



Living Energy

Sensing Subtle energy

There are people who are especially gifted with the ability to see or sense subtle energy. Some of these people can see and decode subtle energy information that provides information regarding a person's health, state of mind or emotional makeup. Others are finely attuned to the energy of places and yet others who can 'receive' information about one's past history or future. The truth is that all types of energy sensitivity are part of a higher sense function that we all possess. And like any other sense it can be developed by anyone who takes time, learns the necessary skills and has the commitment.

Most of us may not see subtle energy, but we do sense its existence and respond to it on a daily basis. Much of our language even speaks to our unconscious experience of energetic states and events. The following questions will give you some awareness of how you are already experiencing energy.

- 1. Do you ever get exhausted after spending time with certain people?**
- 2. Have you ever felt someone staring at you?**
- 3. Have you ever felt an instant dislike for someone?**
- 4. Do some people excite and energize you more than others?**
- 5. Do you ever know how someone is feeling before they tell you?**
- 6. Do you ever experience different feelings in different rooms in your home, or in other people's homes?**
- 7. Have you ever had an initial impression that you talked yourself out of, only to find later that you were correct?**

If you have had any of the above experiences, you have experienced subtle energy!

Subtle energy also exists in your environment. Just as with people, you sometimes feel more comfortable in one environment vs. another. Some environments are very nurturing and supportive while others may totally deplete or drain you.

Subtle energy is *unseen energy*. It may not be apparent or obvious to you, but you do feel it and you sense it.

You can practice sensing subtle energy all around you. Make it a point to notice the attributes, characteristics and details of areas and environments that make you feel great. Also notice what places deplete you or those where you simply don't feel good. Just doing this simple awareness exercise can help increase your ability to sense subtle energy. It also help you to make better choices and improve your health, relationships and life as you have broader awareness about what feeds you and what detracts from you.

Subtle energy can be easy to experience. It's a matter of tuning in to who and what is around you and paying attention to ALL your senses. Your senses are like antennae, sending you signals and different messages.

As a beginning skill for building your energy reserves and avoiding depletion, make it a habit to spend more time in spaces that nurture you and places that make you feel great. As much as is reasonable and possible avoid places that bring you down, make you uncomfortable or stressed. Building your energy is an unselfish act! When you feel great, you help others feel great!

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