



## **Energy Awareness and Mind-Body Health**

### **Personal and Environmental Energies Interact to Influence Health**

*There is a flow of energy or consciousness, a way of BEING that we all have experienced from time to time--- a state where everything flows together and feels in sync. We move easily from one moment to the next with a sense of meaning and purpose. We feel peace, joy, a sense of well being. This state has been called flow, living from center or simply-- BLISS. It feels magical when we find it. Unfortunately this is often a fleeting experience that appears accidental, a moment of grace in the midst of a life filled with stress, conflict, boredom, striving, emptiness and perhaps poor physical or emotional health.*

Our personal energy system holds the keys to enter into this state of flow as well as to access our inner wisdom and truth. Contact with these deeper aspects of ourselves provides inner peace, freedom of expression and facilitates health on all levels.

*We are continually in touch with our world and others through our energy field. We constantly pattern and shape our energy. These patterns are transferred via our thoughts and feelings to biochemistry that creates change in our physical, mental and emotional states.*

*Lack of awareness regarding how we are managing and shaping our energy often means we are not in charge and producing the effects we truly desire. We can learn to manage our energy to generate greater health, peace, joy, meaning and purpose in our lives.*

Developing the ability to consciously manage energy helps eliminate much of the conflict, turmoil, feelings of emptiness and instability that create

unnecessary difficulty on our journey through life. Through this broader consciousness we also develop greater resources of serenity and balance to deal with that which cannot be altered. Knowledge and understanding of our individual energy system allows us to actively participate at the deepest level in our physical, psychological and spiritual health.

As a culture we are moving away from a mechanistic view of the universe toward a broader perspective that incorporates the principles of energy. The new physics has corroborated the mystics' message regarding our essential energetic nature. This is having a profound effect in every area of our lives. Medicine, Psychology and our personal Spiritual Philosophies are experiencing major shifts as the overlap of body, mind and spirit and their intricate relationship to health are better understood.

This deeper understanding has resulted in the integration of energy concepts into the development of new technologies that will greatly enhance health, healing and expansion of our spiritual consciousness. Science and metaphysics are combining to produce approaches that will greatly enhance our ability to live richer, more rewarding lives as we cross into the new Millennium.

An important and exciting result for healthcare is an understanding of how the interface of thought, emotion and belief affect our well being. A lot of the process of how our psychology becomes our physiology has been documented. We as individuals can benefit by using this knowledge to intervene on our own behalf to create health, enhance self esteem, and expand intuition and creativity.

Ancient texts describe humans as being composed of several systems of energy superimposed on one another. It is only recently that our technology has been sufficient to confirm such observations. The result is we now have a model of human function that embraces energetic concepts thus providing a more comprehensive view and expanded awareness from which to understand and impact our lives.

We are used to identifying with our conscious mind, body, and five senses. To truly know ourselves we need to broaden our awareness to include all

aspects of ourselves. Through the ability to differentiate our personality - physical nature from our spiritual-energetic aspects and to care for their varying but interacting needs we embrace the wholeness we yearn for. The ability to connect with and manage our energy empowers us to create positive health and lives.

Most of us find ourselves up one day, down the next, bored, in pain, confused, unfocused without really knowing why or what to do about it. We have some awareness of emotions and the link to our thoughts. We also have some recognition that our beliefs affect our personal reality. In spite of this knowledge we still seem to lack the ability to effectively and consistently work with this information to consciously create well being.

Thoughts, emotions, beliefs and action are all energetic „events“ which have an effect psychologically and physiologically. Ancient texts state that our subtle energy currents, precede the formation of tissue, muscle and organs. Eastern systems of medicine are founded on the understanding of how at a fundamental level energy determines our health, consciousness and relationships.

We have all been exposed to a variety of negative emotional states in our lives. Fear, pain, anger, trauma have visited everyone at one time or another. Often at the time we are experiencing these powerful emotions we are too threatened or overwhelmed to fully process them. This intensity is registered in our system and if it remains unprocessed can result in a “block” to the flow of our energy. What begins as thought and feeling can eventually produce a problem physically. In effect we may carry our past forward in time via energy and biochemistry. We can also dissipate energy and create difficulties by sending our energy into the future through fear and anxiety. By learning about how our personal energy system operates and how to influence it we can learn to literally live in present time with all our energy available to be consciously channeled for our own and thus world’s greatest good.

Just as knowing how our personal energies are patterned, it is also important and helpful to understand how our external environment both influences and reflects our internal state.

What does your house or your office have to do with your health? Quite a bit! According to the principles of feng shui, our environments mirror our inner selves. Our homes and our offices (and all spaces) can support our efforts in life or they can hold us in place and even hold us back.

Feng shui (pronounced “fung shway”) is the Chinese Art of Placement. It is the art of designing living spaces so that the flow of our “chi” (pronounced “chee”) or energy is in harmony with our surroundings. The words translate as “wind” and “water” ... two vital elements of life. The practice dates back over 5,000 years and it has been practiced by many cultures throughout history. A common term for feng shui is “geomancy” or the practice of living in balance with nature.

Chi is a life force that is all around us. Although there is no direct translation from Chinese, we think of it as energy, vapor or a cosmic breath. Different cultures have different terms for it. In Japan, chi is known as “ki.” In India it is referred to as “prana.”

Chi is carried directly by wind (air) and water and flows freely throughout harmonious environments. Chi becomes obstructed or blocked in environments that are disharmonious or where energy is low. Chi flows through pathways or meridians in your body, through your home, through the earth, the atmosphere, the heavens and the cosmos. In feng shui, the energy channels that run inside the earth are known as “dragon veins.” These are similar to the body’s energy meridians.

Chi is influenced by everything in our surroundings and everything in our bodies. Chi is influenced by the tangible as well as the intangible, by seen and unseen forces. Chi is influenced by color, shapes, lighting, position and arrangement of objects, furniture, clutter, cleanliness and more.

Good chi flow is essential to a balanced and harmonious life. Chi flow influences and is influenced by our emotions, feelings and moods; our overall health; our outlook on life; our level of energy; our decisions; our physical environment; our living environment and our work environment; the people around us; the people we spend time with; colors, shapes, plant

and animal life, lighting, space; the shapes of our houses and buildings; the shapes of our lots and land; the shapes of buildings and objects that face us; everything we have in our homes, offices and spaces we occupy; the food we eat, the water we drink, the air we breathe; the sun and the moon. Chi flows through everything ... animate and inanimate.

When we are working to improve our health, our energy levels or our life in any way, making adjustments in our space can make a significant difference. The right adjustments in our space get the chi flowing in ways that support our needs. When you use the principles of feng shui to balance the chi in your living and working environment, you can create spaces that support you in your life endeavors. So, by tuning in and paying attention to the look and feel of our space, we are actually tuning in and paying attention to our own needs.

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