

THE SUBTLE BODY COLORING BOOK

Learn Energetic Anatomy—
from the Chakras to the Meridians and More

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CYNDI DALE

Illustrated by

RICHARD WEHRMAN



sounds true
BOULDER, COLORADO

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Introducing **THE SUBTLE BODY COLORING BOOK**

*In photography there is a
reality so subtle that it becomes
more real than reality.*

ALFRED STIEGLITZ

Do you remember the delight you took in coloring when you were a child? How about the first time you used a camera and were able to explore your universe through snapshots? Remember how cool it was to cut out images from magazines for school reports or how fun—and messy—it was to craft new colors with finger paints?

Most teachings are presented verbally, but words can only go so far to explain the shapes, perceptions, feelings, and insights that make up reality. For a fuller understanding, we need images as well. The book this coloring book is based on, *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, employed both text and illustrations to teach on this wide-ranging topic. *The Subtle Body Practice Manual* added exercises for a direct experience of the energetic anatomy. Now, this coloring book aims to take your learning to a different level—the level of understanding you can gain by *interacting with images*. Or, put another way, by *playing* with images like you did when you were a kid.

More than anything, this book is a visual adventure, a colorful and gleeful journey to learning about

the “you” within and beyond “you,” as well as the other, complementary energies that construct this world. While much of your exploration will feel like play, the truth is that you will be learning with every stroke of the marker, pencil, or other instrument of your choice. And you will be educating yourself in one of the most effective and quickest of ways.

Most of us are kinesthetic learners. That means we learn by doing. What could be more active “doing” than coloring? Many of us are visual learners too. Hello, coloring fans! We also acquire new knowledge through verbalization and reading, so accompanying your expedition through the worlds of subtle energetics will be brief explanations that provide you with basic information about the images you are playing with. Just enough to get you oriented—the “main course” is coloring!

THE SUBTLE ENERGY ANATOMY: A THUMBNAILED SKETCH

You already know that what you touch, see, taste, or hear is “real.” Classical scientists prove their worth by defining and demonstrating the solidity of everything

physical. Your favorite pie is made of measurable ingredients. Your liver has mass, and the air in your house is breathable. But in actuality, what composes everything concrete is invisible and inaudible. Even you—your body, thoughts, emotions, and soul—are a product of energy moving between the known and the unknown. In general, this coloring book will call the measurable energies “physical energy” and the immeasurable energies “subtle energy.” The forms through which this energy flows inside and around you are collectively called the “subtle energy anatomy.” It’s the latter we are colorfully (and joyfully!) focusing on through this book.

GET READY TO ILLUSTRATE THE SUBTLE WORLD!

HOW THIS BOOK IS ORGANIZED

As you enter the colorful world of subtle energetic anatomy, you’ll discover that there are three basic subtle energy structures: fields, channels, and centers. This book is orchestrated to help you explore these three structures as well as some of their offshoots. In Part I, you’ll play with energetic fields, both physical and subtle. Then in Part II, you’ll move into coloring the channels through which energy flows, learning about the meridians of Traditional Chinese Medicine. Part III gives you plenty of opportunity for hands-on learning about subtle energy bodies, with an emphasis on chakras—including a cross-cultural sampling of these—and *nadis*, the subtle channels related to the chakras. In Part IV, you will color subtle energy points, exploring various acupoints and other types of subtle points that empower healing and wellness. Finally, at the back of the book, you will find a list of references beyond *The Subtle Body: An Encyclopedia of Your Energetic Anatomy* and *The Subtle Body Practice Manual* to explore if you want to delve further into the world of subtle energy.

YOUR COLORING SUPPLIES

Now it’s time to get your coloring instruments figured out. For this endeavor, you’ll want to select colored pencils that can be sharpened and/or fine-point colored markers. Why? Because some of the work is . . . subtle! It will be difficult to perform with crayons, chalk, or other thicker tools.

Your subtle artistry will be best served if you have these colors:

The rainbow colors: Medium to darker tones of red, orange, yellow, green, blue, indigo, and violet.

Additional colors: White, black, brown, pink, gray, silver, and gold. In addition to the blue and indigo in your rainbow set, you will want a light blue, too, so you can work with a range from dark to light. Also select a few additional pastel colors of your choice.

Substitutions: If you believe you’ll have a hard time coloring with white, use lavender. If you can’t obtain silver or gold colors, substitute a light gray and an orange-yellow, respectively.

THE MEANINGS OF COLORS

In the world of subtle energy, colors hold specific energy. For some illustrations, certain colors are recommended because these colors carry meaning. For other illustrations, the colors you select are less important. This will be indicated as you move through the book.

If you choose to go “off road” and pick your own colors, the sidebar “What’s in a Color?” will help you by giving you an overview of color theory. This more in-depth information will prove that coloring is, in and of itself, both an art and a science.

Following are a few insights about what the various colors or shades of color mean. These relate to the definition of energy as “information that moves or vibrates.” In general, darker and deeper colors (colors with a deeper “value”) are more physical and emotional in nature, and lighter colors are more spiritual and mental. This means that the effects colors have on your body, your psychology, and the world in general will be more physical or spiritual, respectively. Darker shades of a specific color will be apt to instigate immediate and powerful change, while lighter shades of that same color will evoke an uplifting or happy outcome. More specifically, these colors will usually generate the following responses in yourself or others:

Red: Passion and movement

Orange: Creativity and emotions

Yellow: Mentality and structure

Green: Healing and loving bonds

Blue: Overall, communication and knowledge. More specifically, *light blue* represents peace and infinity; *medium blue* conveys dependability and trustworthiness; *bright blue* stands for cleanliness and honesty; *deep blue* exemplifies strength of character; and *indigo*, a combination of blue and violet, epitomizes compassion and wisdom.

Violet: Strategic awareness and higher intuition

White: Purity and spirituality

Gray: Concealment and protection

Black: Mysticism and magic

Brown: Rootedness and naturalness

Silver: Openness to guidance; deflection of negativity

Gold: Integrity and spiritual power

Of course, there are many other colors, but these are the most basic, and they're all you will need in order

WHAT'S IN A COLOR?

LITTLE DID YOU know that the simple act of coloring reveals the tip of a proverbial iceberg. The actual color we see, use, or select when coloring can be analyzed in a number of different ways. Knowing this information can help you select specific colors if you want to customize your colorations as well as gain insights into why the energetic systems explored in this book so frequently assign colors to certain structures. And why not impress yourself by being able to articulate what's going on in your artwork?

So you can best understand the following color concepts, it's recommended that you search "color wheel" on the Internet. You might even want to print a copy of a color wheel in full color and look at it when examining for the concepts explained next.

The two ways to use color: No matter how complicated or simple your coloring job, there are only two ways to put one or more hues together. These are contrast and harmony.

Contrast involves using colors that are dissimilar, meaning that there are no shared hues in the colors that make them up. We select contrasting colors when we want to generate a distinct impression, call attention to an image or message, or stimulate someone visually.

Complementary colors are an example of contrasting colors. These are direct opposites on a color wheel. Take a look at the color wheel that you found on the Internet and identify the opposites—red and green, yellow-green and red-violet, orange and blue, and so on. These are all complementary combinations with a strong impact.

Harmony employs colors that share similar hues and are found close together on the color wheel. Turn to your color wheel again and look for color harmonies. Red, red-orange, and orange all include red, for example, so are harmonious. When colors harmonize, they help the viewer feel soothed, calm, and pleased.

Terms to color by: There are specific terms that further define color. As you read through these, you might gain ideas about how to customize your color selections. For instance, at any time, you can tint an image, which involves adding white to your main color. Want to create a more somber impression? Use shading by adding black. Try it: you'll find that you can definitely feel the difference between a tint and a shade of a color.

Primary colors: All colors are made up from the three primary colors: red, blue, and yellow.

Secondary colors: Formed by mixing two primary colors.

Tertiary colors: Created by mixing a primary color with an adjacent secondary color. You can check out adjacent colors on the color wheel that you found on the Internet.

Hue: Another name for color.

Tint: A color plus white.

Shade: A color plus black.

Tone: A color plus gray.

As you can see, you've now greatly expanded your coloring vocabulary and selection choices. Go ahead and mix, match, tint, shade, tone, and more.

to playfully learn about the subtle body. Enjoy exploring how these colors make you feel as you are coloring in this book.

HOW TO LEARN WHILE YOU COLOR

How can you best learn while you color? Know what color to use—and how? Here is some guidance:

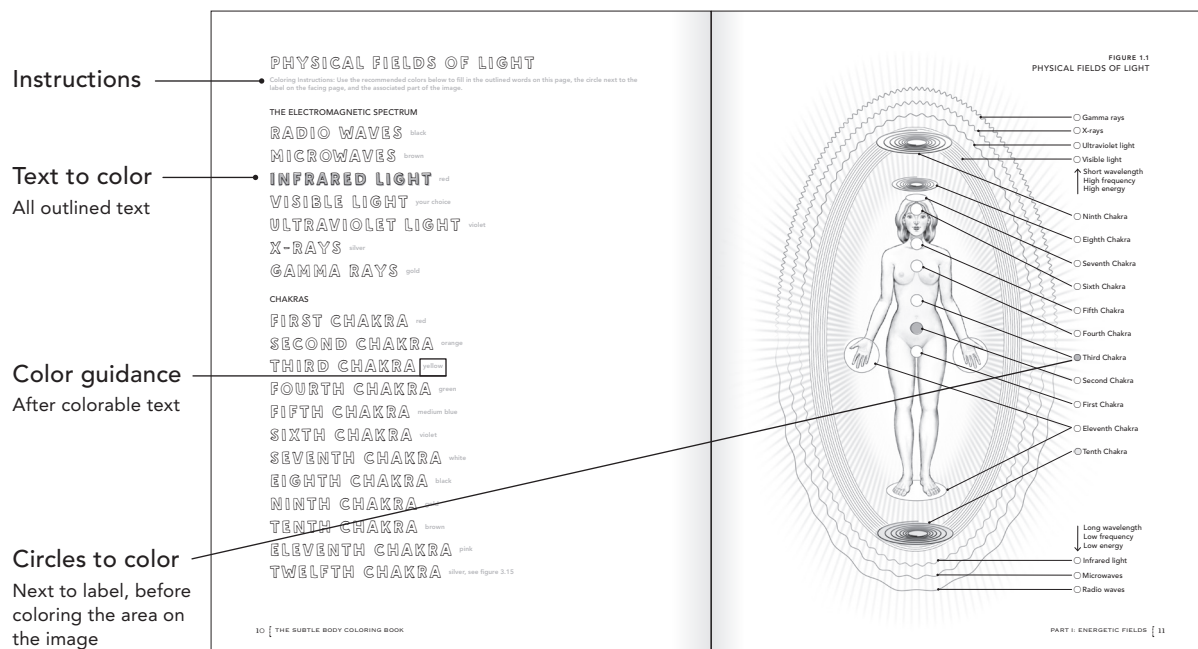
- Background information is included for all of the illustrations in the book. It's bite-sized, so be sure to read it before you start coloring—start with the words, and then make the “music”!
- For text that is intended to be colored in, the letters will be hollow—or “bubbles.”
- If that text is the title of a page, there may be specific recommendations for what colors to use. If there aren't, feel free to pick whatever color or colors you feel moved to use. If you want, select colors based on your mood, remembering that you can use shade, tint, and tone to further reflect your feelings.
- Color guidance: All illustrations include instructions for colors to use for each element on the page. You can use these colors to outline areas, fill them in, or both. Also feel free to use similar (harmonious) colors to outline and fill.

- Illustration labels or names: Some illustrations have simple labels that you will color, while others have those labels plus additional information to give you more context. Color all the words that have hollow letters, and refer to the associated information if you have questions about what you are coloring. The circles next to each label can be colored to make the visual association between the color, words, and location in the image.
- Structures: Dark lines depict the boundaries of various structures in the illustrations. You will color in the space between the boundaries, usually with the same color as the associated label.

LET'S GET STARTED

Before sending you off on your coloring adventure, let's give you a chance to get your feet wet. On the facing page is a fairly simple illustration to get you started. This is *muladhara*, the first chakra in the Hindu system.

Now it's time to begin your coloring adventure in earnest. Enjoy learning as you create your own unique and beautiful subtle body imagery.



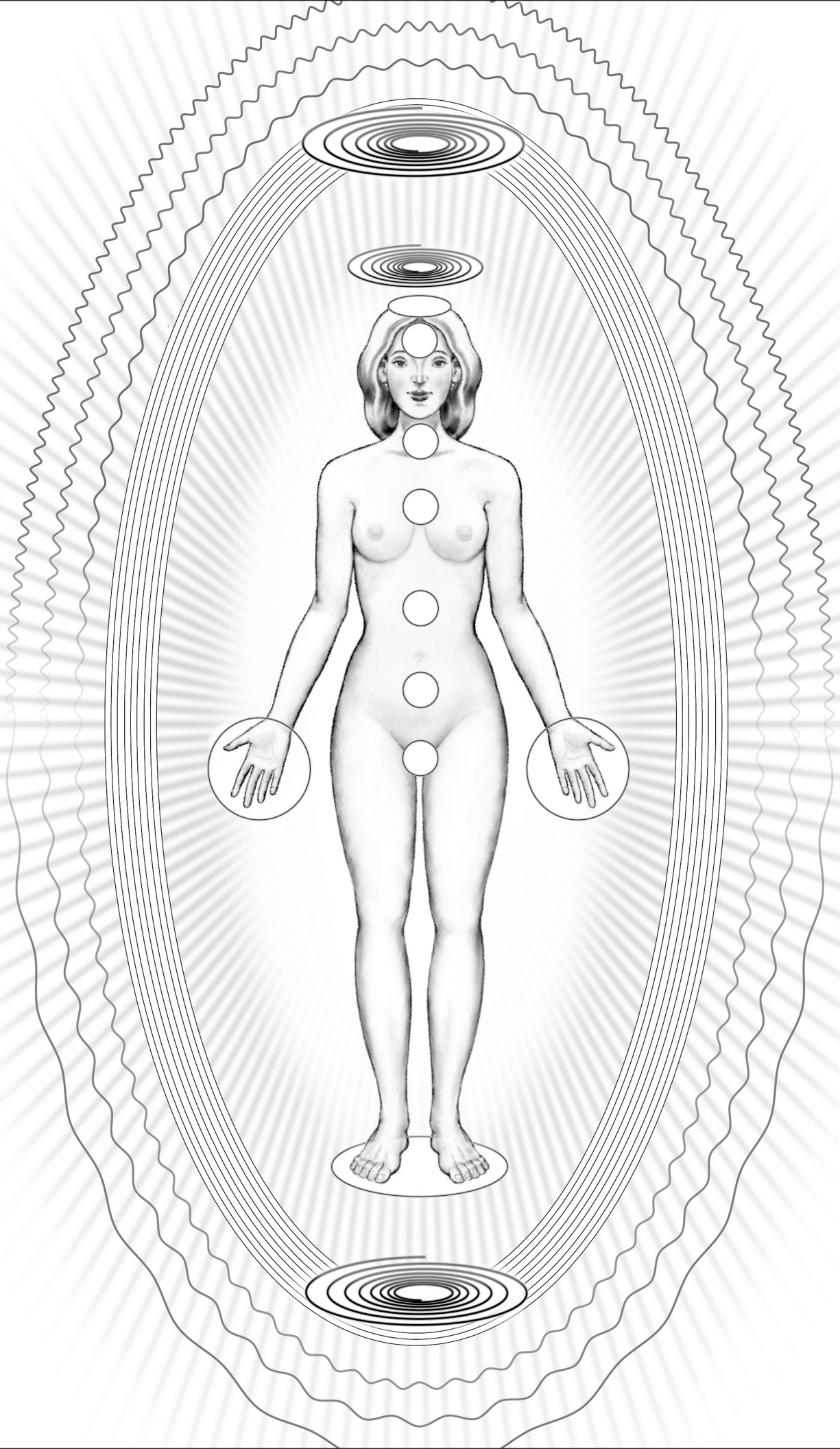
FIRST CHAKRA: MULADHARA

Color: Red • Seed syllable: *Lam* • Element: Earth • Attribute: Patience • Granthi: Brahma



FIGURE 0.1

Coloring Instructions: Outline the square and triangle with gold. Also use gold to outline and fill in the mantra: the symbol within the square. Use red with a tint of yellow (to make vermillion) to color in the four lotus petals that surround the square. Fill in the remainder of the chakra and the label with red.



PART I

ENERGETIC FIELDS: VIBRATIONS OF LIGHT AND SOUND

Each of us (and the world) is made up of both measurable and subtle fields that create and sustain life. Measurable fields are also called *veritable fields*, and subtle fields are also named *putative fields*.

Classically, a field is an area in which a force exerts an influence at every point. Like all energetic structures, a field involves the vibration of energy and can carry information. Fields operate on both physical and subtle planes, as do energy bodies and channels. But fields present mysterious phenomena as well. Albert Einstein believed that the universe is composed of interconnected force fields, and recent physicists have pinpointed some of these fields as constructs of finite reality held within a greater infinity. Because of fields, reality is both local (or here and now) and nonlocal—occurring elsewhere and at other times. This means that everything across time and space is interconnected.

All fields interact, creating both beneficial and harmful effects on living organisms. Fields that are obvious to the senses interact with those that are hidden from the senses. The primary difference between physical and subtle fields is often simply the speed of the information and vibration involved. At some level, physical and subtle fields can actually be perceived as the same fields—one flowing into another, one creating and sustaining the other.

Fields exist everywhere. Each of us produces countless energy fields and interacts with endless numbers of external fields. Both measurable and subtle

fields emanate from every cell, organ, and organ system, as well as from the entirety of our bodies. The same statement can be made in relation to all other living beings on this planet. In fact, the Earth itself and other planetary objects emit fields. Humans also create fields by manufacturing technological products; power lines and cell phones are two common examples. Even our subtle energy structures, like the chakras, radiate fields.

In order to best understand the complexity of fields, it's helpful to understand that there are three basic types, all of which are featured in this section:

1. Physical fields—also called veritable or measurable
2. Subtle fields—also called putative, representing fields that we're still learning how to measure
3. Auric fields—subtle energy layers that emanate from and surround the body

PHYSICAL FIELDS: THE VERITABLE FIELDS WE CAN MEASURE

We are made of innumerable fields, all of which interact to shape, direct, and form our lives. The veritable or measurable energy fields are physical in nature and include sound and electromagnetic forces, such as visible light, magnetism, monochromatic radiation, and rays from the electromagnetic spectrum. Our body produces or is affected by all of these energies.

The chief field that generates and perpetuates life is the *electromagnetic spectrum*. The other

life-sustaining category is *sound fields*, also called sound or sonic waves. Each part of the electromagnetic spectrum manifests as radiation that vibrates at a specific rate and therefore is called *electromagnetic radiation*. Our bodies require a specific amount of each part of this spectrum for optimal physical, emotional, and mental health. We can become ill or imbalanced if exposed to too much or too little of any particular stratum from the spectrum.

Yes—you are made of light! Electromagnetic radiation is described as a stream of photons, the wave-particles that are the basis of light. There are seven main types of electromagnetic radiation, each of which varies in wavelength, frequency, and energy. *Low energy* and *high energy* simply describe the information or energy of the photons, measured in electron volts. *Wavelength* is a way to measure the distance between two points on a wave. *Frequency* is the number of times waves cycle per unit of time.

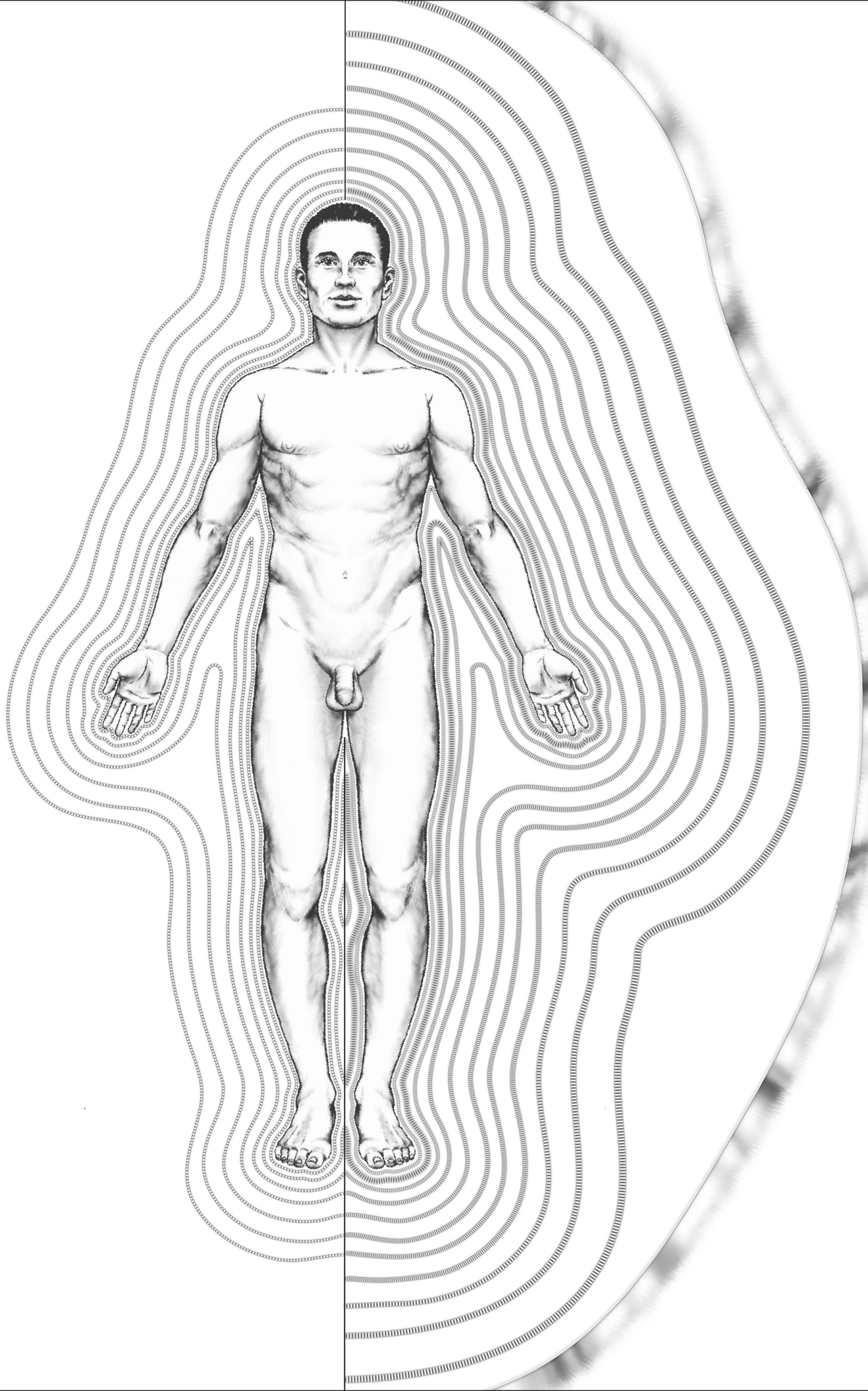
The basic premise of physical electromagnetism is this: electricity generates magnetism. The most classical understandings depend on the fact that when electricity or charged electrons flow in a current, they create a magnetic field. These forces of electricity and magnetism together form electromagnetism. The

reverse is also true: a changing magnetic field can create an electrical field.

Sound waves are the other major type of measurable wave. They are considered mechanical waves. Sound waves both affect us as human beings and emanate from us. While we don't feature them in this section, it's important to know that sound waves run at specific vibrations and penetrate all of existence. We can hear some sounds and not others, but that does not mean that the inaudible sounds do not affect us. These and other mechanical waves affect us either positively or negatively.

Fields of measurable electromagnetic radiation operate at levels we seldom perceive, yet they affect us nonetheless. Thus, the illustration (on page 11) of the physical fields combines veritable fields with chakras, which fall in the putative category. It depicts the twelve-chakra system (also featured on page 95), which includes in-body chakras as well as those extending beyond the physical body. The illustration reflects the fact that chakras, auric fields, and other subtle anatomy structures frequently interact with the measurable fields that we cannot see or hear.

See pages 10–11 for Physical Fields of Light.



PHYSICAL FIELDS OF LIGHT

Coloring Instructions: Use the recommended colors below to fill in the outlined words on this page, the circle next to the label on the facing page, and the associated part of the image.

THE ELECTROMAGNETIC SPECTRUM

RADIO WAVES black
MICROWAVES brown
INFRARED LIGHT red
VISIBLE LIGHT your choice
ULTRAVIOLET LIGHT violet
X-RAYS silver
GAMMA RAYS gold

CHAKRAS

FIRST CHAKRA red
SECOND CHAKRA orange
THIRD CHAKRA yellow
FOURTH CHAKRA green
FIFTH CHAKRA medium blue
SIXTH CHAKRA violet
SEVENTH CHAKRA white
EIGHTH CHAKRA black
NINTH CHAKRA gold
TENTH CHAKRA brown
ELEVENTH CHAKRA pink
TWELFTH CHAKRA silver, see figure 3.15