

ENERGETIC EMPOWERMENT

PREFACE

From the author: Lisa Decker

For a while now, I have felt compelled to write about my self-discovery on personal responsibility and healing. My clients know that I dabble in a large variety of healing modalities, but there is one thing the methods I use have in common and that is SELF-EMPOWERMENT. I believe we all need to be an active participant in our healing process while increasing self-awareness, education and empowerment.

One of the biggest issues in our health care system today is that it's "expert" & "symptom" driven." We go to the foot doctor, knee doctor, back doctor, the cardiologist, endocrinologist, ENT, oncologist, so they can tell us what is "wrong". We are taught to focus on the "symptom" and the "problem" at hand. We must begin to move our focus away from what's wrong and attempt to find what we "can" do and the underlying issues. Our mind and daily decisions have more influence over our physical health than our medical system appears to believe.

By educating ourselves as to "why" these so called problems occur, and by becoming a daily active participant in our health, we can get out of the victim role. We can once more rely on ourselves rather than the experts that we are programmed to believe know more than us.

One could call me an "expert" in my field, but I do not consider myself an "expert". My job is to educate and empower each person with tools to heal, but ultimately it's up to each of us to heal ourselves. When we truly tune in, listen, take action, and

become self-aware, we are able to unlock our true healing potential. Everyone needs help, but there is a difference between receiving assistance and creating dependency. In one the professional and the client are equals, in the other the client believes they cannot heal without the professional.

One thing I've learned is nobody has actually "fixed" me. I've been educated and given tools in this process, but I've had to listen carefully along the way in order to use them wisely. Various professionals have guided me to uncover obstacles that were in my way of healing, but the innate capacity to heal was always mine. It was eventually my increased self-awareness and hard work that got me functional and living a life free of many of the limitations I previously believed were not possible to surpass.

My word of advice: Stay clear of any healing professional that makes a promise that they can "fix" you. I consider it my job and life purpose to relay this information to people searching to truly heal, and then get out of the way so they can access their true power. The ultimate goal of any health-care professional is to allow for self-healing and self-empowerment so you can truly begin to depend on yourself rather than any so called "expert" or "healer".

PART ONE: *ENERGY & OUR REALITY*

What is reality? For most of us our reality is the world in which we live; it's our house, our family, our job, our thoughts, our emotions, basically our daily existence. What we sense and perceive appears to constitute our reality. But what about what we can't sense and perceive? We don't see gravity, but does that mean it doesn't exist?

The reality is, we live in a universe comprised of energy. Therefore, what we see on the outside may not match what we are "really" seeing. With the introduction of quantum physics, it is now believed that all physical matter is actually just particles vibrating at specific frequencies.

NASA estimates that 68% of our universe is made up of dark matter. Within the human body, there are trillions of atoms and if you could expand just one of these to the size of the earth, the location of the next atom would be as far away as the moon. This is the space we have between the tissues of our body alone. Suffice it to say, there is probably much more to our reality than meets the eye!

We only perceive a fraction of what we can measure with science. For example dolphins use sonar to map radar frequencies, whereas we would need technical equipment to tune into these frequencies; but does that make them any less real? Ultraviolet light is another example, our human senses don't perceive it, but does that make it non-existent? We exist in a frequency range where we perceive solid physical matter as our reality, which vibrates at a slow frequency. (1)

Energy can change form but always exists in some form. For instance, ice is a solid substance with a low vibrational

frequency, but if you melt the ice it becomes water. If the water is then heated, it changes to steam. Water can evaporate and become a gas, or condense to form liquid. An example of this is the morning dew you find on leaves, where the gas in the air cools down and changes into tiny drops of water. As you can infer, energy can change forms but always exists in some form. Particles of ice, water, and steam are identical but arranged differently, as their vibrational frequencies become more or less dense.

One of the easiest ways I've found to explain how our physical reality is actually just comprised of energy comes from Dr. Joe Dispenza in his book, "Breaking the Habit of Being Yourself."(2) He asks the following questions:

"Where does the intelligence that keeps our heart beating come from?"

The autonomic nervous system.

"Where is that system located?"

The brain.

"And within the brain there are specific tissues responsible for keeping the heart beating that are made up of cells right?"

Yes.

"What are cells made of?"

Molecules.

"What are molecules made of?"

Atoms.

"What are atoms made of?"

Subatomic particles.

“And what are subatomic particles primarily composed of?”

Energy.

We can then recognize that we are made up of the same thing as the rest of the universe. Energy! And this energy is the same 99.9% “nothing” that constitutes our universe. We may want to question why we often choose to only focus on the .00001% of reality that is physical. (2)

Energy medicine in Western society has gone from being relatively obscure to more mainstream as we see well-respected conventional medicine doctors begin to embrace the energetic model (3). Dr. Mehmet Oz, a surgeon and the director of the Cardiovascular Institute at Columbia University’s College of Physicians and Surgeons, stated while speaking on Oprah,

“The next big frontier in medicine - is energy medicine.”

As mainstream western medicine delves into a world of drugs and surgeries to treat various illnesses and symptoms, energy medicine attempts to get down to the root source and cause of the illness, focusing on prevention and self-empowerment. Of course, Western Medicine has many amazing attributes and saves lives particularly in traumatic situations. If I’m bleeding on the side of the road please send me to a doctor or surgeon, not an acupuncturist!

To comprehend energy medicine, it’s beneficial to have some understanding of the principles of quantum physics. Quantum theory has shattered how we previously thought our world worked. I recognize this next section may be too scientific for some. If you find this to be the case, feel free to skip to part three; but if you are skeptical, please read on to better understand how energy functions.

PART TWO: *Quantum Theory*

Before we delve in to quantum theory it's important for those of us without a science background to get some basic terminology down. Understanding words like vibration, frequency, resonance and entrainment can be helpful when beginning to try to understand the world of quantum mechanics.

Vibrations and Frequencies

If you look up the definition of vibration, you will find it is simply a repetitive movement. For example, if you were to strum a guitar, the string will vibrate. The number of times it does so would be the frequency of that vibration. That frequency will carry a specific sound, and if you change the frequency you will change the sound. Our brains also interpret different frequencies of molecular movement. For example, colors carry different frequencies of light. Physical senses such as heat and cold carry different frequencies as well.

Resonance

Vibration and frequency play a role in another important term: Resonance. According to Gregg Braden, resonance is an exchange of energy between two or more systems of energy. An example of this would be if two stringed instruments are placed on opposite ends of a room, when the lowest string of one instrument is plucked, the same string on the second instrument begins to vibrate. Yet nobody touched the string. It's responding to waves of energy that travelled across the room and found resonance with the second string.

Entrainment

One more important concept to consider is entrainment. Entrainment is an alignment of fields of energy that allow for the maximum transfer of information. For example if two elements are vibrating, one at a faster rate and another at a slower rate, the tendency of the slower vibration to synchronize and match the faster would be considered entrainment.

Quantum physics and the non-locality principle

There are many fascinating discoveries within the world of quantum mechanics, one being the non-locality principle. The non-locality principle demonstrates that one electron can influence another over any distance and that these particles once in contact maintain a connection even when separated, so that the actions of one will always influence the other.

According to Lynne McTaggart, this shatters the foundation of physics, as matter can no longer be considered separate from energy. Information from one particle to another doesn't need to travel a specific distance, because the space between them is illusory, as is the language of calling them separate. (1)

What makes the quantum world unique, is that matter on a subatomic level is so elusive that it is constantly appearing then disappearing into the quantum field. It travels as a wave and then is absorbed by matter as a particle (photon). You can't take the wave apart to find the photon just like you can't take the photon apart to find the wave. It continues to transform from a particle (matter) to a wave (energy). (2)

So where do these particles go? How can an electron exist as a wave of probability, then appear as a solid particle, then disappear and reappear in another location! This amazing

discovery transcends the human concept of space and time.

The uncertainty principle or observer effect

Another fascinating principle of quantum physics is that at the quantum level, the act of observing or measuring something will disturb or affect the path of the electron or quantum particle being measured. Therefore, a human can't actually observe it without interacting with it and disturbing its behavior. This is called the uncertainty principle, or the Heisenberg principle.

What quantum physicists discovered was that when a person was observing and focusing their attention on a location of one electron, that electron would appear. In other words, a particle would not manifest in reality unless we observe it. Some scientists call this "the collapse of the wave function." The moment we look for the electron, there is a point in time and space when all the probabilities of the electron collapse. Again, this could mean that "mind" and "matter" can no longer be considered separate.

String theory

Quantum physics has demonstrated how at the subatomic level, where matter and energy are no longer separate, the universe is chaotic and unpredictable. This creates issues for our current model of physics, as it contradicts Einstein's theory of relativity, which only works in a highly predictable universe.

In order to unify these principles, physicists had to come up with something new and introduced string theory. String theory maintains that protons and electrons are no longer the smallest particles, and the most fundamental particles aren't even particles at all. They are more like strings that vibrate at different frequencies. These vibrational frequencies then

determine the identity of what type of particle the string might become.

If we choose to incorporate string theory into our view of the universe, this would mean the entire universe is determined by vibrational frequencies. It would imply that these frequencies are in the heart of every atom and particle and once again prove that there is no difference between matter and energy.

Experiments with Subtle Energies

Although we cannot fully explain life, we know that electrical activity is essential for life. According to Dr. Valerie Hunt, professor emeritus of physiological science at UCLA, in the physical body there are two primary electrical systems: One is the alternating electric current of the nervous system. The other is a more recently discovered electromagnetic system coming from the atoms and cells. This energy has been called an aura, although Dr. Hunt prefers to describe it as an energy field. (3)

This electromagnetic energy field that is found around an object or a person allows for energy exchange. This human field absorbs and throws off energy and can influence matter. Many cultures and spiritual practices describe this energy field: In China it's called Qi, in the Indian yogic tradition Prana, in Hebrew Ki, and in Christianity The Holy Spirit.

Energy systems may include any combination of these subtle energies. Dr. Hunt found that changes in light emissions measured from the body were found to correspond with energetic shifts following meditation, acupuncture, qigong and other energetic practices. Furthermore, electrodes attached to the hands and feet that assess energy flowing through the meridians and corresponding organs they feed were actually found to predict changes in physical conditions such as disease and emotional pathologies. (3)

Other Studies & Experiments

Dr. William Tiller and his colleagues at Stanford University created a device that demonstrated the existence of an energy field not found within the electromagnetic spectrum. This device was actually proven to respond to human intention, as the field exhibited different qualities whether one was thinking positive or negative thoughts. (4)

Further studies from Princeton University, suggest similarly to Tiller's experiment, that thoughts can affect subtle energies. In field studies using a random event generator they found consistent deviations from the expected random results in data when groups become integrated or unified by something of common interest. For example during a concert, ritual, prayer or group meditation the data exhibited greater order than random data would. (5)

Another fascinating discovery from Rupert Sheldrake, a biochemist at Cambridge University, coined the term, "morphic resonance." Sheldrake claims there are telepathic type interconnections between organisms and collective memories within a species. The theory is that when a critical number of a species achieves an awareness, this may be communicated through some form of an energetic field. (6)

How does the quantum model apply to my reality?

The take away here is that everything in our universe is energy made up of particles vibrating at specific frequencies that exist only as pure potential. If the quantum field holds all possibilities that are shaped by our consciousness, and mind and matter are entangled, one could deduce that our mind might have a strong influence our universe.

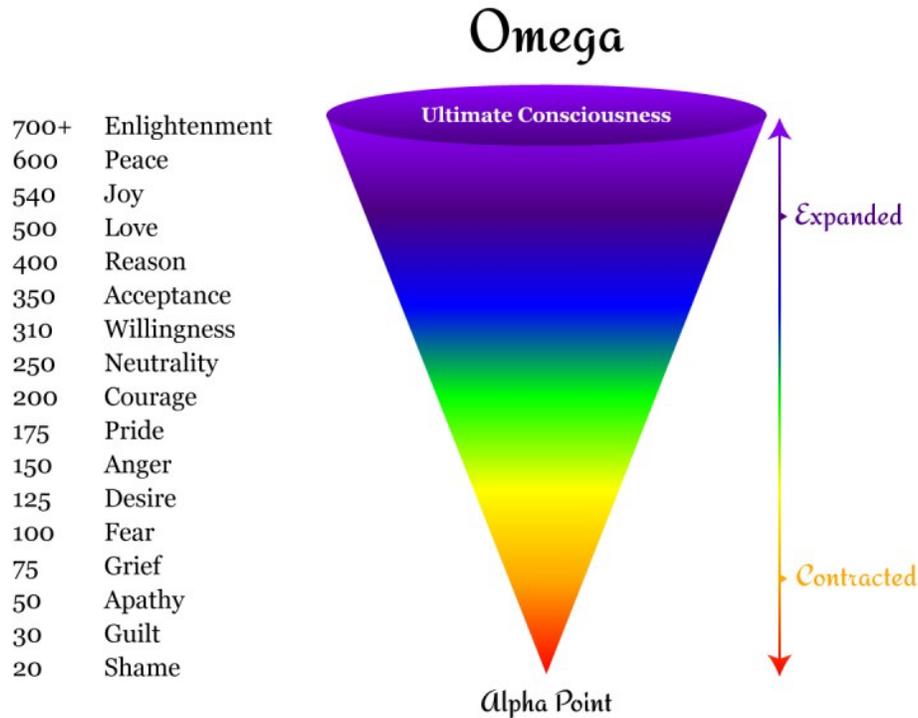
PART THREE:
Thoughts, Emotions, and the Law of Attraction

Emotions and Frequencies

Dr. David Hawkins demonstrated that emotions carry a frequency. He measured the vibrations of human emotions and created a system for identifying their vibrational frequencies. Energy oscillating at a low vibration moves slowly, whereas higher vibration energies oscillate quickly. The chart on the next page illustrates why someone who is depressed may sleep or move slowly, whereas someone in a state of joy may feel energetic and want to dance and sing. (1)

Emotions can also have resonance. Thoughts trigger emotions, and these emotions trigger an energetic frequency, which aligns with other things on the same energetic frequency, producing a similar result or experience. This is called the law of attraction and can be understood by visualizing yourself as a magnet. For example, let's say you think you will feel rejected; this may generate feelings of pain and sadness, which will match you with experiences that bring more pain, sadness, and rejection. Until you alter this frequency, you will tend to get more of what you feel.

“Everything is energy and that’s all there is to it. Match the frequency of the reality you want, and you cannot help to get that reality. This is not philosophy but is based in the principles of physics.” Albert Einstein



The Law of Attraction

The law of attraction implies like attracts like. If we embrace the law of attraction, it becomes very important to take a step back and observe our thoughts. Are you thinking about what you “want” or what you “don’t want”? The law of attraction maintains if you complain, this will bring you more situations to complain about. If you live in gratitude are more likely to encounter situations to be grateful for. The belief is the universe has a tendency to reflect and give back to you whatever you focus on. Don’t forget, we can’t have a universe according to the quantum model without the mind entering into it. The mind is actually shaping the very universe being perceived. (1)

How do Emotions Effect the Law of Attraction?

Emotions simply reflect what we are thinking and vice versa. For instance, when you get bad news, your feelings will change

due to what you are thinking. Become aware of how you are feeling, and it is a fast way to determine what you are thinking. You can't feel good while having negative thoughts just like you can't have negative thoughts while feeling good. If you want to manifest a specific state, notice your emotional state while you are thinking about what you want to manifest. (1)

Our Electromagnetic Signature

We create our current state of mind through our thoughts and emotions, which are at their core just energy. All experiences exist in the quantum field as a possibility, so when we change our electromagnetic signature (i.e. our thoughts and feelings), we should find our reality begins to shift. We must change our internal environment if we are to alter our external environment and we must live within the experience of gratitude, as if this potential reality has already occurred in order to see it to fruition. (1)

How the Past Affects our Energy Patterns

One of the issues that can affect the frequencies we match in this world is we pick up energies and patterns from others who do not share our core energy. We pick up fear, anxiety, belief systems and resentments from family and past experiences, which can bring us out of alignment with our true energetic connection. This imprinting must be cleared to raise one's core vibration.

We should also take into consideration the vibration and force words carry. In the book "The Four Agreements" Don Miguel Ruiz speaks of the importance of words in the Toltec Indian tradition. It's through words that we manifest and create our reality and belief systems. Words can have a powerful effect on our energy patterns, which is why the first agreement in the

Toltec Indian tradition is “Be Impeccable with your Word”(3).

Our thoughts are made up of words, so it’s important to recognize whether the words we use to define ourselves and speak to others are based in a low vibration of fear or a higher vibration of love. An example of the power words carry is if you are raised being told you are ugly you may begin to feel and believe you are ugly. On the other hand, if you are told throughout your life how beautiful you are, you may begin to believe this independent of your physical appearance.

How Mind Intent & Visualization Affect Reality

Joe Dispenza, in his book “Placebo,” asks an important question: Is it possible to heal by thought alone? Without drugs or surgery? According to Dr. Dispenza, this happens more often than you might expect. He shares numerous cases of people who reversed cancer, heart disease and even Parkinson’s by believing in a Placebo. He also shares stories of others who have gotten sick and even died after being misdiagnosed with a fatal illness. Belief can be so strong that pharmaceutical companies have been forced to use double and even triple blind studies to exclude the power of the mind over the body (4).

“What the mind believes the body achieves.”

Our intent and belief systems not only have a strong influence on what we manifest in our lives, but also influence our physical body. There have been multiple studies proving this theory. One study from Ohio University demonstrated that just sitting still and thinking about exercising can make you twice as strong. In this experiment people wore surgical casts on their wrists for a month, but half of them spent 10 minutes a day focusing their intent on flexing their wrist muscles. When

the casts were removed the people who did the mental exercises had wrists muscles 50% stronger than those who did nothing. I'm not implying we should not exercise and only think about it; however, we must begin to recognize and respect the integral connection between the body and mind (5).

Don't look where you don't want to go

There is a saying: "Never look where you don't want to go." However, most of us spend our lives worrying and obsessing about what we "don't" want. We work hard to avoid struggle, but the continued attempts to control our environment actually lead to more struggle. We perpetuate our "problems" by continuing to focus on them. In some cases, we are avoiding the obstacles that may actually help us grow and succeed. They may look scary, but we must truly ask ourselves "Are they?"

We go into everything with a perceptual bias based on our past experiences. If we rigidly define things from this place, we may find we continue to get the same outcomes.

"You can't continue to do the same thing and expect a different outcome."

- Albert Einstein

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To navigate through this life, most of us create a set of rules which allow us to stay safe. This is obviously quite advisable at times. At other times, however, we can instate rules we think will protect us, but are actually detrimental to our self growth. At times it might be beneficial to allow ourselves to head down a road without always knowing the outcome. For most of us this can seem very scary, but if you immediately judge it's scary

and dangerous, you cut yourself off from the possibility it could be life transforming. If you surrender to experience, this is where true change can occur.

If we can stay present without judgment coming from our past experiences and anxiety as to what we might experience in the future, we have already stepped away from the struggle. When we stop blaming ourselves and others for our problems, we already have less of a problem. As Dr. Richard Bartlett, founder of Matrix Energetics states, "If you can step away from the problem and into the solution or acceptance mindset, you have surrendered rather than trying to control. This is where fundamental changes can occur." (6).

We are all co-creators of our reality whether we consciously choose to be or not. Our world is a sea of possibilities and solutions. We are the ones that create the rules. If you look at the theories of physics and believe you are basically light and information, then you may be able to adjust all possible outcomes with your mind and intent alone. If the change you intend is visualized clearly, the belief is strong and the emotional force behind the intention is focused, then the possibilities become limitless. Anxiety becomes non-existent, because your thoughts don't go to the outcomes you've experienced in the past or what you might experience in the future. You stay in the present pool of possibilities that have the potential to occur. If you can shift the way you see and experience your reality you can access all possibilities and not just continue to perpetuate the ones you don't want.

As Dr Richard Bartlett says, "If you look through the eyes of anyone's belief system you only see things those perceptions allow. Ask yourself what am I "NOT" thinking that if I perceived could alter my perspective. If you ask yourself more

empowering questions you will generate more empowering answers. What you are able to think and perceive defines the limitations of what you are able to achieve. If you learn a technique you enter into a set of rules that conform to your expectations.” I love his adaptation of the serenity prayer: “Give me the grace to accept the things I cannot change. Grant me the power to change the things I cannot accept” (6)

Changing your life is not a conscious decision. You must trust and be open to change. You must accept a new outcome. If you are truly wanting to make changes in your life and don't necessarily know what to do, try meditating on it. Ask yourself questions. Ask yourself, if I knew what to do, what would it be? Ask questions such as, “What is it I'm not asking?” For example, if you ask a question in a negative such as “Why do all my relationships suck”, you will probably get answers as to why they suck. Just remember, there is always a choice. The only time we can't choose is when we “think” we don't have a choice.

PART 4:
Energy Medicine as Healthcare

The Physical Body

According to Eastern philosophies energy flows through the body's fascia, which is a connective tissue that binds together muscles, organs and other body tissues. The layer of tissue that lies directly under the skin is known as the superficial fascia and this network of tissue allows for physical movement, flexibility, strength and adaptation.

Tom Myers dissected the fascia of the human body and found that the superficial fascia forms our body, channels the energy, and helps to keep our structure aligned. The acupuncture channels of the east appear to correspond with the fascial systems in the west, as there is overlap between the anatomy trains and the meridians.

Below are pictures of Tom Myers dissections of the fascial systems. They illustrate the connections from the top of the head to the bottoms of the feet. When there is a blockage in one part of the body, you can see how it may have an effect on other parts of the body along the fascial chain. (2)



We now know that connective tissue has piezoelectric capacities, which can act like an electrical system. Movement and massage can enhance this electrical capacity. Through various experiments, it's now been proven that connective tissue can dictate the flow of electromagnetic energy throughout the body. (3)

Fascia also has an affect on our nervous system. By influencing tension held in the body, we not only unravel tension in other parts of the body but also the mind. Yoga, Tai Chi, Qigong, walking, running and other forms of movement are very healthy for the fascia; however, there must be energy flow in the body for the muscles and fascia to function optimally. If for example you have had an injury or surgery, there may be an adhesion within the fascia. As a result, the energy can become blocked in the body. (4)

Pete Egoscue, a highly respected innovator in the field of postural therapy, states in his book Let's Lighten Up, "Chronic pain is a result of a correctable energy deprivation. Your musculoskeletal system is a plug: ie., a connector to the universal energy supply. The strength of that connection – the total volume of the incoming flow of energy – depends on alignment and balance. The more balanced you are both physically and emotionally, the more energy moves with less friction along the conduit and through the plug. Those who are fully balanced receive an unrestricted flow of high wavelength energy (there are fewer obstructions in the body and mind)". (5)

The Energy Body & how it influences our physical health

According to Eastern medicine disease has a hidden history and contains an energetic support system as well as a physical

manifestation. Each cell of the body produces heat, light, sound, electricity and magnetic fields. These cells together form tissues and the tissues form organs. Each of the organs forms an organ system, which is influenced by and produces heat, light, sound, and electromagnetic energy.

In Chinese medicine they believe disease is either caused by internal or external induction. For a disease state to occur the disease has to get into the body. For example, the patient may have been exposed to radiation, pesticides, or chemicals, which are examples of external induction. It's also believed a disease can enter the body when the patient is suppressing emotions or in some form of denial. (1)

“The ultimate approach to healing will be to remove the abnormalities at the subtle-energy level which led to the manifestation of illness in the first place.”

Dr Richard Gerber M.D.

When one of the body's energy systems is out of balance the body will constantly try to restore its self. The energy (Qi) should remain in constant balance and motion throughout the body; however, when the energy is in excess or deficient, or if there is an obstruction or stagnation, this will affect the body's life force energy and can lead to disease states. Our modern lives do not make this easy with pollution, processed foods, excess psychological stressors and artificial electromagnetic energy. These stress our energy systems and disrupt the body's natural homeostasis.

Our body is designed to heal itself. Our medical system has a tendency to interfere with this, as it embraces an expert driven model that maintains doctors and healthcare (*or sick-care*) professionals know more than we do. It's imperative we do

not see our selves as victims. We must have a conscious involvement in our health in order to fully to heal. This self-empowerment is mandatory for true healing to occur.

Meditation

One way to regain some power over your health is to reduce stress and create a more positive energetic state, which can be done quite effectively through meditation. Meditation can take many forms; and you may often find it associated with spiritual practices. If you are not religious, don't let this scare you. Religion and spirituality are not the same.

In meditation and movement practices such as yoga and qigong, you will often hear the phrase "connect into your higher healing power." If one is not religious or spiritual this can sound intimidating. One way to comprehend the reasoning for connecting into a higher healing power is by understanding that your tissues and your ego are a product of nature (DNA), and nurture (how you are raised), but to meditate effectively we must override this. This is achieved by creating a connection to what some call our spirit or a higher energy source. To perform effective meditations, we must first detach from our acquired personality and let go of any imprinted beliefs, hopes, fears, and perceptions. The things we "think we know" are restricted by our sensory perceptions and the reality we want to enter when performing healing meditations needs to reach beyond our acquired mind. This will free you from any imprinting and connect you to a higher source of energy.

Once you detach from your ego, you get out of the loops of your stories and release yourself from inner chatter (also called the

monkey mind). You can then get to a quiet state where you can observe. Becoming the observer removes any imprinting and frees us to heal and enter into a deeper meditative state.

Remember that everything consists of light and sound vibration. Emotions like anger, worry, grief, guilt, and anxiety decrease your spiritual light and burn up and eat your energy. In order to increase your resonant vibration you will want to surrender your “self” and cut through the veils and defense systems you have created that are not serving you. Connecting to your personal higher healing power as a “source” of energy will allow you to access your deepest truth, containing no imprinting from the society in which you were raised. This will enable you to suspend all your beliefs and release you from the looping of all the stories you have used to define you. (2)

In Summary

As you may have inferred, my interest in the science of quantum physics and energetic principles relates to how we can incorporate these principles into our daily existence through our thoughts, feelings and actions. Although quantum mechanics can be difficult to comprehend, how we apply these theories is not. We can begin to see quite clearly how these scientific theories and the practice of meditation and energetics can have a powerful effect on our health and quality of life.

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