A subtle body (Sanskrit: सूक्ष्म शरीर, IAST:sūkṣma śarīra) is one of a series of psycho-spiritual constituents of living beings, according to various esoteric, occult, and mystical teachings originating with the Upanishadic teachings c.700 BC, which describe koshas, a series of inter-penetrating sheaths of the body. The subtle body is important in Indian religions such as Hinduism, Buddhism and Jainism, mainly in the forms which focus on tantra and yoga. Other spiritual traditions teach about a subtle body, how emotional trauma, long-term stress, and environmental influences cause energy blockages in the subtle body that affect the physical body. It explores more than 30 specific physical ailments, detailing the energetic origins of each condition and which meridians, chakras, and points are affected. It explains how to interpret and work with energies released in massage and during yoga practice. In this comprehensive guide to subtle energy and its associated physical manifestations, Robert Henderson reveals how the discomfort and pain you carry in your physical body is related to the energies of the life you have experienced. His books It's All My Parents' Fault and Emotion and Healing in the Energy Body are powerful descriptions of healing, self-discovery and self-empowerment. The definitive guide to energy-bodies (aka. subtle bodies), introduction and index: All the data on this website comes from direct empirical observations by Chris (empirical-spirituality.com) and Max Sandor (maxsandor.com), and will be continually updated as our ongoing research progresses. This website is not about the beliefs of various esoteric, occult, and mystical teachings on these matters, but rather it is about empirical observations of the reality in relevant areas. These are what western medicine is somewhat familiar with and is in the Physical-universe Playing-field, unlike all the other body-systems below (all of which are in the Magick-universe planes of the Physical-universe unless otherwise specified).