

Energy R Us...and Everything Else!

Quantum Physics is validating age-old wisdom that teaches that everything in our world from dense material objects to light airy ideas and dreams to intense emotions such as despair and love is *energy*. Indeed, our very consciousness is energy!

May the force be with you!

As it turns out, the reality of a “force” that you would be fortunate to have “with you” may be more literal than most thought when those words were first uttered on the big screen. It is interesting how often science subsequently confirms what has been described by poets, mystics and science fiction authors!

The New Science

Revolutionary discoveries in quantum physics, chaos theory, and biology are overturning centuries-old models –providing startling evidence to support the existence of the universe as a vast network of “subtle energy” of which we are a part. Subtle energy has been traced with instrumentation, measured and correlated with varying levels of physical and psychological health and well being. In addition to flowing through us, there is also evidence that subtle energy is the means through which we are all ‘connected’ to each other. **And** it appears to be the stuff that consciousness is made of!

Our bodies, thoughts, feelings, beliefs, dreams, hopes and goals all are varying frequencies of energy. To understand energy – the “force” – and how it operates is to understand ourselves and our world in the most profound way. Not only that, this perspective may also hold answers for how we can proceed in a more positive and effective way on our journey through evolution.

Not only do Physicists report that all life is composed of energy, a pulsating field of waves and particles that coalesce into form but they also state that this fluctuating energy has intelligence, seems to register our life experience, **and** is very responsive to our *attention* and *intention*.

Of course all this challenges everything we have believed about the world and how it works. But it also has enormous ramifications for how we see ourselves and our capabilities. It has the possibility of impacting every area of our lives. Take healthcare, for example. At least two forms of hands-on energy work, Reiki and Therapeutic Touch, have become welcomed into hospitals as an adjunctive treatment with excellent results. There is also a move within mainstream Psychology to integrate techniques from Energy Psychology into traditional practice. The results so far have been astonishingly successful.

Perhaps the most exciting prospect of all, however, is that we now have a way to tap into the vastness of our human potential. Eastern medicine and spiritual disciplines have taught the principles and practices of energy management for centuries. A great deal of this information was kept secret and only made available to those in certain positions. Now we all have the opportunity to learn and benefit from what was once the province of the elite, mystics and initiates.

We literally have far more power than we realized. We have a powerful ability to heal and improve ourselves and our lives. It follows that, if we do innately possess this capacity, then it is important that we learn to use it responsibly for our benefit, and for the world at large.

Such a shift in awareness may be awesome to consider, but it is not really a difficult transition. In fact, we are already managing our energy. However, because we have not had adequate information or understanding of the process, we may not be getting maximum benefit or deriving

the results we desire. We can learn the methods, tools and techniques needed quite easily AND it is FUN! A first step is to see how you have already been experiencing energy in your life.

Without special instrumentation it is fairly unusual for a person to see energy. Clairvoyants can and have the ability to provide information regarding a person's health, state of mind or emotional makeup. All of us have this innate ability, but more often we *sense* or feel energy. The following questions will help you to know how you are already experiencing energy.

1. Do you ever get exhausted after spending time with certain people?

People who lack energy look outside themselves to “recharge their batteries.” When you are with them, they can **take** your energy to replenish theirs.

2. Have you ever felt someone staring at you?

We emit large amounts of energy from our eyes. When someone is staring at you, you are literally feeling their energy.

3. Have you ever felt an instant dislike for someone?

We are always “reading” other people's energy fields to see how compatible they are with ours. Just as some substances – like oil and water – don't mix well, when you feel an instant dislike for someone, your energy field isn't mixing well with theirs.

4. Do you ever know how someone is feeling before they tell you?

People emit information about themselves through their energy fields. When you can sense how someone feels, you are picking up and decoding this information.

5. Have you ever had an initial impression that you talked yourself out of, only to find later that you were correct?

We pick up on energy and register impressions/information unconsciously. When you don't act on a hunch, it's because your unconscious mind picks up on the energy associated with the hunch, but, because your conscious mind can't see or measure your thoughts, it rationalizes it away.

If you have had any of these experiences, you have experienced subtle energy!

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