



Balancing Electrical and Magnetic Energy

In our previous newsletter article, *The Anatomy of the Subtle Energy System*, we spoke of Dr. Valerie Hunt's research regarding the electromagnetic energy of the human energy field. What Dr. Hunt and other researchers are finding is that *the state of human energy dynamics precedes both physical and psychological functioning*. The amount of energy, its movement and frequency all affect our physical and psychological health and well-being. Knowledge and understanding regarding this level of *being* means that we have more options available to us to heal, grow and change. It is our opinion that "energy awareness" provides us with a major preventative approach, as well as a means to intervene earlier in downward cycles and prevent more serious disruptions of mind and body from developing. It also gives us an ability to become more responsible, creative and proactive in the whole of our lives.

Electromagnetic Energy

Dr. Hunt's experiments very clearly and dramatically showed that both electrical and magnetic energies are necessary for human beings to have optimal physical and mental health. Without a smooth *upward* flow of magnetic energy, growth and change are difficult. People become locked in routines, live unconsciously and move through life in dull, boring and robotic ways. This may feel safe and even comfortable but it does not enable you to truly experience life ...a lightness of being, real joy, or authentic happiness---life as an adventure!

We all know people who are so concrete and grounded that they have a difficult time getting new ideas or envisioning a concept. These people would benefit from strengthening their spiritual/electrical energies.

On the other hand, a lack of a smooth flow of electrical energy *downward* through the body leads to feelings of aimlessness, emptiness and a sense of overwhelm or

struggle to commit, achieve goals or complete things. Many people have no problem getting ideas or envisioning a new reality, but they have a difficult time grounding their ideas in the real world.

On a physical level a lack of grounding energy can lead to a disrupted connection with bodily experience; on a psychological level the result displays as poorly developed individuality, fragile boundaries and an inadequate sense of self. In the latter case it becomes easy for misinformation, conditioning and indoctrination to invalidate your own thoughts. You may doubt what you see and feel. In essence your instincts and memory become disconnected; it can feel as if a part of you is split off from the whole of you.

In spite of this type of disconnect, your energy field records all of your experience even when you are not fully conscious, present or aware of the entire scope of an event or interchange. This is a protective mechanism that helps you to survive trauma and stress. The problem is that this way of managing stress tends to become automatic and operates out of conscious awareness. This dynamic appears to explain how the body holds memories that the mind has forgotten. Psychologists speak of repression, suppression and dissociation... the energy system may actually be the mechanism through which these mental and emotional processes occur.

Releasing the trapped energy of what can be termed "incomplete" experience within a person *and* integrating new ways of coping help restore the downward energy flow. To accomplish the first task, a process that includes bringing a vague or forgotten memory gently and carefully into awareness is combined with a means for closure *and* an appropriate method for release of the material---- physically, mentally and emotionally.

The second task is a matter of learning and reconditioning mind-body systems. There are many approaches that can be used to uncover or discover problem thoughts, feelings or belief sets that are not fully comprehended, or partially or totally out of awareness. Contrary to popular belief this does not have to be gut wrenchingly painful. That approach is counterproductive. *What is being* suggested here is the notion of becoming more self-aware and knowledgeable about: how your mind and body work; releasing what is not useful; become skilled in how to

integrate more freedom and higher level functioning; learning how to create a life you love.

Balance is Key

In working with the electrical and magnetic energy it would be an error to focus on one type with complete disregard for the other. So, even though for a time you may focus more strongly on strengthening one, you always want to also give some attention to the other. In working with all of your energy, it is always wise to attend to **all** parts of yourself and not overdevelop one aspect to the exclusion of another.

When you are working to bring balance to yourself work to balance the physical environment of your home and your workplace too. The energy in your environment mirrors your inner Self. To help strengthen your spiritual or electrical energies, work with the front left and right corner areas of space. Remove all clutter from these areas and make sure everything is in excellent working order. Place a reminder of your goal here ...something that reminds you of your beliefs or something greater than yourself. This could be an image or sculpture of any deity, spiritual figure or guide, angels, prayers, books, affirmations ... whatever Spirit or spiritual means to you.

To help strengthen your magnetic energies, liven and refresh your overall environment. Open your doors and windows. Let the fresh air flow throughout. Remove all clutter and anything that is accumulating from the floor *up*. Such things might include papers, books, clothes, etc. When you let clutter accumulate all around you, you can easily become sluggish, lethargic and depressed. Remove what you don't use or love and give your space a good cleaning. Play some lively music, bring in fresh plants or flowers, or add some color. Bringing new energy to your space will help re-energize your Self as well.

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