Second Energetic Light Body

The second energetic light body is the **emotional** layer. This level is associated with how you **feel** about yourself. When you're happy and have positive programs, this layer is bright and colorful. But when you hold on to old emotions tied to old beliefs, this energy will appear dark, like lead in your energy field. What emotions do you feel are stuck in your field? Write or draw where your emotions are trapped on the body map below.