

# Learning About Your Energy

As in the article, “An Energetic Universe” we discovered that energy is root of existence. We also learned that we are the creators or “molders” of energy. So, now it is time to learn how to mold that energy into a far more pleasurable existence.

First we must become fully aware that EVERYTHING is energy. That leaves nothing out. So, the next step is to find out what we directly influence the most. The top of that list are our thoughts, feelings and emotions. And though it might seem as if those three attributes control you or have their own agenda, I assure you, you can master all three.

You must see that you have been living a virtual illusion for most of your life. Even if you’ve believed that you were a god-like spirit the whole time, the experience of knowing is totally different. I like to look at the mind, which can be likened to the control panel of our thoughts feelings and emotions, as a dog. Dogs are neither good nor bad; they simply have good or bad behavior. Most minds on the planet are like untamed dogs; dogs that pull you around, rip up the things in your life and damn near bark at everything that moves. Our minds are so often nervous, fearful, sad, depressed, angry, anxious, or some combination of the above. The mind is happy when it gets a treat, but, as most can agree, that happiness is often short lived and it is not long before another treat is needed to feel satisfied.

So, what do we do? Do we take the mind to obedience school? Do we take it to therapy? These techniques are often useless unless there is a true inner drive to break free of the plaguing problem. In order to truly be free of our issues we need to realize the way the mind works.

Like a dog, if your mind is let free do what it wants, it will control your life the only way it knows how: **through the eyes of the past**. Most lives are like a revolving door that never stops swinging. People, cultures and nations so often repeat the same behavior and engage in the same scenario over and over. Why, because the root of the issue is never realized. We are trained at a very early age to think that our problems are outside of us. And so, everyone blames the external world for their misery, while never seeming to escape the conditions of their torture, even if they run away from the outer problem.

Second, the mind will not stop on its own. Its very function is to solve, figure out, discover, and so on. Without a conscious being there to lead it (take charge), your mind will think without a break or pause. As most can feel, their mind is out of balance, and balance is the key to healthy, joyful living.

The flow of life has a balance, and that balance must be kept for life to thrive. Take the weather, there are cloudy days and sunny days. All of it has a function. If there were too much sun, the world would dry up. If the sky were always covered, we wouldn’t receive the energy needed to live. So, like the sky, the mind has its place but must be put away when finished.

Returning to the dog analogy, the mind will take a leader position if you don’t. What this means is, if you, the real fully conscious you, does not come to the plate, if you do not take charge in your reality, the mind will. You often see dogs leading their owners on walks or acting out undesirable behavior at home. So often, this is because the dog has taken leadership of the pack (household), even if the dog may be fearful or exhibit apparent, non-controlling neurotic behavior. These are all symptoms that the dog sees you as a subordinate to the “pack”. Most humans do not realize this because they are using the logic of limited understanding.

The natural world works on energy, as energy is its very foundation. So, in a world where most humans

are energetically unstable, mother nature, in which dogs are closely connected) will always try to lead the way. And, as most would agree, no one wants to be led by an ignorant leader. And only until people sanely take charge on this planet, we will always be lost, and nature will always reject our attempts at control.

We must be truthful with ourselves about our energy. Dogs and nature (including the realm of spirit, which is part of nature) will always see the truth. There is no covering it up. We humans conceptualize our world and so lie to ourselves about the truth, whereas it would be so much easier to feel it, be honest with ourselves, and deal with whatever issue is on our plate. We would then create a far richer experience. Instead (currently), we deal with scarcity, as that is our collective mode of living.

There are two basic forms of energy, positive and negative, weak and strong, submissive and assertive. And though we shall all experience the balance of both, humans tend to be saturated by negative energy and rarely seem to acknowledge it. Instead it is covered by ideas of success and if we are “successful” we are “happy” because we’ve attained what we “wanted”. If that were true than the rich and famous would be problem free. And, as most of you can attest to, this is NOT the case. Often what we think we want is not what we feel, and what you feel is far closer to the truth that what you think.

So, here are a few steps to improve your life:

Step 1. Realize you have the power to take charge in your life

Step 2. Realize your mind has been in control

Step 3. Understand the basic mechanics of energy and realize none of it is personal

Step 4. Realize what you are thinking is not real

Step 5. Feel the energy

Step 6. Change your energy