organization, and precise alignment. One reason that lasers are so remarkable and useful is because they generate very coherent light. *Co-resonant* means that the vibration, frequency, and movement of energy are the same throughout the whole. The energy in the field is resonating as one discrete unit; the energy is singing the same song, if you will. *Unified whole* implies that the field acts as one unit of function. A great example of this is the earth’s magnetic field. Almost without exception every compass needle will interact with the earth’s magnetic field by pointing north. The consistency of the unified whole is essential here. If part of the magnetic field suddenly decided to shift so that needles in a certain region pointed west for a few months, the whole concept of a magnetic field would break down and become meaningless. Finally, it is crucial to understand that the entire field is defined by how it acts. There are so many forms and manifestations of energy; the aspect that determines a “field” is how the energy behaves or responds in action. Human energy fields can and do break down and lose their coherence and co-resonance when they cannot act as a whole.

Next let's define three more terms in a hybrid fashion, part cognition and part experience.

Core field. There are lots of different models and maps for our human "core." Center, essence, soul, midline, blue pearl, etc. For now, let's use a cognitive definition of core as the aspect of ourselves that is at the center, a part that is most condensed and fundamental. Experientially, the core is discovered when we turn our attention inward. As we perceive more and more deeply in an internal direction, sooner or later we bump into something that is purely "us." Having penetrated the overlays of behavior, culture, personality, etc. we are left with something essential and pure. Please note that there are varying degrees of ability to do this. Long-term practices such as meditation, contemplation, breathwork, etc., help us to have a relationship with our core. For now, take a moment and turn within. Keep going inward until you come into contact with your self or your core *as best you can in this moment*. [Of course, if you did this perfectly, as one theory goes, you would become fully enlightened. While I can't speak for you, I can honestly say that there is little danger of that happening to me any time soon!] The key here is just to have some experience of our core, so that our own experience can inform this model.

Once we've come into relationship with the core, can we perceive it behaving as a field? Because the core is so subtle, this can be quite a perceptual challenge. Just for a moment, allow your attention to flow back to your core. Listen for its song, its coherent resonance. If you found that, then you've just experienced your core acting as a field. Or, can you find the 'felt sense' of the energies of the core acting as a single unified whole? Again, that sense of unity in action is a perceptual experience of your core manifesting as a field. Now let's leave the core field and venture out into the aura.

Aura field. From a cognitive standpoint, the aura is the part of you that extends out beyond your skin. One danger with a cognitive definition is in trying to articulate all the various aspects or layers of the aura. For the purposes of this exercise, that level of precision isn't necessary, because we're more concerned with the aura as it functions as a unified whole. Let's augment the definition by having a direct experience of your aura. Again, let's avoid trying to perceive it in its ideal state and just notice your aura *as best you can in this moment*. Start by resting your awareness on the surface of your skin. Notice the energy that is expressing in the space beyond your skin. Now allow your attention to expand outward while keeping it in relationship with that energy until your attention naturally stops. Voila. The energized space between your skin and that natural stopping point is your aura.

Before we can move on, can you attune your awareness to the field aspect of your aura, specifically noticing how it behaves in a coherent, co-resonant, and unified way? This usually is much easier, because the aura is closer to what we would consider a conventional field. For now, just settle into the felt sense of your aura field so that you really perceive it experientially as well as cognitively.

At last we come to the body. Certainly, there are a large number of ways to orient to the body both cognitively and experientially. For now, let's try something new.

Tissue field. Hmmmm. If you were to rest your attention on the core field and then shift your attention to the aura field, what rests between the two? The core is so pure, so condensed, so distilled and yet alive and dynamic. The aura is expansive, full, and equally dynamic. Can you see the body as something that is held in suspension between the core field and the aura field? Take a moment and notice how is it to experience your body in this way.

This next part is of crucial importance. Can you perceive your body as a field? Can we define the body as *a coherent and co-resonant collection of energy that acts as a unified whole*? For me, the answer is a resounding “YES.” Perceiving my own body in this way makes a lot of sense on some deep level. Can you feel the balanced and reciprocal tension between your core field, the tissue field, and aura field? If we can experience the body as a field of tissue, then this opens up the opportunity to view the whole of our selves as three distinct fields that ultimately act as one essential whole. So, at last, we've arrived at “The Trinity of Essence.”

A C T I V E G E N E S I S : R E M E M B E R I N G S O U R C E

One of the aspects of Dr. Stone's work that I most cherish is how he *always* included Source in his teachings. So, let's follow his example and look at how the inclusion of Source changes things. Dr. Stone frequently referred to the step-down of energy as it moved from the Source to more and more dense expressions of energy. As portrayed in the bottom part of the diagram, Source condenses and coalesces into the aura field. From there, the aura field 'steps down' to create the tissue field, which further refines and distills itself into the core field. Finally, if we can enter into the very heart of our own essence, if we can step through the very center of the core field, a doorway opens and we are once again returned to the vastness of Source. While this last step is not a common one, it is certainly possible to have this as a direct and personal experience.

The top half of the diagram represents the other pole or aspect of genesis. When viewed from this direction, Infinite Source moves through the very center of our essence, the doorway at the heart of the core field, and emerges outward to generate the tissue field. The energy of Source then increases outward again to lay down the aura field. Ultimately, the aura field can expand infinitely outward until it again returns to Source. Again, this last step is rare, but certainly within the realm of what is possible for a human being to experience.

One key aspect here is the direction of the movement of the energy. In Dr. Stone's terms, there is involution in the coalescing, condensation direction and evolution in the emerging and expanding direction. In this way, our very creation is generated through the movement of Source in two directions, simultaneously. This concept of the direction of energy will become very relevant when we look at the clinical implications of this model. [Note: While there isn't enough room to explore this possibility in this article, it is very intriguing to view the tissue field as an interference pattern (or a harmonic pattern) that is generated at the confluence of the expanding core field and the condensing aura field.]

P E R S O N A L R E L E V A N C E

How can this model inform and enhance our relationship with ourselves? Let's explore two options.

The first possibility allows us to come to know ourselves more fully. By viewing the core, tissue, and aura from a field perspective, it is much easier to perceive the creativity and dynamism of our personal energy. How does this field orientation impact your personal spiritual practice(s)? What effect does it have on meditation, contemplation, movement, etc.?

For a moment, let's just orient to the tissue field as it rests in balanced tension between the core field and the aura field. [Note: For those with a Buddhist perspective, it's interesting to consider the position of the tissue field as an expression of the Middle Path. Could embracing the tissue field (i.e. full embodiment) be viewed as a path to enlightenment?] In this position, the tissue field can act as an indicator or barometer for very subtle changes in either the core or the aura. The tissue field also can be seen to act as a mediator or translator between the very different energies of the core and the aura. Also, the tissue field can be viewed as the instrument of transformation or transmutation between the core and aura. These are only a few of the ways that this perspective can inform and deepen our understanding of ourselves.

The second possibility has to do with how we relate to our own suffering. A change in perspective often allows our system to perceive itself more fully. This can galvanize our own healing energies to more fully engage our pain, dysfunction, wounds, etc. As a personal exploration, you might try orienting to your suffering from the perspective of your core field or your aura field. Without applying any technique or skill, how does this orientation affect your suffering? Then, what happens when you engage your skills on your own behalf?

C L I N I C A L R E L E V A N C E

How does the "Trinity of Essence" support and assist with a clinical practice? Again, let's look at two possibilities.

Trauma. There is a lot of excellent information available with regard to how trauma is held in the body. If you haven't studied it, then I heartily recommend that you do; it's great stuff. Let's expand our view of this. If trauma is held in the tissue field, then surely it must also be present in the core field and in the aura field. If there is a traumatic force held in the aura field, then, as the energy 'steps down,' the trauma would have to be communicated to the tissue field and again to the core field. Conversely, if there is a traumatic force that impacts the core field, then, during the energetic expansion, the trauma would have to be broadcast into the tissue field and again into the aura field. The challenge here is that sometimes it is very difficult to actually locate and then come into relationship with a traumatic force. In the body, traumatic forces tend to be surrounded by distortion, pain, congestion, inertia, etc. Consider the possibility that we have the option NOT to engage the trauma in the tissue field, but rather to address it in the core or the aura.

At this point we bump into the undeniable fact that everyone perceives differently. Often, *very* differently. So, all I can speak to with certainty is my own perception. My hope is that you will be able to translate my experience in such a way that it will connect with your experience. To me, traumatic forces held in the aura field feel like ‘clumps’ and ‘globs’ (yes, these are highly technical terms). They feel like darker masses of energy that cannot hold the light and that move less well or not at all. As the aura condenses and coalesces into the tissue field, and ultimately to the core field, these clumps and globs must be included in the distillation, in the step-down process. Once in the tissue field, they feel inertial, congested, stuck, painful, etc.

On the other end of the spectrum, traumatic forces can be held in or near the core field. Perceptually, they feel like an ‘overlay’ that is stuck to the outside edge of the core field. If I took a butterfly sticker and put it on the lens of a flashlight, then everywhere I pointed the flashlight would reveal the shadow (or the imprint) of the butterfly. As the Light of Source shines through the core field, these traumatic overlays are broadcast into the tissue field, where they are experienced as pain, dysfunction, suffering, etc.

It is possible to use your therapeutic skill to address traumatic overlays at the core field as well as the traumatic clumps and globs in the aura field. Both strategies will impact the person’s experience of the trauma in the tissue field. The challenge here is to know where to work. At this point the direction of the energy’s movement becomes very helpful. If you are orienting to a place of inertia, suffering, trauma, etc. in the tissue field, try to notice whether the energy feels like it is expanding or condensing. More often than not, there will be a clear sense of movement in one direction. For me, it feels like an energetic wind or breeze that is blowing. If it is ‘blowing’ outward, then I’ll orient to the core and try to bring my therapeutic skill into relationship with the core overlay. If the overlay shifts, clears, or resolves, then I’ll follow the expansion back to the tissue field to see if the trauma held there has been shifted as well. Conversely, if the energetic wind is blowing inward to the core field, then I’ll shift my perception to the aura field in order to engage the clumps and globs. Again, if they shift, I’ll ride the condensation of energy back into the tissue field to assess the impact of the change on that level.

Disconnection from Source. If there is congestion or stagnation at the level of the tissue field, then it is very hard for the energy to flow outward from the core field or inward from the aura field. Since it is the energy of Source that is flowing, the block or wound acts to keep us separated from Source. *This always hurts!* Because our health and wholeness depend on the ongoing connection to Source, any reduction or restriction causes all manner of mischief and suffering. However, inertia being inertia, it can be very hard to get it to budge.

Again the direction the energy is moving becomes critically relevant. Imagine that there is a pipe and that some sort of block has been wedged into the opening of the pipe and is being held there by the force of the fluid. Because the force of the current is a constant, it is really difficult to try to pry that block loose from the pipe. [We’re talking about *Source* here and *Source* does generate a LOT of flow and thus a lot of pressure.] The clinical option here is to let go of working with the flow in its present direction and orient to the flow of Source from the opposite direction. If you reverse the direction of the flow through the pipe,

then the wedged or stuck block basically gets blown out backwards once the direction has been switched. As practitioners we assist this process by resting our perception on the expansion aspect of the core field or the coalescing aspect of the aura field. As a general rule, whatever aspect of the energetic system we hold with our attention comes to the surface and manifests. Once the wedge or block has been shifted, the energetic flow from both directions can come to bear upon the stagnation or congestion. With very few exceptions any increase in the movement of Source through an affected area is deeply beneficial.

F I N A L R E F L E C T I O N S

The Trinity of Essence model is NOT intended as any sort of ultimate explanation or answer. For me, it has been a relevant and useful inquiry that has enticed me into deeper explorations of human energy. My hope in writing this was to share my excitement and to offer yet another perspective as to who we really are and how we might work. My wish is that you may be helped with your own process and that this Trinity of Essence concept may serve you in your energetic work to alleviate human suffering.

Thank you for reading this. I always welcome any feedback that you might have. Feel free to contact me through my website, www.humanenergyfield.net, or email me at doug@humanenergyfield.net.

Best wishes,

A handwritten signature in black ink that reads "Doug Jones". The signature is written in a cursive style with a long, sweeping underline that extends to the right.

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