

LIGHTNING:
AN
EXAMINATION
OF
ENERGY FIELDS



BY
Niall Nicholson

This book is dedicated to
The enlightenment
Of all Sentient Beings.

May all suffering be relieved
And
Joy be experienced by all.

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CONTENTS

Introduction

Chapter One

Electricity

Chapter Two

Energy Loss

Chapter Three

Charging the field

Chapter Four

How we are poisoning
ourselves

Chapter Five

Cleansing

Chapter Six

Tapping nature's energy

Chapter Seven

Creating your own
personal energy

Chapter Eight

Shaping Energy

In Conclusion

Introduction

Just like the fields of energy portrayed in the title picture, the body is a container of several arrays of energy. There are seven major points in the energy field that makes up the human body. These are known as chakras. Much has been written over the ages about chakras and the chakra energy system, but one thing is certain, the chakra energy system gets its power from the photovoltaic energy source that is the human central nervous system.

Coincidentally, the chakra energy field actually runs the length of the human central nervous system.



The homes where we live are also examples of areas where fields of energy exist. These energy fields impact us in many ways. Some are very subtle, and others are quite significant.

I'm sure many of you have felt the electrical field from an older

unshielded microwave oven in the past. Many such examples exist of electrical fields that can be felt by even the least sensitive of the homo mechanicus. 1



From the miniscule amount of energy leaking out of the electrical outlets, to the fields of energy created by all of the motors constantly at work in our homes; there are a variety of electrical fields that surround us in our own natural environment.

Just think about it, from the coffeepot that we use to warm up our beverages, to the water heater that warms the water of our baths and the dryers that we use while primping our hair, we are dependant on these tools. Electrical conveniences are so much a part of our daily lives that we take them completely for granted.



Just above your head right now is an electrical device, the first actually, that is illuminating the area that you are reading this book by. And if you are reading the e-book version, the electrical fields generated by the computer screen and the hard drive are also interacting with you at this very moment.

And that is just our homes. As soon as we leave, we get into some form of conveyance, either a car or a bus, to go to our workplace or to travel to market to provide for our families survival.



These conveyances are powered by many electrical devices, not the least of which is the battery that provides start up assistance and runs a lot of the onboard systems, and a generator that is creating the electrical fields for continuous operation.

Then, as we are traveling, there are times when we transit areas of extremely strong areas of electromagnetic energy, the zones around High Tension Overhead Electrical Lines.



These lines typically have 128 Thousand Volts of Electrical Energy running through them. The electromagnetic field set up by this kind of energy is very powerful, and can affect the electrical balance within our bodies in an extremely negative way.

So let's take a look at these various fields and how they affect our bodies, as well as how we can care for ourselves on a regular basis.

CHAPTER ONE

Electricity



How do these electrical fields affect us? And why are electrical fields important at all? Let us take a look.

By using the strongest electron microscopes known to man, scientists have discovered that the smallest thing in existence, the electron, has a positive and a negative charge.

And by the Law of Correspondence, which states, as above so below, and the Law of Polarity, which says that everything has an opposite, we can deduce that we are all operating on the principles of electrics.



As a matter of fact, Benjamin Franklin did not discover

electricity, as it has existed since the beginning of time. He merely figured out how to harness it first. I'm sure the first man to be struck by lightning, would disagree as to who discovered electricity!

Additionally, our bodies use photovoltaic energy to drive the central nervous system, which creates a field of energy or electricity around us as well. Furthermore, scientists have theorized that the Universe at its core, actually exists as an electrical field.

Correspondingly, as the smallest thing in the Universe, the electron, and the largest thing in existence, the Universe, both have an electrical charge, then most likely, everything has an electrical charge. That means on some level, everything must also have an electrical field. That would include inanimate objects, or at least the ones that appear inanimate.



And as our life force is measured in some ways by our electrical current, then all living things must have field of electrical energy surrounding them. Hence the concept of Aura.

Aura is an amazing phenomenon. If you have cleansed your system, both physically and spiritually, and at last your heart chakra is beginning to open, then you will begin to see people's auras. It is an amazing gift, to be able to actually see the life force of the living.



And, based on how they are living, some are clearly living more than others.

It's interesting to note the difference in the fields of energy in people based on changes in their environment and in their food supply.

And electricity is so important to us as human beings. Lord knows I wouldn't be writing this book at night without it, and our modern conveniences literally depend on it; so on some level, our lives depend on it.



So an examination of how the interaction with all of the

electrical fields that exist in our daily lives might be of some value.

Wouldn't you like to know whether certain things were healthy for your energy field?

Or is ignorance bliss?

What about the kind of ignorance that could potentially be fatal?



My experience with electricity has had some drastic consequences personally, and history is resplendent with many a tragic tale of someone who took electricity for granted or didn't respect it.

And I know that the reason that you are reading this book is to get a better understanding of the fields of energy surrounding you so that you can manifest change in your daily lives.

CHAPTER TWO

Energy Loss



Let's make an assumption from the start of this process. That assumption is, that our systems are static and balanced for the average human.

For most of us, this is not the case, but let us start with that assumption, and then I will deal with the individual adjustments later.



As our bodies are electrical systems, by the Law of Polarity, there must exist a balance between the poles, an equal amount of charge.

We rely on this electrical energy to run our entire central

nervous system, everything from conscious acts, like thinking, reading and eating; to the unconscious ones, like breathing and other bodily functions.



And we all know when we feel run down, it's as if we have run out of energy, Right? How many times have you heard someone say just before a nap, "I need to recharge my batteries"? Trust me; they aren't that far from the truth.

And aren't there some days when it seems that you have an endless supply of energy, and other days when you become drained easily? What is it that accounts for the difference? On the surface, the circumstances might appear the same, but underneath is where the similarities end.



Just like an electric current can be disrupted by the flow of another electric current with the wrong polarity, whenever we are around strong energy fields with the wrong polarity, that can also be very draining.

For instance, have you ever felt amazing leaving the house, only to wind up in a situation that really drained your energy. Like bad traffic, or a fight with a loved one or a coworker, that left you feeling empty? Its as if someone had come along and robbed you of the energy that you had in such abundance only hours before!



It's quite simple actually. Its not that those situations were taking your energy from you, what was occurring was that the polarity of the energy wasn't aligned with yours. That's all.

Everything in life is energy, different levels here, different forms there. But energy none-the-less, and we as humans, have only so much energy that we can process, both in and out, before it causes us to shutdown. (Or have an overload, which can also lead to a shutdown.)



So let's get back to that normal balanced human for now, we will call him (her), Pat. Pat gets up and does the normal routine for the day, and during the process of getting ready, Pat spends

time in front of a cathode ray tube (TV/computer). This is a huge energy output device that alters the electric field in our chakra energy system.

This field is known as our Qi and it shows up as our aura, astrally. Qi isn't visible to the naked eye, but can be felt several feet away. This can be described as the comfort zone around normal people, and it is usually is about 2 to 3 feet. With someone who has been doing a lot of Qi work, like Tai Chi or Qi Gong, the field of Qi is quite larger and can stretch out as far as 10 feet.



Aura on the other hand, is the physical emanation of the electrical field, and is visible to the naked eye, especially to individuals who have unlocked their throat chakra. (we will discuss this in more detail later)

Any large energy output device, like a computer or a TV, an old microwave or electric motor, or an electrical transformer too close to your window, will directly affect the field of Qi. And as we are spending the night recharging our batteries, if something

is interrupting the flow of energy to the batteries, then the level of charge will be reduced in the morning. So falling asleep in front of the TV or computer or sleeping too close to a transformer, is not conducive to adequate rest. At least, not in the sense of manifesting all the Qi that is available.



I'm sure that many of you have experienced falling asleep in front of the TV or similar situation, and there is definitely a different level of restedness than when we fall asleep naturally.

So that is one area that can rob us of potential Qi. Another area is the preparations that we make for the day. Almost all humans sleep as late as possible and then rush about getting ready for their hectic day. This is a recipe for disaster, especially if the batteries weren't fully charged the night before.



Because the field of Qi is being immediately depleted even before you leave the home in pursuit of whatever it is you are hunting. The combination of rushing, not having focus and

stressing, completely robs you of any chance of tapping into the Power of the Present (see Time, Space & Now), and sabotages any chance at starting the day off with full power.

So irrespective of the particulars of each individual, the batteries are at less than a full charge and being depleted rapidly before we even leave the house.

Not good.

CHAPTER THREE

Charging The Field



Depending on your level of awareness and dedication, it is advisable to spend at least 30 minutes getting grounded and centered prior to beginning the day. Hindu mystics have been connecting to the akashic realms for millennia in the wee hours of the morning and evening, with the belief that there is where most of the spiritual energy is found.

At the very least, it is the quietest and least distracting time, which will allow the mind to settle and the soul to continue to recharge. Maybe even at a higher level than when you were asleep! This time is critical to creating the *Attitude of Gratitude* that is going to be a bubble of positive energy protecting you from the negative charged fields that will be coming your way soon enough.



The more time that you spend grounding and centering yourself before engaging in the challenges of the world, the better. For example, the Dalai Lama gets up around 4:30 am in order to better prepare himself for the worldly demands of his day. He meditates for around 45 minutes to an hour, and then begins reading his Dharma texts. After breakfast, he meditates for another 45 minutes to an hour on a particular virtue or the concept of emptiness.

All told, he spends around two and a half hours meditating and reading spiritual texts as well as nourishing himself from a grounded and centered space before going out into the world.



Now, The Dalai Lama has been carrying the plight of the Tibetans since 1959, and is over seventy years young. This particular regimen is what keeps him that way.

I am not necessarily recommending that everyone follow this particular routine. However, if you are an exiled world leader

with millions of people depending on your every intention, and a country of over 1.5 billion people actively plotting against you, it might not be such a bad idea.



Some form of physical exercise is an absolute must as well, something that is going to keep the body sharp. Just doing work on the mind is useless if the body is going to rot. For those who are physically challenged, simple calisthenics or yoga will suffice.

All you have to do is ask yourself during the day, what have you done to break into a sweat? And I mean other than the sweat that is produced from wearing too many clothes in a warm climate. I mean the sweat of exercise, of getting the heart rate up above comfort levels. Are you getting out of your comfort zone, and stressing your system so that it can then become a higher functioning energy absorption device?



The type of food that we are putting into our bodies is another

way to recharge the bodies Qi before the day starts. There are certain types of foods that are just naturally designed for high nutritional output and low energy consumption. Those foods should definitely be consumed in the morning when we are charging our batteries for the day ahead.

They consist of natural grains, fruits and vegetables, and simple dairy products, like milk and of course, good water.

But that is not what we consume for the most part is it?

Why is that? Why is it that for hundreds of years we have been deluding ourselves into thinking that we can eat whatever we want?

CHAPTER FOUR

How We are Poisoning Ourselves



Homo Mechanicus has been deluding him and herself for thousands of years into thinking that they are omnivores.

So what is the natural food for mankind?



First, to find out what are natural food would be, we should observe the organs that aid digestion and nutrition, the teeth and the digestive canal. 'If we observe the formation of the teeth in man we find that they do not resemble those of the carnivorous, neither do they resemble the teeth of the herbivorous or the omnivorous. They do resemble, exactly, those of the frugivorous animals.' 2

When measuring the length of the bowels as 3-5 times the length

of man's body, when determining whether we have the digestive tract of omnivores, we make a mistake in measuring the body from the crown to the soles, instead of from the mouth to the anus. 3



Thus we can again draw the inference that man is in all probability, a frugivorous animal. And when he eats foods other than various grains, fruits, roots, and milk, when they enter the stomach they are not properly assimilated. Mixed with the blood, they accumulate in the excretory and other organs not properly adapted to them. Eventually they reside in the crevices by the law of gravitation, and being fermented, produce diseases and ultimately lead to premature death.⁴

There is a line from the bible, in genesis that says, "I give you every seed bearing plant on the face of the whole earth and every tree that has fruit with seed on it. They will be yours for food." Now, I don't see anything about meat in that line. Or fish for that matter, so what is the role of the other animals in our diet?



Could there be something, a secret that we are not getting?
Could this food that we are eating, the flesh of another, actually
be the act of cannibalization? Could we be poisoning ourselves?
I wonder....

It is pretty apparent, through our diet and our reliance on
factory run farms that the food that we are eating is not giving us
the proper nutrition. All you have to do is take a look at society.
Obese, disease ridden, miserable, listless, frustrated and
fighting with each other over every scrap of land left to harvest
our resources.



By the time that we have gotten to age thirty, our colons are so
clogged with the gunk that we have eaten, with the food that we
weren't supposed to be eating in the first place, that what little
nutrition that we are supposed to be getting into our systems is
passing through us unused. What a load of cr&*,literally!

And, because we aren't getting the nutrition that we used to get
from the ground, since the turn of the century, an entire industry

has sprung up around supplementing our diet of non-organic, low nutrient laden garbage that we are eating!! It's called the vitamin industry. We didn't need vitamins in 1776! Why, because the food carried the natural nutrition of a healthy and abundant earth.



We have developed all sorts of ailments due to our clogged pipes and poor diets as well! And the panacea for all of this is being offered to us by the pharmaceutical industry. Every day there is some cure-all drug to repair our systems when they become unbalanced.

I like to call that the 'Elvis Syndrome'



Anyone remember Elvis Presley?

Elvis was so hooked on prescription drugs, that he took a certain regime of drugs to get up in the morning. A certain amount of drugs to get him through the day, and then because

he was so heavily medicated that he couldn't sleep at night, more drugs to knock him out. And then he would get up and start it all over again the next day.

And I don't know if any of you remember what he looked like before he died, but I can tell you, he looked awful. And why, because he was relying on the supplement industry to provide his body with energy!!! That's why!!



And are we any different today ourselves?

No!

We are all turning into the Fat Elvis!!

And do you remember what happened to the Fat Elvis!

He died, on his toilet, trying to empty his bowels, which were so clogged with excrement that his poor overloaded system, which had shut down days before, couldn't release!!



And ladies and gentlemen, all you have to do is look around at your fellow countrymen, to see that this day is not far off for a lot of them, maybe even you!!

All because we are blind to the fact that we have clogged our intestines with garbage and preservatives, and aren't getting the nutrition that we need for survival!



And if we don't do something to bring our systems back into balance soon, we are going to wind up in our own particular version of Elvis. Many of us wake up feeling run down, because of clogged intestines and a poor diet, so we need our drug fix to get going, sugar and caffeine. We need energy to get us going.

All this boils down to energy, we are not getting the energy we need to operate on a daily basis. And because the food that we are eating is actually, robbing us of energy, and potentially poisoning us from the inside out, we take more poison to give us

the energy we need to survive in the race to the finish line in life!!

This finish line by the way, is Death!!



We are killing ourselves in a race to die!!!

Wait, that doesn't make any sense, is that really what we are doing, and is there any alternative?

CHAPTER FIVE

Cleansing



So many of us declare that we want God our lives in some fashion or another. We pray we go to church; we do random acts of kindness and ask God in our prayers, why have you forsaken me?

We are requesting the presence of the divine. And what if that wasn't the way to create divinity in our lives? What if praying for something to enter our lives that we aren't creating the space for, isn't possible?



One of my guru's, Dr. Acharya Yogeesh, gave a teaching at the Ashram in Riverside about becoming divine. That in order for the Divine to entire our lives, instead of requesting it through

our prayers, we should endeavor to become divine, *so that The Divine cannot resist us!!*

Wow, what a concept, and yet, doesn't it ring true? Do any of us want to hang out with others that aren't modeling our behavior of choice?

And further, he remarked that the way to The Divine was to become so divine not only our acts, but in the way that we respect our bodies and space. Is it possible to completely clean yourself during the morning cleansing ritual in a dirty bathroom? No, of course not! So the first thing that gets to be cleaned is the area that we are cleaning ourselves in!



And is it possible to prepare nourishment for consumption in an area that isn't clean? No of course not! So the second thing that gets to be cleaned is the area that we are preparing our meals in!

So it is very simple. If you want to know if you are attracting The Divine into your lives, look at the level of cleanliness of

your bathrooms and kitchens. Then you will know if you are inviting the presence of The Divine.



Well that isn't the only area to be cleansed. Remember that I said that by the time we are thirty, our colons are so clogged that we aren't getting any nutrition from the foods that we are eating, and that is assuming that we have modified our diets to remove all of poison we were consuming before!!

Well, in order to create the healthy systems that we all are yearning for, the first thing we need to do is to clean ourselves from the inside out.



And that is going to require a good cleansing. Now there are a lot of cleanses on the market. And all of them have a moderate level of effectiveness. But the most effective ones are going to remove all of the backed up detritus from your colon, and leave the intestinal wall freshly scoured of any accumulated debris that

might have attached itself to it.

Of all of the cleanses that I have reviewed, The Master Cleanse, and The Arise and Shine cleanses are the best, and information is available about both of them on the Internet. I recommend The Master Cleanse personally, but it is not for the faint of heart.



There is a reason why it is so effective, because it is a lot of work! Remember, you spent thirty years clogging your system; it is not going to be very pleasant cleaning it out. It takes a minimum of 10 solid days on the cleanse, sometimes 15 depending on how out of whack you are personally.

I also recommend for people that are beginning cleanses or fasts, to attempt a water and juice only fast for 48 hours. This is to see if you are mentally capable of getting through the first couple of days before attempting The Master Cleanse.



Also, if your health is in issue, I really recommend that you talk to a doctor before beginning the cleanse, because there is a lot of stress put on your system when all of the toxins that you have stored up in your body come out in days four and five. Believe me, those are the hardest days for everyone who has really been poisoning their system.

The benefits, however, are completely worth it. The feeling I had when I was finally clear of all of the toxins was a sense of complete rebirth!! And once I was clean and pure, I was really strict with my diet, only eating raw fruits, nuts and vegetables for weeks afterwards and it was amazing the results that I created in my life. If you can go completely raw, which is a commitment, it is entirely worth it. I have seen the benefits from it and recommend raw foods and juicing for everyone.



I have become such a big fan of the cleanse, that I do it about every two to three months for 5 days just for the natural high that I get off it. And also, it allows me to not have to be so strict with my diet in between. Which isn't exactly the most effective

way to stay balanced, but I have found that it is working for now.

And now the system is ready to receive the nutrition that you consume and turn it into energy. At this point the supplements that you take aren't as important as the food you consume, with one or two exceptions. Liquid supplements, to create a balance of naturally occurring omega-3 oils for healthy heart functioning, and concentrated juices like Gojii and Acai are of considerable benefit to a healthy system.

But whatever you do, definitely get on a cycle of regular cleanses, once a year at a minimum!

CHAPTER SIX

Tapping Nature's Energy



Tapping into natural energy is also something of very high importance for modern man. We have insulated ourselves from the natural power of the earth, the natural flow of energy. The Native Americans were very powerful and spiritual beings, partly because of their traditions linking them to the earth.

Modern man and woman has lost that connection to Gaia, and has insulated him and herself from it with tons of concrete, blocking the natural flow of energy. Additionally, we have strung thousands of high voltage lines overhead to further rob and disrupt the natural flow of energy through our world.



This is all very detrimental to the system of energy that we all depend on for our very existence, *our bodies!* Communing with

nature is essential in recharging our bodies natural flow of energy.

Communing with nature every day is essential to creating a harmonic reservoir of energy that is constantly filled. Taking your shoes off and walking barefoot on the natural ground beneath our feet is the surest way to be grounded in the power of Gaia, but that isn't always possible. In any event, being in a powerful environment will assure you of getting the flow of energy through you, which will in turn, recharge your energy system.



The bodies posture when recharging or in relation to the environment is critical. Maintaining an open position is important, or the energy field will not be allowed to flow. Both feet should be planted on the ground, or if hiking, a comfortable balanced stride is essential. The arms should hang loosely, and not constrict any of the natural channels in the body, either in the armpits or elbows, and the energy of the earth should be flowing naturally through you.

As the left side of the body is the natural receiver of the earth's energy, any bangles or amulets to protect yourself from non-aligned energy in times of the bodies increased sensitivity, should be worn on the left side of the body. I personally believe that any tattoos or markings on the body have more power on the left side of the body as well. Additionally, that the energy of the markings is critical to the transmutation of the energy by our natural systems.

The right side of the body is how the energy gets back into the energy stream. And it is critical that this energy be allowed to flow unrestricted through the body back into the environment. That completes the natural circuit and therefore allows the batteries to be recharged for the coming days before the connection can be made again. I recommend that a minimum of 30 minutes be spent in this way every day.



For people in an urban setting, that can't commune with nature on such a direct level, creativity is essential. Find a park or if a park is not available, a garden will do. Remain grounded on a

place of natural material, whether it be rock or earth, and allow for the power of the environment to circulate through you.

And for people that are really challenged to do even that, at least visually take in a natural scene. That way the vibration can be held in the body and mind, of the glory and abundance of energy that is available to us on this beautiful planet. We have an abundance of natural energy available to us, and we are squandering it moment by moment, and then question when we are going to run out of our precious natural resources.



Especially during the sunrise or the sunset. Focusing on the natural power of a star is the surest way to power up the energy system within you in order to create the most amazing results possible for yourself. The bottom line, get off the couch, turn off the TV, get out of the house and experience the natural abundance of energy that exists everywhere!

The next best thing is a large visual image of a naturally powerful event. Such as a breaking wave, lenticular clouds over

a mountain range, (know as a mountain wave), Aurora Borealis, a sunset, or an erupting volcano. These events are energetically captured at the moment of occurrence and their image also carries a residual amount of energy. If you can hold that vibrational space for a minimum of 17 seconds, the universe doesn't know the mental image from the real event, and sends a corresponding matching event to you by the *Laws of Attention, Vibration and Attraction*.



Another way of tapping nature's abundance of natural energy, is harnessing the energy of a storm, however small. Obviously the larger the storm, and the greater the danger the storm presents, the wiser choice is to find shelter. But in certain circumstances, the wind and rain of a storm can be an energetically charged experience that the body can actually harness for energy.

Even circumstances as just a low amount of wind for a long period can create the same effect, *if your intention is to gather the energy, rather than resisting it!*



That is the key, for most of us in our everyday lives; the intention is what dictates the results. Because underneath all of the mysterious Laws of the Universe (See *All of the Universal Laws and Principles Governing Life*), lies *The Law of Intention*. That which we intend occurs. We are generating the results of our life, for the most part unconsciously. So take conscious control and declare that you are an energy collecting and harnessing machine, with the intention of putting that energy to use in your everyday life.

(For more information on tapping into the earth's energy, check into a light-body activation course such as 'Awakening Your Light Body Course' by LuminEssence Productions. Available at www.orindaben.com)

CHAPTER SEVEN

Creating Your Own Personal Energy



There are many ways of creating your own personal energy during the day. And I find that each one works differently based on the individual. I will detail some of the ones that I have been exposed to and that have worked effectively for either my clients or myself.

One of the most effective processes I know is the act of being in Gratitude for life. Choosing five things to be grateful for every morning, and reflecting on each of them, holding the visual energy in your mind stream for more at least 60 seconds before moving on, is a powerful way of creating an '*Attitude of Gratitude*'.



(If you want to take it to the next level, you can choose to

meditate on the thing that you are most grateful for every morning, and really get deep into the '*Attitude of Gratitude*'.)

Then at night, before you go to bed, reflect on five accomplishments to acknowledge yourself for, in order to continue the attitude of gratitude into your sleep.



Another way to generate positive energy before you start the day is to have a powerful affirmation to use to ground or center yourself before you go out into the world. Some people create a powerful affirmation with the use of a coach to remind themselves of who they really are, (i.e. Their Higher Selves).

A series of powerful affirmations regarding the results that you are committed to creating during the day is also a valuable tool. Additionally, having an intention scroll or declaration sheet, where you write down the intentions for the day, holds onto the energy of the intention or declaration, thereby harnessing it.



Another tool, which is actually a tool that I use to release negative energy to the Universe, is the physical act of writing down any negative thoughts or feelings that you might have. Whether these are thoughts or feelings that are creating overwhelm, or that you are holding onto regarding another life form, or even yourself.

When you are sure that all of the energy is out, even if it is not pretty looking, or sounding, then taking that piece of paper and ceremoniously, prepare it for burning. If a fireplace is handy, use it, if not; prepare an adequate fire pit, in a non-fire sensitive place and with the ceremony worthy of releasing negative energy, **BURNIT!!**

Dancing around, waving your arms and hooting and hollering is optional, but a great feature in anchoring the release of the energy.



In that moment, the energy is transformed by fire and released back to the Universe for the reformation into positive energy.

This is the perfect opportunity to declare, through a powerful affirmation, a positive intention or way of being to occupy the space vacated by the negative energy. But absolutely fill that space up with positive energy, because the universe will fill the void left by that energy with anything if you let it.



Another method of creating positive energy, is to imagine what event you would like to have unfold, and hold that picture in your mind. Be in gratitude in advance for something that has not yet occurred. Now allow the present moment to match the image that you are already holding in your consciousness.



Still another way of creating positive energy in our daily lives is imagine that our Qi is an energy force field, and that we are inside this 'bubble of energy' that is a positive shield against any of the negative energy that we might encounter in the world.



Yet another method of generating positive energy is to image that any negative energy in the world is passing through us, as if we are translucent, without allowing it to attach itself to us.

And then after the experience is over, checking in with our bodies and seeing whether there is any substantial change in our body's energy, and if so, re-centering our energy.

One of the ways of re-centering our energy is to find a quiet place, like a stairwell, and calm our minds, and then imagine or say out loud our personal power affirmation.



Another way to re-center ourselves is to find a natural setting, and sit comfortably on either a park bench or cross legged on the ground and start breathing naturally. As we inhale, imagine sucking positive energy from the planet earth through our anus, and as we exhale, sending it back to the world through our navels.

About five minutes of this is all that is required to recharge the batteries in times of a severe energy crisis.



If you desire to be rid of an unusual amount of negative energy, I have a procedure I call the *Energy Cleansing Breath*.

Close your eyes and take a deep breath. Imagine that all of the negative energy that you have taken on is filling your lungs with black, sooty smoke. Now blow all of that black smoke out of your lungs. Really push it out, creating physical discomfort while you are exhaling it all! Then inhale the white light of your soul, your higher self, and imagine your vision for the world. Then when you have filled your lungs with that light, hold your breath again. Imagine that white light coursing through your veins, going from your nose to your toes, and reaching from the soles of your feet to the crown of your head, and then exhale normally.



When you can't get centered on a piece of earth, either seated or cross-legged on a bench, imagine that you are conductor as you are standing erect, with your knees slightly bent, and your arms relaxed by your sides. You are connecting heaven and earth, and in that moment, all of the positive charge of the

Universe can flow into you as you are grounded on the earth, no matter where you are.



Another method of doing the same thing when a natural setting cannot be found is to shake off the experience that we just went through by jumping around and shaking the arms and legs and exhaling briskly to expel any remnants of the negative charge that we are carrying from our experience.

CHAPTER EIGHT

Shaping Energy



Once we have done all of this energy work and we are beginning to understand our bodies as conductors of energy of energy, it is important to realize that we are capable of shaping energy with our thoughts, our words and our bodies. So with that in mind, I will give you an oversight of my experiences in that realm, though I would like to acknowledge that I am no master in this arena, and for more detailed instruction, look for a true guru.



Whenever I am truly present, and my Qi is fully charged, if I am going to be either in service to a space or engaged to a space of life forms, it is always best to be seated (or standing) with both feet firmly planted on the floor, legs shoulder width apart and hands palms up on the thighs, (or standing palms turned slightly outward and upward).

This is known as open body. And in this position, I am able to receive and transmit back to the space, my personal energy. Without which, I am not truly present to the room, I am just telling myself that I am, which is an Ego conversation. Being fully present allows me to read the subtle energy shifts through the palms of my hands, and subsequently, impart my energy back into the space without having to verbalize my intentions.



Without speaking, a master is transmitting his energy throughout the space that he or she is present to, without having to physically manipulate the space. For the purposes of this book, however, I will assume that we are all in the process of learning to manipulate the energy of the space.

So seated in the open body position, be aware first of your breathing, and see if it is strained, if so, just begin breathing normally. Then, start noticing the rest of your body, from the feet all the way up to the crown of the skull, slowly. Relaxing any area that might be tense by exhaling the stress away with each breath. Then in that moment, when the body and mind are relaxed and the body is open to receive, the energy of the room

can be felt throughout your receiver, but especially in the palms of the hands.

This is when, if the attention is placed on what I am committed to creating, I can intend a thing to occur. Try it in a group of likewise committed people, and see what kind of results will generate. It has to be fluid, without any control or manipulation, so as an experiment, it would look like a group of people sitting around a circle, comfortably breathing, almost meditating and consciously sending signals to one another.



Initially, you will find that your intentions are manifest indirectly, maybe the person sitting next to the one you were intending to get the communication received it, and the aspect of it was 90 to 100 degrees off target. But the process was working.

Usually, it works better in spaces where the energy flow is high, and no one else in the room is aware that energy manipulation is occurring.



This technique requires that I am absolutely present to the room and everyone in it, and that I am not in my head making up anything at all. There can't be even the hint of my ego involved or it will jeopardize the results. Keep this in mind if things aren't showing up the way you are intending, *because if it isn't happening out there, it's because I am not Having it Happen!*

So don't look for results outside yourself, and have the willingness to be responsible for **EVERYTHING!** And in that space, the possibilities exist for extraordinary results.



So first, be absolutely present to the room, absolutely connected to the experience and the energy.

Begin by feeling the energy flowing through you; a tingling sensation on the palms is usually a sign that is occurring.

Be **WILLING** to be responsible for everything, because shared responsibility is not mastery!

Be in ownership of your results. No sugar coating, no pretending not to know.

Then start over again.



This process requires that all pretexts of your Ego conversations be dropped and that pure spirit be called forth. When in that space, and standing in your Higher Self, the results will be exactly as they should be, perfect exactly the way they are!

Of course, because we live in duality in the physical world, or at least the un-enlightened of us, that presents a challenge. We are constantly walking a tight-rope between our Ego and consciously manifesting pure spirit in the form of our Higher Self. One way of accessing this dimension is through the heart chakra.



Opening the heart chakra is accomplished through mercy.

Mercy on all sentient beings, for we are all connected through the Universal One. Through the Law of Divine Oneness, we are all a part of the whole, the one. So having mercy on another soul is to have mercy on myself.



On the other hand, judgment is the Ego's tool of closing the heart chakra and it will take us out of our Higher Self in a blink of an eye. And judgment shows up in subtle ways and is usually associated with arrogance, but can also show up as jealousy stemming from low self worth. A lack of self esteem also closes the heart chakra as we judge ourselves as not doing it correctly, or effectively, etc.

Practice the Prayer of Non-Judgment.

Today I pray not to judge anything that occurs or anything I encounter.

Only for today, because I know as an Ego-Holic, that it is one day at a time!

IN CONCLUSION



Everything in the Universe is energy either manifested or unmanifested. (From All the Universal Laws and Principles that Govern Life). So, we are either working in concert with the energy that is our physical universe, or we are in reaction to it.



I know that for most of my life until I was made aware of how unconscious I was, I was sleepwalking through my existence. There were times when I felt the manipulation of energy, but I was never able to duplicate it due to the amount of drugs or alcohol that had fueled the experience. And because I wasn't connected to source energy, the use that I made of these experiences were dubious at best.

Once I was awakened, I committed myself to becoming fully conscious for the benefit of all sentient beings, and endeavored to become a master of energy and its application to my life and to the life's of others.



We have touched upon some amazing concepts in this book, and if you are excited about what you have discovered, I encourage you to continue to discover more about yourself and what is possible in the realm of subtle energy work.



In conclusion, working with energy is an incredible challenge, and yet a game worthy of a real master. While on your path, learning discovering and growing, this is a practical tool that will serve you well, and as you grow so will your mastery of subtle energies.

Footnotes

1. Awareness by Osho
2. The Holy Science by Swami Sri Yukestewar
3. Ibid
4. Ibid

Other books by Niall:

All Universal Laws and Principles Governing Life

Electricity and Resistance- A Practical Guide to
Transformation and Understanding Universal Law

Time Space & Now- A Journey Down the Rabbit Hole

Buddhism and God

*Any individual who is interested in contacting Niall about
further Energy work can contact him at www.rlifecoach.com
Or through his myspace page at www.myspace.com/nialln*

