

ENERGETIC EMPOWERMENT

PREFACE

From the author: Lisa Decker

For a while now, I have felt compelled to write about my self-discovery on personal healing. My clients know that I dabble in a large variety of healing modalities, but there is one thing all 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.

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, cardiologist, endocrinologist, oncologist, or psychologist so they can tell us what is "wrong". We are taught to focus on the "symptom" and the "problem." We must move our focus away from what's wrong and attempt to find what we "can" do and "are" capable of doing. Our mind, emotions, 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 release ourselves from 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 us to heal ourselves. When we truly tune in, educate ourselves, 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 freed me from 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 underlying goal of a health-care professional should be 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 surgery to treat various illnesses and symptoms, energy medicine attempts to get down to the root source and cause of 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 have words to 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 meridians were found to correspond with energetic shifts following meditation, acupuncture, qigong, and other energetic practices. Furthermore, electrodes attached to the hands and feet to assess energy flowing through the meridians and corresponding organs they feed were 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 comes from Rupert Sheldrake, a biochemist at Cambridge University. 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. He calls this "morphic resonance" or the "100th monkey effect." (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. Therefore, if our reality exists as pure potential, the big question to ask is, "Are we capable of collapsing into existence any potential reality we choose?" If the quantum field holds all possibilities shaped by our

consciousness, and mind and matter are entangled, one could deduce that our mind might have a strong influence over our reality.

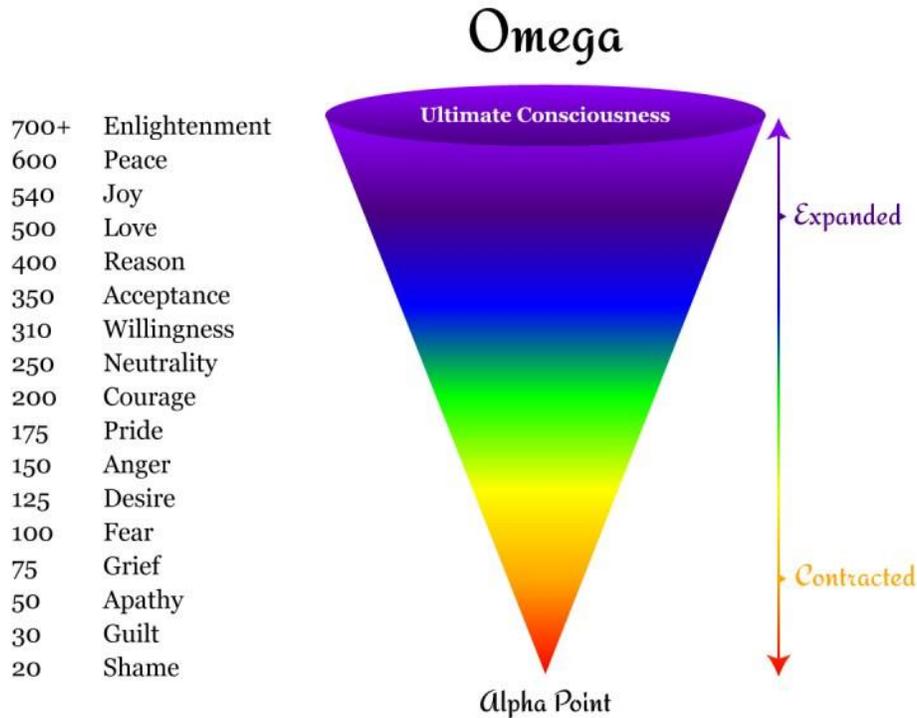
PART THREE:
Thoughts, Emotions, and the Law of Attraction

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 you will receive more 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. When your thoughts and emotions are aligned, you are emitting a frequency that has the potential to attract back to you more of what you hope to accomplish. (1)

Our Electromagnetic Signature

In summary, we create our current state of mind and communicate with the universal energy field 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 in gratitude, as if this potential reality has already occurred 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 may pick up fear, anxiety, belief systems and resentments from family and past experiences, which can bring us out of alignment with our true energetic core. This imprinting and conditioning must be cleared in order to raise our core energetic vibration.

We should also take into consideration the vibration and force words and language 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. The following is an example of the power words can carry: 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 worry and obsess about what we “don't” want in our lives. 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. 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

To navigate through life, we create a set of rules which allow us to stay safe. This is obviously advisable at times; however, often we set rules we think will protect us, but are actually detrimental to our growth. At times it might be beneficial to allow ourselves to head down a road without having to know the outcome. For most of us this can seem very scary, but if we

immediately judge it's scary and dangerous, we cut ourselves off from the possibility it could be life transforming.

For example, if you have had a negative relationship in the past, the mind may develop a defense mechanism designed to protect you from getting close to people because you might get hurt. Is this rule helpful or harmful? Only when you surrender to a new experience, can real change occur.

Continuing to focus on what's wrong and then look at how wrong it could go leads to obsessing about our problems. The issue lies in that we can't stop thinking about our problems, because the nature of our problems is our thinking mind! If we can stay present without excessive fear and judgment 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 mindset and into the solution or acceptance mindset, you have surrendered rather than trying to control. This is where fundamental changes can occur." (6).

So much of our environment is based in fear. In the medical and therapeutic professions, we treat symptoms and diseases. We focus on sickness not health. We treat conditions and problems. We give names to these problems, which further limits our possibilities, and often leads us to feel disempowered. We must shift our perspective from the problem set to the solution set. Anything you do when reacting to an illness, problem, or condition will add energy to that unwanted state.

“Where your mind goes, your energy flows”

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 quantum physics and believe you are basically light and information, then you may actually 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, you stay in the present pool of possibilities that have the potential to occur. If you can shift the way you perceive and experience your reality, you can access all possibilities rather than continuing to perpetuate the one's 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 could alter my perspective? If you ask yourself more empowering questions you will generate more empowering answers. What you think and perceive defines the limitations of what you achieve. If you learn a technique you enter into a set of rules that conform to your expectations.” (6)

Changing your life is not just a conscious decision. You must trust, have faith, and be open to change. You must be willing to surrender and 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, if I knew what to do, what would it be? Ask questions such as, “What is it I'm not asking?” 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.

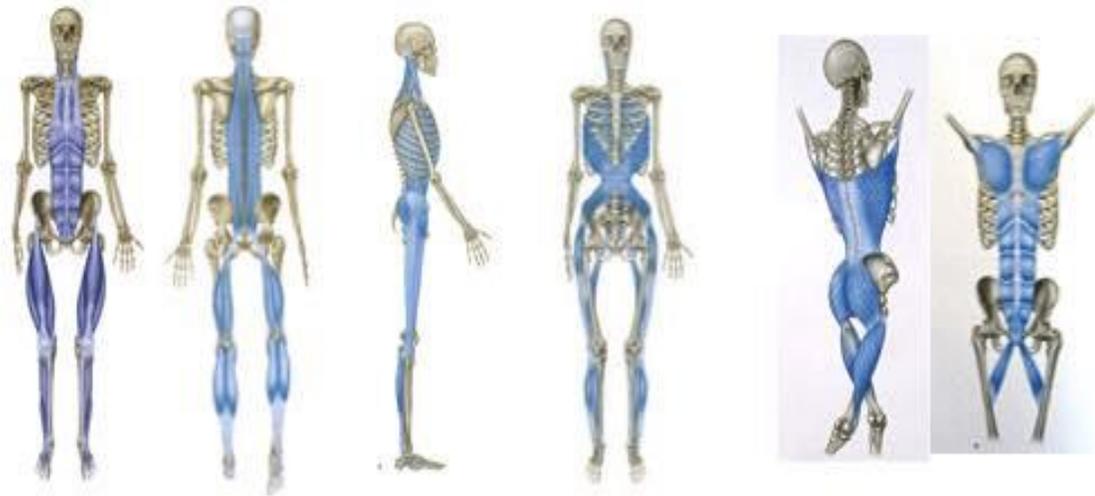
PART 4:
Energy Medicine as Healthcare

The Physical Body

Just like we have a mental and emotional body, we also live in a physical body, which needs to be appropriately cared for to achieve optimal health. 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 our energy, and helps to keep our structure aligned. The acupuncture channels of the east appear to correspond with the fascial systems of the west.

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 will effect 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 actually dictate the flow of electromagnetic energy throughout the body. (3)

Yoga, Tai Chi, Qigong, walking, running, and other forms of movement are very healthy for the fascia; however, there must be alignment and balance between the joints of 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 muscle tissue and fascia. As a result, the energy can become blocked in the body. In these cases, massage, acupuncture, or other corrective forms of exercise can be of help to regain optimal energy flow. (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: i.e., a connector to the universal energy supply. The strength of that connection – the total volume of the incoming flow of energy – depends on postural alignment and balance. In other words, energy flow is

determined by the way mass is arranged by structure. The more balanced you are, 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 and there are fewer obstructions in the body and mind". (5)

Our “cells” and our physical health

The best healers cannot cure illness and disease unless the patient lives in accordance with the principles of the natural world. There cannot be health without proper nutrition, assimilation, elimination, hydration, oxygenation, movement, social connection, and rest.

The physical body is made up of billions of cells and each of these cells has a purpose or an action it's designed to perform. Each cell in the body come together in communities to form organs, which are made up of groups of cells that have a similar purpose. These cells not only have an independent action, but also a community action. For example the liver is composed of millions of cells, which have a community-mind, which is subject to the control of the organic mind, and higher yet, the instinctive mind. In healing it is important to remember the organs are amenable to changes in sleep, nutrition, exercise, stress etc., but are also influenced by our mental focus and intention.

If someone is not living in accordance with their natural world, cells are forced to revolt and work overtime. Some of the smaller groups may begin to rebel against work being forced upon them and these rebellions can spread if optimal conditions are not restored. A restoration of normal conditions resulting from proper sleep, nutrition, hydration,

movement, connection, and stress reduction, can gradually bring about a return to normal functioning preventing dis-ease from spreading. Science has shown that all disease stems from cell disease and if we can get control of the issue at a cellular level (micro), we can handle the larger (macro) problem. (6)

Life seems to work within a macro and micro cosmic system and is connected within an implicate order. Rather than separate everything into parts, it's wise to simultaneously consider the whole. Within the fragmentation of our universe, there's an underlying wholeness. What we do to others, we do to nature, and this ultimately effects each of us. All parts enfold into the whole and the whole becomes explicated in the parts. (7)

The non-locality principle of quantum mechanics, which demonstrates that all particles are intricately connected at a distance, proves the holistic nature of the universe. Just as the eternal flows through us, we influence the eternal as it folds back into itself through our participation in our world. As quantum entanglement illustrates, measurements in one system will instantaneously affect other systems no matter how far they are separated. There is an implicate order in which all things are connected. (7) Each part "micro" makes up a whole "macro" system. This appears to relate to the nature of all aspects of life, including the physical body.

PART 5

The Energy Body & Our Physical Health

According to Eastern medicine each dis-ease state 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.

Chinese medicine believes disease is either caused by internal or external induction. For a disease state to occur, the disease must get into the body. For example, the patient may have been exposed to radiation, pesticides, or chemicals, which is an example 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 itself. The energy (Qi) should remain in constant balance and motion throughout the body; however, when the energy is deficient or in excess, or if there is obstruction or stagnation this can lead to disease states. Our modern lives do not make it easy to stay balanced with pollution, processed foods, a sedentary lifestyle, and excess psychological stressors. These factors have the potential to 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 ourselves as victims of our circumstances. We must have a conscious involvement in our health 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 one and the same.

In meditation practices, 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 to a higher 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 both. 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 perceptions. The reality we want to access in meditation needs to reach beyond our acquired mind, freeing us from any imprinting and connecting us to a higher source of energy.

Once you detach from your acquired personality (ego), you get out of the loops of your stories, releasing yourself from any inner chatter. You enter a quiet state of mindfulness where you can step back and observe your mind. You begin to embrace your true essence beyond your mind. The "I am" prior to "I am this" or "I am that". Thought creates an illusion of separateness. The illusion that there is you, "ego" and "other."
(2).

Ask yourself, "do you use your mind? Or does your mind use you?" Has the mind taken you over? Have you attached to your past, your conditioning, patterns, perceptions, and

beliefs? Unless you can release yourself from the incessant inner chatter, you may be possessed by your mind without knowing it. (2)

“To the mind that is still, the whole universe surrenders”

Freedom comes from this ability to observe the mind. When you watch the thinker, you enter a higher level of consciousness. This is the intelligence beyond thought. This is where beauty, creativity, love, joy, and inner peace come from. Practice being a witnessing presence to your mind. Listen impartially. If you are judging, that’s the mind coming through the backdoor! (2)

Our emotions are a reflection of our mind within our body. For instance, a hostile thought builds up energy in the body in the form of anger. The body heats up getting flushed and ready to fight. The thought you are being threatened physically or psychologically causes the body to contract. This is the physical manifestation of fear. Research shows that strong emotions cause changes in the biochemistry of the body. The more you identify and attach to your likes, dislikes, and judgements, the stronger the emotional energy charge. It’s normal to feel emotions, but when they get held in the body for extended periods of time without being cleared, this can lead to physical symptoms. If you do not allow yourself to feel your emotions, you will eventually experience them on a physical level. The intensity of the pain you experience depends on your level of resistance and need to control (2).

“If you oppose a force, you give it more power”

Remember that everything consists of light and vibration. Emotions like anger, worry, grief, guilt, and anxiety burn up and eat the energy you are working to cultivate. To increase

your resonant vibration, you must surrender the “ego -self,” while cutting through the veils, protective mechanisms, and defense systems you have created that are no longer serving you. Connecting to your personal healing power as a “source” of energy will allow you to access your deepest truth, releasing you from the imprinting of your conditioning. This will enable you to suspend all your beliefs and perceptions and release you from the loops of the stories you have used to define you. (3)

“Pain is inevitable, suffering is optional”

In Summary

As you may have inferred, my interest in the science of quantum physics, energetic principles, and meditation, 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.

We are all parts in this vast universe and influence the whole of our future existence. To have the opportunity to experience this life is a gift that I believe each of us is here to make the best use of. Life’s transitions are not always easy, but within us we all have a healing power we can access. My purpose is to be a guiding light for anyone needing tools, education, connection, and support to embark on a healthy journey through this life. We are all in this life together!

“Embody gratitude – when you realize you are not lacking, the world will begin to look different.”

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