



## **Living Energy: An Electromagnetic Continuum**

*“The energy referred to as consciousness is electromagnetic/information/light that is bound up within some aspect of the magnetic field of our planet.” Greg Braden, Awakening to Zero Point*

Everything in our universe exists on a continuum of the electromagnetic energy spectrum. This includes human beings! We embody both electrical and magnetic energies and these form the foundation for our various abilities, capacities and functions. The electrical portion of our nature is generally associated with our higher level functions such as creativity, intuition and the pure awareness of our spiritual nature. Our spiritual nature is the part that experiences life without analyzing, judging or labeling. It is the aspect that we seek to access and develop through meditative or spiritual disciplines. Magnetic energy is that which resonates at the frequency of the Earth. This aspect is associated with our basic physical vitality, life in the body and orientation to time and space. Generally magnetic energy provides us with abilities that have to do with the physical world.

Each of our cells has an electrical component that is surrounded by a magnetic field. The magnetic field has been described as that which binds our soul to the earthly realms. Hence the expression: “We are *spiritual beings* having a human experience” appears to be true at a cellular level!

### **Sources and Properties of Energy**

We are constantly taking in energy in a variety of ways: through our food, water, air and sunlight. We are also capable of taking in energy from the environment through our energy centers. Our electrical and magnetic energies interweave to form mind, body and spirit, as well as their content and function. The electrical current connects us to the vast, universal network of energy and is the source of our ideas, thoughts, dreams and visions. Magnetic energy anchors us to the reality of the earth. The latter energy is essential for health, focus and concentration and for bringing the content of our minds into material reality. Electrical and magnetic energy move through our body by means of three main channels. One channel carries electrical energy downward from the crown of our head; another moves magnetic energy upward from our feet; and a third transports energy through the center of the body, from the base of the spine to the crown of our head.

Dr. Valerie Hunt, a UCLA neurophysiologist was joined by physicists at UCLA to conduct experiments in a Mu room (a shielded room where the electromagnetic energy of the air can be altered without changing gravity or the oxygen content) that demonstrated the properties of electrical and magnetic energy. Dr. Hunt attached standard EMG electrodes to her volunteer subjects' chakra points, and then connected the electrodes to sophisticated telemetry equipment. As she monitored the data from the equipment, she asked the subjects to give audio accounts of their states, and she asked an aura reader to report her observations.

In her book, *Infinite Mind: Science of Human Vibrations of Consciousness*, Dr. Hunt reported, "The findings were amazing. When the electrical aspect of the atmosphere in the room was withdrawn, leaving less electrical energy, the auric fields became randomly disorganized, scattered and incoherent. Sensory feedback was so impaired that subjects were totally unaware of the location of their bodies in space. The aura reader described the energy as no longer flowing but rather as jumping between people and chakras. Inside the body, she saw energy flowing in an extensive mesh network, described as a fishnet energy flow that did not correspond with meridian pathways. We believed it was flowing through the connective tissue which binds cells together." (Hunt, p.30-31)

Upon further observation, Dr. Hunt noticed that, when the subjects did not have a supply of electromagnetic energy from the air, the interaction between them increased, and they drew on each others' energies, which weakened both of the subjects' auras. Their auras then became disorganized, and they began to sob. Their bodies reacted as though they were in danger; they lost their sense of boundaries, and their sense of body image disappeared. It was as though each person's aura was looking for another electromagnetic field with which to interact. When the electrical field was restored all returned to normal. When the magnetism of the room was decreased, subjects became neurologically impaired. They could not balance or perform simple physical maneuvers. When the magnetic energy was increased, the subjects' physical functions improved: the greater the concentration of magnetism, the greater the improvement in coordination and movement.

Dr. Hunt's experiments demonstrate the profound effect of electrical and magnetic energy on physical and psychological health. We need the presence of both types of energy, as well as a smooth flow up and down through our systems. Without a smooth upward flow, we cannot grow and change. We become locked in routines, live unconsciously and move through life in dull, boring and robotic ways. Without grounding we are aimless, feel empty and unable to materialize, commit or complete things. We also can lose a sense of our bodily experience and individuality. It becomes easy for misinformation, conditioning and indoctrination to invalidate our **own** thoughts. We doubt what we see and feel. Our instincts and memory become disconnected.

Being healthy requires balancing your electrical and magnetic energy fields. As you understand how they work and look within, you are empowered to take personal responsibility and truly manage your vitality and your well-being. Take charge of yourself for better health!

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