

The Spirituality Corner

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Working with energy

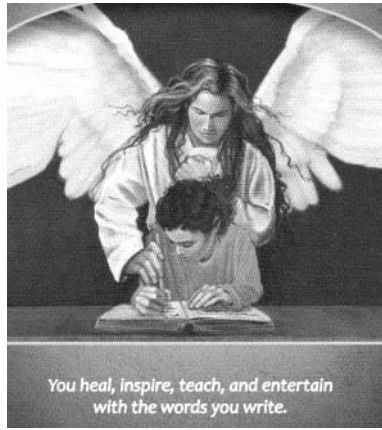
When Albert Einstein wrote the equation, "E = mc²," he threw science into a tailspin. He postulated that there was no difference between matter and energy. Matter, as well as energy, is composed of various particles. If the particles stick together, the result is matter; if they do not, the result is energy. One is always a form of the other.

We are so conditioned to consider only what we can see, touch, or measure that we hardly give any thought to this second universe of energy, and what life energy means within its context. However, today's researchers are spending a great deal of time studying the human energy field and how it affects our physical body.

You can learn to sense, modify and improve the energy around you. The process of visualization is a good start to learn to sense energy. You might think you don't know how to visualize, but it is simple and we all are capable of doing it.

Let's try an exercise: Sit in a comfortable position. Use every sense you have. Feel your breathing in your chest, face, mouth, and throat. You have many faculties for sensing energy; it is only a matter of paying attention to them. For a moment, listen to every sound in the room and outside of it. Become aware of your sense of smell, of touch, of the feeling of the clothing on your body, of what you are sitting on. Pay attention to any taste in your mouth. Now, close your eyes and think of a rose, imagine that you are smelling its delicate fragrance, envisioning the color and the shape of it. You can picture sticking out your tongue and tasting it. All of this happens inside your mind. The ability to sense energy comes from the same place.

To sense energy accurately, learn to quiet your yourself, step outside your thoughts, feelings, and emotions, and become a blank screen so that you can read impressions.



Learn to know who you are. Just as you can pay attention to the sounds in a room and nothing else, so can you pay attention to the telepathic and unseen energy that is also there!

First, you will want to find out how your inner eyes work. When you hold an object do you sense a feeling, color, word, or image? Each of you uses a different method; learn to recognize your own processes. Some of you sense energy by becoming highly emotional, some of you by creating mental images and pictures.

Commit to one week of observation to discover how you sense energy, and learn to create from it. You may be reacting to the energy you sense without conscious awareness of it. Being aware of it will give you control.

Suppose you walk into a room and you are thinking of a person you are angry with, or you are lost in thoughts of something else. You are not in present time, or aware of your surroundings. The emotions that go along with your thoughts will magnetize similar emotions from people around you. If you walk into a restaurant and you are feeling bad about something you did, fairly soon you will feel even worse. For just as if you were a receiving station, you will connect with everyone in the room who is feeling the same emotional energy. You will surely and clearly pull it into yourself. On the other hand, you can, if you want, use group energy on buses, in restaurants, or anywhere, to go to higher levels of thought or emotion.

Try walking in with wonderful thoughts. You will begin to con-

nect with the wonderful feelings of those around you, which will magnify your own ability to feel good. You will also amplify others' good feelings. Consider for a moment how much you can improve your work environment, your family gathering etc., just by paying attention to your thoughts and the way you feel.

Everything you live around is charged with your thoughts and energy. Every time you look at your house and think, "This is too small; I don't like it," you send that energy into your house. It will be there to help bring you down. Every time you say, "What a wonderful place I live in, how fortunate I am to have this place," you make your home your friend and ally. Then, at times when you are not feeling good, you will find solace and comfort in your home. Hating something ties you to it, and if you want to move to a better place, start by loving what you have.

Watch how you respond when you handle those mundane things that come up every day. Every time you tense up when a light bulb goes out, or get upset when your car makes a strange noise, you create a tension that becomes a magnetic force and draws to you the next wrong thing. Tension or upset in your body magnetizes more problems to you. If when you first hear a strange noise in your car, you relax, put a smile in your heart and on your face, you avoid creating more negative energy in the future. I am not saying you won't have to handle the problem that is there, but you will have stopped yourself from creating a new problem. Learn to focus in on present-time and be aware of your environment.

Not only are you surrounded by energy that can affect you negatively or positively, God's energy is always sending you guidance. You can learn to read and interpret the messages to help you make the

decisions you need to make. Part of sensing energy is learning to hear, not only God's messages, but also the messages all around you. There are telepathic messages in your relationships with your loved ones, wives or husbands, with your co-workers, bosses, or employees. There are many ways in which you can be aware of their energy.

Your thoughts are the doorway to sensing energy, and your inner eyes provide the tools for changing and working with it.

All of you have the ability to heal every time you notice negative energy, to help people evolve, to increase the positive energy in your homes and change the nature of your personal relationships. You need not be affected by other people's bad moods, be they mechanics or clerks, co-workers or supervisors, waitresses or advisors. If you are a clerk, waiter, mechanic, or supervisor, you can learn how not to be affected by the moods or behavior of the people you connect with all day. People can bring you down and make your life harder or give you an opportunity to heal them. This week, whenever you go into a place and you notice you do not like the way you feel there, STOP. Become a blank screen, and relax. Think of how you want to feel, and begin to visualize yourself as feeling that way.

Working with energy does not have to be hard. Be light on yourself, have fun with it, while making a better environment for yourself and others.

Being responsible for your own energy will empower you to handle any environment. You will be aware of the influence of other people's energy on you and will remember how to deal with it.

For more information about energy healing, please visit my Website: <https://doctorsofthesoul.net>

Note to my readers

Check out my website

doctorsofthesoul.net