

## Your 15 energy centers

**Level 1** is the **Universal energy center** that connects you with the universal soul. This level starts **5 yards from you and goes on to eternity.**

**Level 2** is known as your **Aura** that is located **0 to 5 yards from you.**

**Level 3** is **2 inches under your atlas vertebrae.** Named **Bagin.**

**Level 4** is placed **2 inches under your left shoulder blade attachment** towards the elbow. Named **Tari.**

**Level 5** is placed **2 inches under your right shoulder blade attachment** towards the elbow. Named **Taru.**

**Level 6 left wrist.** Named **Proto.**

**Level 7 right wrist.** Named **Tamin.**

**Level 8** is located in your **thyroid gland.**

**Level 9** is located **just under your chest.** Named **Doni.**

**Level 10** is located **1/2 an inch below the navel.** Named **Tapi.**

**Level 11** is located where **the spine and hips meet.** Named **Fana.**

**Level 12** is **2 inches above the right knee.** Named **Kato.**

**Level 13** is **2 inches above the left knee.** Named **Kata.**

**Level 14. Right ankle.** Named **Atonda.**

**Level 15. Left ankle.** Named **Amonda.**

