



## LIVING ENERGY!

### New Solutions for change, personal growth & achieving goals

Imagine that deep within you is an unlimited ability to create, an almost magical power to heal, a strong intuitive potential, and an enormous capacity for joy and profound peace. What would it feel like to be in touch with these wonderful internal riches?

The truth is that, deep within each of us, we **are** dynamic, creative and powerful beings. We just need to learn how to tap into our true nature and its gifts. We need a roadmap and a bit of guidance and support. This begins a series of articles where we will systematically provide you with some of the information and methods that can be used for this type of development. Other Living Energy materials offer more in depth information if you are interested in moving beyond what is offered in this series.

Our journey begins with a willingness to consider a shift in how we see ourselves and the world. Quantum Physics informs us that we and everything in our universe are more than just a collection of freestanding, solid objects. This “new physics” validates the age-old wisdom that we and everything in the universe – from dense material objects to light, airy ideas and dreams to intense emotions of despair and love – are made-up of **energy**. Indeed, our very consciousness is energy! This means that we are literally in touch with everything in our world and each other through our “energy fields.”

Everyone’s energy field is unique and constantly changing depending on a variety of factors, including our thoughts, feelings, and beliefs of the moment. The energy patterns we create, moreover, bring about

physiological changes and, in a profound and fascinating way, determine our perceptions, as well as influence what comes into our lives. We can fully engage in this process by becoming conscious of how to work with it in a positive manner.

**Learning how to manage your energy will help you:**

- Align yourself with positive outcomes
- Free yourself from unnecessary conditions that have held you back
- Release “unconscious” negative images, feelings or beliefs that help pattern energy in stressful ways

**As a result, you will start to:**

- ✚ Experience more vitality
- ✚ Enjoy life rather than merely tolerate it, or feel you are struggling through each day
- ✚ Feel more in charge of your life – and **be** more in charge
- ✚ Develop more ease, pleasure, health and peace of mind
- ✚ Increase your creativity
- ✚ Feel more of your natural state of “wholeness”
- ✚ Become more intuitive
- ✚ Interface more effectively with others’ energy
- ✚ Get in touch with – and have the courage to be – who you **really** are
- ✚ Bring JOY to your life

The first step to transforming any part of your life with energy is understanding what it is and how to work with it. Next, it is not necessary

to believe in the process to achieve results, but it is helpful to at least adopt an open, experimental attitude. Finally, it is helpful to actively develop your natural ability to sense energy and acquire skills to manage it so that you can make the changes you desire. With this in mind, we will begin with general theory about what “subtle energy” is and then move to specifics of the human energy system, its structure and its functions. From there, you will be given the information and skills necessary to begin to sense and connect with your energy. Finally, we discuss how to build your vitality and minimize its depletion. If you find that you cannot relate to some of the information right away, do not worry. Practice what you can, what seems to draw you. Everyone grows in their own way. One of the exciting benefits of this type of “work” is that you will actually come to know yourself better through allowing your own natural instincts to guide you. We encourage you to practice what you can on a regular basis, ideally incorporating them into your daily routine. Just like anything else, the more you do the practice, the faster you will progress.

Please keep in mind that, like other self-help techniques, intentional energy management is powerful and needs to be done with care and respect. A well-informed, balanced, respectful approach, combined with a desire to grow in a positive direction, will guide the process quite well. However, there may be circumstances that arise as you work with unblocking and re-channeling your energies that require the assistance of a teacher or mentor to guide you. There are a variety of practitioners who have integrated this type of knowledge into their healing work and are able to provide appropriate assistance. Once again use your feelings about who is appropriate for you at your stage of interest and development.

In closing for now we want to say that learning to use energy does not mean that your life will be perfect. We all face challenges every day. It does mean that you will have more self-mastery, be more “in charge” and have more of what you do want in life. Whatever challenges remain, you will be better able to manage, resolve and move beyond them. So, keep an open mind, relax, and get ready for the adventure of a lifetime!

Copyright 2007 Peg Donahue, Karen Kallie, RN, MACP  
[www.livingenergyworks.com](http://www.livingenergyworks.com)