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Well-Organized anatomy of a human body is the crucial source of the power of human energy that consists of some significant components besides Aura i.e., Chakras, Meridians and Nadis, Subtle Bodies and Physical Bodies. These are all also known as the five layers of human energy. Here, the physical body is considered as the first layer of the human energy field that composes weight, shape and volume and this layer can be touched and seen. However, the other four layers are found in the surroundings of the human body that cannot be easily seen and collectively known as Aura. Therefore, it would be right to say that these five energy bodies comprise human power ("The Human Energy Field").

Moreover, these energy bodies are also responsible for storing humans’ mental, physical, spiritual and emotional aspects that can be balanced in or out. Owing to this, it is said by some of the medical practitioners that the treatment of the physical body of a human is not enough; other four characteristics must also be appropriately assessed and treated to sustain the power of human energy. So, to understand the power of human energy thoroughly, the detailed study of these discussed energy bodies is very much significant because this would help to understand the fundamentals of the human energy fields. The power of human energy is something very important, which does not take enough focus on it. It is an obvious thing that not everyone knows what it is about. Everyone has power, a great one, in himself. Nothing is impossible. Humans can do everything to make their dreams become true.

**Works cited**

"The Human Energy Field." *The Energy Healing Site*, 2020, <https://www.the-energy-healing-site.com/human-energy-field.html>.

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