



Energy Work

Energy is simply vibration; the faster something vibrates the more energy it has. Electricity is a vibration so high that it knocks electrons out of orbit. It is the amount and speed of those electrons that cause current and voltage. The energy that is being used in healing is more subtle and directed, like light. According to Einstein all things are made of energy. A simple wave-particle duality experiment with light demonstrates how energy can instantly transform to particles and back again. The experiment suggests that your choice of how to run the experiment changes the wave to a particle or vice versa. This and quantum physics proves that matter is energy in a tangible form. The trick here is learning how to tap into and use that energy.

Energy is always moving and stagnant energy does not exist. It is something that can be consciously or willfully directed. When working with energy always be sure to direct it somewhere or it will do damage by going its own way. Through touch or sympathy you can tap into objects or people and direct the energy they give off. With more skill you can learn to direct the energy within them as well, in turn changing and directing the whole.

The sun and its mirror the moon can be tapped into by standing within the rays or considering its location and directing the energy through meditation. Objects like buildings and the earth can be tapped into by the laying of hands or feet and create empathy with the object's natural rhythm. Absorption of energy, or energy leaching, can be done with trees. A tree connects the sky with the earth, and passes energy between them. The energy it passes comes from the exchange of oxygen, nutrients, temperature, and the signals it sends out naturally; this is the rhythm of the tree. If you hug a tree or lean against it you can tap into the flow of energy easily, without hurting the tree, because it is a living structure similar to ourselves. Another good place is a temple, especially healing temples. People offer their energy to these sacred places in praise and others come to tap in for healing. It is a symbiosis that has worked for centuries.

People give off energy that is easy to tap into, because other people are easy to identify with. In large groups it is sometimes easy to feel the mood of the group; this is tapping into the energy. Some people find this kind of energy addicting and go through withdraw when they are separated from a large group. It is necessary to learn to tap into many

sources so that you can direct energy when you need it. If you stick to a single source of energy you may end up becoming a Psychic Vampire to the source that you constantly drain.

Energy can feel different to each person and each situation. When tapping into energy it can feel like a vibration or a static shock. Sometimes it feels like weightlessness or can make you dizzy. It can feel like a moving flow of liquid or air through your body. Sometimes you can almost see it and other times it gives off a physical glow. An example is when my hands turn bright red when I focus energy into them for healing or when I can almost see the client's body fill with a bright white glow.

Aside from how energy directly feels, it can be used to change how you feel. Energy can be used to change mood, perception or even to direct empathy. Energy can be used for many things; it is the starting point for all tasks and basis for all magic. Energy can be used to heal and influence people as well as fix and move objects. It's a good idea when working with energy to start by flushing out old and residual energy, a good grounding technique should be used for this purpose. Then begin to raise fresh and bright energy/light up into your body either filling it like a vessel or filling each Chakra. Once you are fully charged and tapped into the energy, then you can direct it towards your goal.

Your goal can be to simply move the energy from one source to another, like in healing. Setting up a protective barrier in the shape of a circle is a good idea, because it keeps the energy active while stationary. A circle is the best way to store energy in one place, because energy can move without really going anywhere. Keeping your car running long enough to get you home, or putting people around you in a better mood can be done with energy manipulation as well. Energy can be used as an extension of yourself for clairvoyance, psychometry, gnosis, or a temporary acute empathy. You can also direct your emotional energies by deciding to close a chakra and "stew" or open it and release your negative energies and stress.

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