

If there was ever a time for personal growth, that time is now. Despite the chaos and uncertainty in the World, a transformation in human consciousness is taking place; we are realising our power and who we are beyond just the physical. A new human is emerging. This is easier to understand if we consider that everything is energy, (including ourselves), resonating at different frequencies. The physical body alone does not provide the complete picture of who we are or what constitutes our health and well-being.

In addition to a collection of skin, bones, cells and organs, etc, the human physical form is surrounded by an electromagnetic energy field which is composed of a matrix of multi-dimensional Energy Bodies. Together with other elements, such as the chakras, they comprise what is referred to as the 'subtle energy system' or 'subtle anatomy.' The subtle bodies penetrate and encircle the physical body and contribute to its operation and well-being. Their status is reflected in an energy field which emits a frequency; this is our unique signature; it provides a gauge as to how we are operating physically. When measured scientifically, it can indicate the potential for a physical problem long before it manifests.

We cannot see the subtle bodies because they function at frequencies beyond the narrow bandwidth of what we see as our actual reality. This is unlike the physical body, which, because of its dense, slow resonance, presents as physical matter. The subtle bodies are associated with our emotions and thoughts. These are energy too and according to their frequency, have the power to influence our physical reality. If we continually reinforce dysfunctional emotions and/or negative thinking we create an unhealthy situation. If left unresolved, over time, these energies can build up causing dis-harmonious frequencies in the subtle bodies and subsequently the whole subtle anatomy. This can filter to the physical body creating the potential for illness to become established. Imagine a conductor conducting a symphony and making wonderful music, but in this case a conductor of vibrations directing the body to perform optimally. Neither performance can live up to its potential and execute the finest performance if one part is not in alignment and harmony with the entirety. Our consciousness orchestrates what happens to our physical bodies; we are our own conductors¹.

Science can help to consolidate this understanding. Einstein's principle 'energy comprises both a wave and particle form,' suggests the future exists as an infinite array of possibilities and probabilities. The wave is a possibility of what could be, but it is not until we focus our attention on something or translate into a thought, that it becomes manifest. The wave then changes from a state of potential to a state of being. When applied to humans, every given moment contains unlimited promise for our future lives/health. If we use our emotions and thoughts to constructively influence the wave (the energy that has the potential for good or ill health) this can affect whether the body (a collection of particles) is healthy or not. A high energy vibration is required in order to heal a lower energy (physical issue) vibration.

As frequencies orchestrate the workings of the physical body and we are our own conductors, this introduces an element of self-responsibility with regard our well-being. It is up to us to shift the wave accordingly by providing our bodies (particles) with only the best input. It is crucial our thoughts and emotions are positive and harmonious as this favourably supports in a physical sense. The opposite is true. If we hang on

to destructive emotions, or if they are fuelled by helplessness or hate, these strengthen low vibrations. If we choose to support our well-being and/or undertake self-healing it is important to cultivate mastery over our thoughts and feelings, so we can dictate how we wish to feel. The subconscious mind does not know the difference between what we feel about the past or what we feel now. When we have a thought, it creates an 'energetic thoughtform' which vibrates to a certain frequency. An emotion associated with a thought gives it its power; the intention (vibration) is crucial to success, so thoughts should be created wisely. The cells in our bodies are constantly alert, listening to what we are thinking, feeling, and visualising; they live in the present, and their role is to respond to our input by interpreting these energetic messages, and passing them on to other body systems. Therefore, it is in our best interests to make sure what our cells hear is optimistic and not imbued with negative emotions. When components of our subtle energy systems are rebalanced with the correct frequencies, this can transform (or prevent) ill health.

Our multi-dimensional energy self is communicating in the language of frequency, and as we are accountable for producing the healthiest version of ourselves possible, we need to converse with our body in the same language. When we have control over our emotions and thoughts this means we are beneficially managing energy, however, most of us are a 'work in progress' in this area. If we have experienced trauma, or if mood swings and volatility is our norm, we can be driven by unconscious feelings. Or similarly, if we have been exposed to detrimental or damaging conditioning throughout childhood, this stores within us energetic patterns of frustration, anger and sometimes resignation, which if not resolved and released, can be toxic to health. The more aware we become of our emotions and reactions, our responses become more considered and neutral which favourably influences our subtle anatomy and ultimately our physical self. How we perceive an event and not the actual event is key, and this is totally dependent on the level of consciousness at which we are operating. If undesirable emotions and thoughts are deeply entrenched within our psyches, we need to work hard to reframe and re-program them. This could be more easily facilitated than previously thought as science (Dr. Bruce Lipton²) now informs us that the cells in our bodies contain liquid crystalline structures. Also Dr. Gerald Pollack³ writes that the water in our bodies is of a hexagonal crystalline structure between liquid water and crystal. It is already known that water holds a memory, and crystals have the ability to store, amplify, and transmit energy. This suggests our well-being can be influenced by programming these crystalline elements.

We become more empowered when we see ourselves as 'Energetic Beings' and appreciate the importance of keeping our vibration high. It is advisable not to let other peoples' low vibration impact adversely and to leave harmful emotions in the past as best one can; they do not define you. Living in the present and focusing on peace, joy and gratitude means you will be performing a great service towards your well-being. You are your own energy healer. ●

1 - Of course, this does not take into consideration a lifestyle that is destructive, lacking in proper nutrition or exposure to toxins, environmental pollutants, etc.

2 - www.bruce-lipton.com/insight-cellular-consciousness

3 - www.structuredwaterunit.com/articles/structuredwater/dr-gerald-pollack-and-structured-water-science