**Torus – What is it?**

A torus is a three dimensional (3D) donut-shaped geometric shape, which is constantly moving and in flux. The plural of torus is tori. A widely accepted model for energy fields and dynamics, the torus represents a closed, self-sustaining system. Energy flows freely throughout the torus, in all directions, with an emphasis on an ascending and descending spiraling flow of energy. At the very center of the torus is a singularity, a black hole or zero point. This point is a place of limitless potential and generative reorganization and stabilization.

http://www.magic-point.org/terra-the-torus/  
Torus (top view)  

http://harmonicresolution.com/Toroidal%20Space.htm  
Torus (side view)

The following YouTube video demonstrates the flow of energy within a torus.  
"The Universal pattern- Torus" (2:22)  
https://www.youtube.com/watch?v=EKtevjrZOGs&list=PLlJUUiWudelm5heGlkaeVhv8W9d4xTW2D&index=2

**Universal Energy Field**

Everything in form is preceded by a template in the energy field. Form is born from energy and energy is in turn emitted from form, in an endless current.

At the root of all forms is a torus. The torus is the underlying structure of every atom, molecule, cell, crystal, plant, animal, human, planet, solar system, and galaxy. Each torus is nested within and integrated into another, more encompassing torus. This is the nature of the universe.

When we gather or connect in groups of two or more, we create a group torus. Energy circulates through and around our planet, our solar system, our galaxy, and the universe in the same way.

These energy fields are the building blocks of a universal energy field – abundant, complete, and whole. The following YouTube video explains the toroidal flow within a galaxy.  
"Double Torus Dynamic - Nassim Haramein" by the THRIVE movement (1:50)  
https://www.youtube.com/watch?v=JyqBnd3Xwck

The following video from Spirit Science is longer and presents the torus within a broader context, citing several references and additional resources.  
"Spirit Science 21 ~ Toroidal Flow” (11:22)  
https://www.youtube.com/watch?v=1-4zdmd0TNU
**Human Energy Field**

The human energy field forms a torus around the central energy channel. The central channel runs from the perineum to the inner most top crown of the head, just in front of the spine. The circumference of the central channel matches the circumference of the circle that is created when the tip of the thumb touches the tip of the index finger on the same hand.

Within the human being, each chakra, each acupuncture point, every energy center, is, in itself, a toroidal flow. It flows within itself, in both directions. Each atom, each cell, each organ, each organ system has its own toroidal field and energy flow, and each nests within the other, to create a larger, human torus.

The human torus connects to larger tori in the same way that the torus of a human cell or molecule connects to the larger human torus. It is part of the torus of the individual's soul, and of the Earth, and these tori connect to the universal torus. All tori are connected to Source, which is all inclusive and all encompassing.

The **shoulder** is the outer waterfall, below Source and above the equator.

The **outer aspect** is the outer most part of the field, just above and below the equator.

The **bowl** is the lower outer aspect, between the equator and Source below.

The **intramatrix** consists of all the layers and 'filling' between the central channel and the outer most aspect of the torus. The inside part of the torus.

The term **intermatrix** applies to group fields or nested fields. It refers to the space between the individual tori of a larger toroidal system.

**Connection to Source**

The human energy field, or torus, connects to Source from the central current and channel.

There is **no directionality** within Source, as Source is really all things, yet it is helpful to think of accessing Source from "above," "within," and "below." Use this guided meditation to practice.

Toroidal Flow Meditation


For each individual person, there is a point within our human torus that is most resourced. Sometimes there is one point, sometimes there are multiple, depending on how much we have cultivated different aspects of ourselves. From these points of strength and resource, a current can be generated, bringing resource, life force and regeneration to areas that are distorted or depleted.

The central channel current goes both up and down through the torus, in a spiraling motion.
The Upward current makes contact with Source above, creating an alchemical reaction that sends a flow of perfectly calibrated and appropriate energy for the person down and around the sides of the individual's torus, to Source below. It flows like a waterfall of energy moving from Source above, around and down to Source below. Another alchemical response occurs when the current reaches Source below and this newfound energy begins to well up through the central channel, spiraling upward through the Earth, through the individual, up to Soul, and back to Source above, then down and around. This kind of up-flowing continues on and on, up the center channel, down and around the sides of the toroidal field to Source below.

Simultaneously, there is a downward current, flowing down through the central channel, through the core of the Earth, to Source below. An alchemical response sends a flow of energy up the sides of the torus to Source above, then down through Soul and the central channel.

The two currents flow at the same time. The flow is not linear; it moves in a spiraling motion along both the inner, central channel aspect and the outer field aspect of the torus. Be sure to watch the linked videos to get a sense of this flow.

The Zero point of the human torus exists along the central channel at the point of the navel.

In this model, the individual's central channel is extended to connect to Source below through the center of the Earth. This creates a huge different energetic matrix and pattern from most other healing systems. Connecting to Earth helps us to ground into our human selves, our tissues, body and bones and is essential for integrated healing. Going through the Earth to Source below, allows us to include all of its experience and resource, while seeding and inspiring the Earth and ourselves with new potentials and possibilities of experience.

Source-Healing

The concept of the torus, as a model for the flow of energy (in both directions, through all fields), is central to the Source-Healing model. Source healing works on the concepts of building resource, while always taking into account the whole, and on congruence, always harmonizing the multiple toroidal fields and layers within the system to one another. If these principles of resource and congruence are manifest in every breath and in every moment, full realization is achieved.

Source Healing stabilizes areas of depletion and symptoms by linking them to areas of strength and resilience. In this way, it works to heal splits in the field. This system builds awareness in areas of unconscious patterns in a slow, stable and balanced way that is easily integrated, creating lifelong changes that are sustainable, innovative and in alignment with the values and authenticity of the individual, beyond the constructs or limitations of the practitioner.

Everyone has areas of depletion and weakness. Everyone has areas of resource and strength. Wherever those places are, connecting to the place of most resource and strength, while simultaneously holding an awareness of the place of depletion, opens a flow of energy between the two. The energies begin to engage with each other, creating a dynamic, new expression.

As that expression unfolds through the point of most resource, with the effortless ebb and flow of a limitless Source supply, an alchemical reaction begins to happen. The entire field begins to shift and change. It becomes generative, and heals the places that are depleted. Everything comes into a new balance, with more intelligence and intricacy than the field had ever known.

Connecting areas of distortion and depletion to endless Source supply creates a sustainable, evolutionary, reorganizational shift. Everything we teach in Source-Healing is just a tool or technique for helping to facilitate that process.