



## LEARN ABOUT THE ENERGY OF YOUR CONSCIOUSNESS

The **energetic force of life** all around us, is our essence; the invisible, unconscious space, full of subtle, unperceivable energy. While it seems empty, it actually contains many layers of information, within the stillness and peacefulness of it.

Energy, known as **chi, prana, or light**, is basically information that makes up the basis of everything in the universe. All thoughts, impulses, insights, ideas, and revelations. The energy of our willpower is constantly working through us, creating our perception of our life and this creates our experiences of life.

The quality of our **perception**, or mindset, dictates how we will live and manifest life, by filtering our experiences. Our mindset re-creates how we experience life, so any difficulty in life, is really based on how we are thinking about it. We tend to get stuck here, in the recurrent drama of our current reality.

Our conditioned **thoughts** tend to be fear-based, typically based on feeling separate from others and the world. This deeper perspective of separation tends to keep us feeling small, limited and powerless. We become inherently vulnerable and distrusting of life.

So our resulting, adapting, **ego-defensive self**, will serve to protect us, but limits the potential of our experiences. We automatically block our deeper parts from exposing and expressing any deeper energy, limiting our flow. This keeps those aspects of self, hidden from others and even ourselves.

Our **emotions** are the flow of our energy, or our 'energy-in motion'. Our inner, deeper fears will stop us from feeling anything different or negative, and our mind blocks the processing of it. This will cause our energy to stagnate and get blocked. Therefore, our capacity to access and feel deeper layers, is no longer present, nor the capacity to successfully handle current day upsets.

**The polarity of life.** We live in a world of polarity, or opposites (contrast: yin/yang): *truth or false, light or dark, good or bad, right or wrong*. We are born with a very strong polarity, that is imbalanced to one side. Our polarized, lower frequency nature, attracts our opposite pole, to become one flow. Through our hearts and love connections, we naturally attract our opposite, in attempt to achieve an inner balance between these poles, within ourselves. This ultimately enables us to learn the depth of our true self.

Our **feelings** arise, when we emotionally vibrate or resonate with certain experiences in life. Exciting feelings happens when we feel an attraction to people and situations, creating more of a connection with them. More difficult feelings tend to create a pushing away of people and situations, creating more separation from them.

So we are **co-creating our experiences** based on how we feel about things in life (Law of Attraction). At deeper levels, we are attract the essence of our most painful, underlying, childhood emotional block, where we

disconnected, or separated from ourselves. Consequently, we become unconsciously entangled energetically with it, causing our stress, and our reactivity to it, then limits our flow in life.

**The universe**, including everything in it, is all connected by means of flowing currents and rhythmic patterns of different vibrations. We all live right within this field of vibrating energetic forces that ripple like ocean waves, like pathways, networks of energy flow, full of charges.

This energy flows as electricity, through our **nervous systems**, constantly exchanging information. and keeping life connected and moving. Through our nervous system and spine, we are connected to a source of energy flow that keeps us flowing into the future, or what we will become.

**Fields of energy**, are made up of 3 realms of different, vibrational frequencies:

- \* physical, objective realm (lowest vibration)
- \* emotional realm, mental realm
- \* spiritual, subjective realm (highest vibration).

These more subtle realms are the much larger unseen dimension of our thoughts, emotions, and body sensations most of us are unaware of.

Holds the key to our intelligence and intuition, the ideas needed for evolution.

### **THE LOWER PHYSICAL REALM**

The manifested, material realm of physical matter/form: field of our physical body.

Energy **vibrates slower here**, so has a lower frequency: more resistance and less flow. Fear-based thought frequency, is based in separation and pain. Here, our intelligence is blocked.

Because it has been manifested already, it is **fixed energy**. Therefore, it is more solid and dense: slower and more time-dependent movement. So it takes more energy (increase in vibration) to change.

It is a **consequential reality** (cause and effect: effects of past patterns produce current events/symptoms). It contains the energy of our **past** fear-based patterns of humanity, and this causes us to re-experience life. Thus, few possibilities exist and our potential is limited, because our blocks difficult to change.

### **THE HIGHER VIBRATIONAL REALM**

The unconscious, subtle, **free energy** of our consciousness, not yet manifested in physical realm. Therefore, it's free, so many possibilities exist.

Energy **vibrates faster here**, so has a higher frequency: less resistance and more flow. The energetic essence here, is all about the expression of love, connection, intelligence, and healing. We reside here through meditative states so it is a timeless moment to moment presence.

It is a **creative reality** that holds our creative future potential. Current day research in quantum physics provides evidence that challenges our original beliefs based in linear dynamics of space and time.

Here, we daydream/search for inspiration and create something. It is our **future** (not tomorrow, but something new).