

We live in a world of energy whether you are aware of it or not. Everything you can see, hear, touch and smell has its own energy, its own unique frequency of vibration. This can be hard 'to get your head around' but there are many, much more learned people than me who have worked with this concept right through the ages to the great mystics and wise men of ancient times.

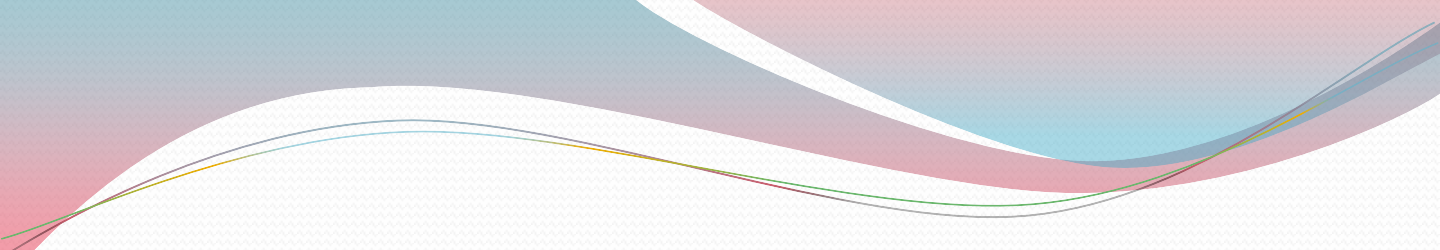
We all know that the world we see is so much more than that, that everything is made of millions of tiny cells, atoms and molecules. None of those are still and stagnant – they are all moving, even if we can't see it with the naked eye – science has proven it is so.

That movement creates vibration, frequencies, every single action, word, thought and illness has its' own vibration and resonance.

Read on to understand more about your energy.

Davina



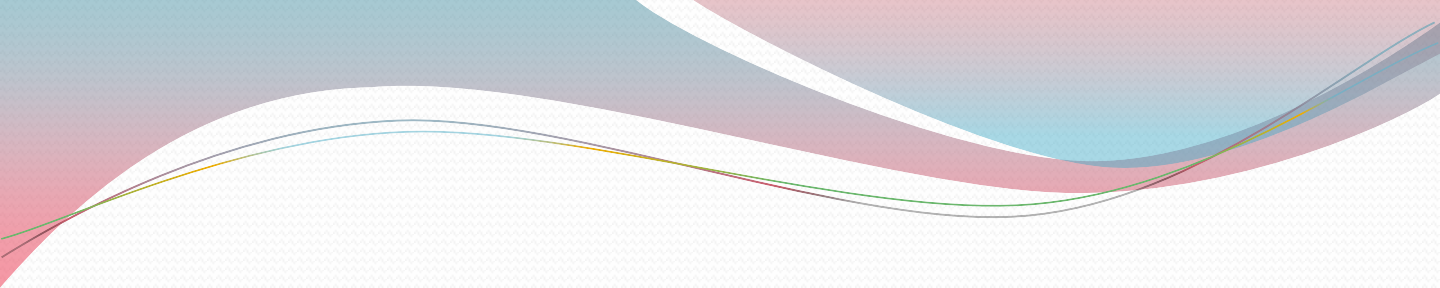


Even everyday items have their own frequency, their own energy and energetic field, it doesn't have to be alive with a pulse to resonate minutely, just because it is out of the everyday range of senses that we predominantly use today does not make it impossible!

You can no doubt recall cases where people who have lost their sight have gone on to develop a heightened sense of awareness, through touch or hearing to compensate. Those of us lucky enough to have all our senses don't tend to need this capacity so we stay in a slightly less sensitive range, that doesn't mean to say we cannot broaden that range with dedicated practice.

It is my belief that we are capable of a much greater range of sensitivity than we tend to habitually use in our daily lives.

I certainly have found that working with energy and colour, I have become much more sensitive to the vibrations and frequencies of things around me. That can be from people, places, animals, objects, nature even thoughts!

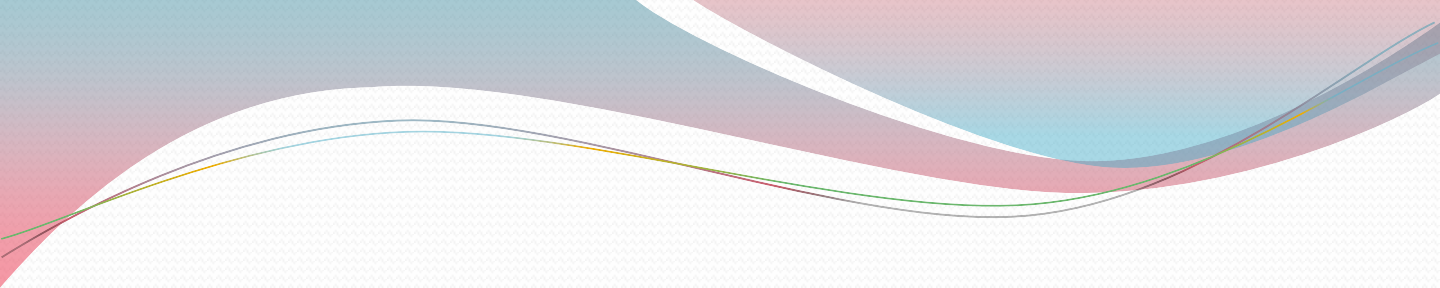


Don't get me wrong – this is not from any place of being any different to you – not at all – we are all the same. It comes more from the fact that I have probably spent more time interpreting and deciphering what I am feeling, then trusting the information. It is as simple as that. In our busy lives, we have so much to do and attend to , that we have to narrow the scope of things we pay attention to. Unfortunately feelings and senses and the intangible are often easier to overlook – simply because we can't see them. We tend to deal with what is right in front of us.

In our busy lives, we have so much to do and attend to , that we have to narrow the scope of things we pay attention to. Unfortunately feelings, senses and the intangible are often easier to overlook – simply because we can't see them. We tend to deal with what is right in front of us.

Overtime we get out of the habit of paying much attention to them, until something or someone shakes us out of it.

Then we start to look deeper, in a way that starts to give us information that somehow feels so right and at some level we already know. We just forgot for a while.



There is a whole energetic world out there that holds so much information about you and *for* you that you are currently blind to . It is this energetic world or field that psychics 'see' so much information and can seemingly pluck amazing facts about you from 'thin air'.

We all have that ability, whether we use it or not is a completely different thing!

As with anything to become skilled at it, requires dedication and practice, a good starting point is an open mind a belief that it is possible.

After all we can all pick up a tennis racket and hit a ball but without dedicated practise, motivation and focus we won't become adept or even skilled at it.

We all use words about this energetic world all the time; "She has a good *intuition..... it was a gut instinct that made me go there.... I knew I just had to.... the vibes were not very good...I didn't like the feel of the place.... The energy* was not very good there..... you could cut the atmosphere with a knife..".

These are not just idle comments, they are describing a *sense we have of something*, we get information on so many levels, not just what we can see or hear but how we 'feel' about something - that is our way of tuning in to our feeling sense, feeling the very tiny, vibrations of something. It is well documented that only a very small percentage of the information we take in about someone is done on a conscious, verbal level!

How can we feel the vibrations of something?

Because we too are vibration, we each have our own unique energy frequency, what we are doing is taking in the vibrations we sense and they are resonating within our field, depending on how those vibrations make us feel determines whether we decide something feels good or bad. (Maybe you can remember meeting someone, who outwardly seemed very nice or polite but somehow you got a distinct feeling of not liking them or of feeling uncomfortable around them.)

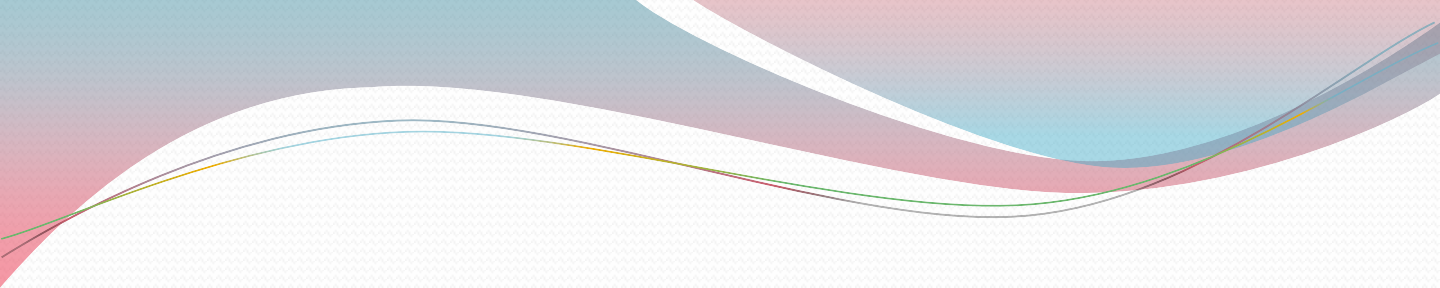
When you view the world as an energetic world, you can understand how the concept of all things being connected works. Energy doesn't just stop, it doesn't have fixed boundaries, it flows, in pulses or waves, it can change from one form to another but it doesn't just stop.

So we may not be physically touching anything yet we are connected by our energy, as our energy does not stop at the surface of the skin, it flows out around us, on many levels.

Think about watching the flames of a log fire; say a camp fire on an otherwise dark night outside. The flames jump and skip about, they burn very bright and strong, but they don't just stop at the yellow flame, the glow of the fire burns strongest close to it, then gradually fades out into the surrounding darkness.



Well that's how it is with our energy too - it doesn't just stop. It pulsates out to a point where you are not quite sure where *it ends and the next* energy begins! It is like a fluid template we all belong to.



Our heads are particularly strong centres of energy, our thoughts have such a great capacity to shape our world, yet we spend so little time thinking about the thoughts we think!

Yes even our thoughts have their own frequency or vibration; if you are new to that idea then it can take a while to really get to grips with it.

Sometimes I liken it to the fact that every colour has a vibration, a frequency of its own, science has known this for some considerable time, but because we tend to think of colour just as describing a shade we can find thinking of it in any other expanded way a little hard to digest. But colour has successfully been used in healing for a great many years and the basis of that is the frequency it resonates at.



There have been many names attributed to the energies around us, some are more specific to the energy of the human body;

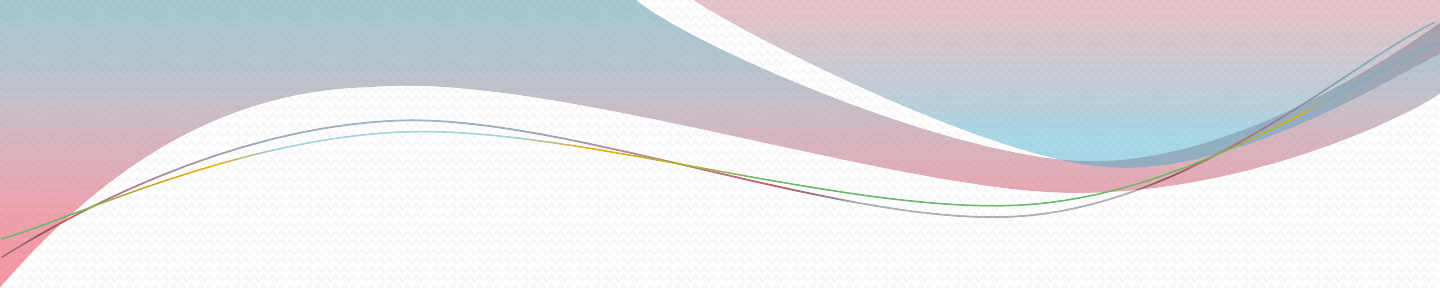
○ **Prana**; Ancient traditions in India used the term - meaning the breath of life.

○ **Ch'i**; You have no doubt heard of the term the Chinese use, and the yin and yang principles. Basically they seek balance, in balance we display good health, if the yin and yang are out of balance we may experience ill health.

○ **The 'odid' force**; This was described by Count Wilhelm Von Reichenbach – he described the human energy field and commentated on its similarities to an electromagnetic field but that it also seemed to display unique properties of its own.

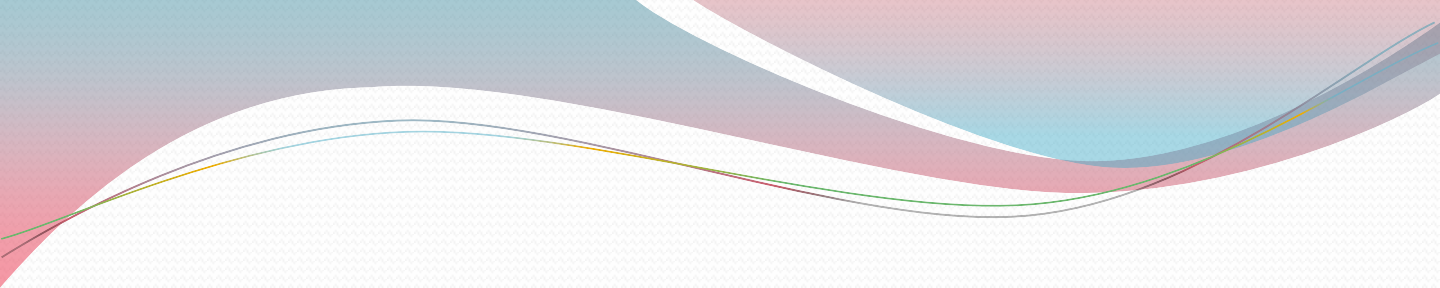
One of the key elements was that in the 'odid' force field around the body it wasn't opposite poles attracting, as in magnetic fields but indeed two of the *same poles* that would attract each other. Hence the term **'Like attracts Like'**.

This is a very important point and is vital to understand when working with the human energy field on any level.



Von Reichenbach also worked with the energy and vibrations of crystals, working alongside the human body and found that there were similarities. He also suggested that the left side and right side of the body had different polarities too. The right side was attributed as being the positive pole and the left side as the negative pole.

Often in metaphysics the right side of the body is seen as the 'male' side of the body, the left side is the 'female' side, both of these having certain implications and psychological links.



It may not be clear to you right now, but these are all important points to consider, remember and to bear in mind, they have great significance when reading and interpreting the energy of the body.

You do not have to be a mystic or a psychic for this information to be of use to you. Working with energy will no doubt heighten your perceptive sense of it, many people would call this sense clairvoyance or psychic ability, but that doesn't mean you have to become all mysterious and mystical!

Far from it, there is a whole host of information that your energy is 'holding' about you that you can go on to work with to enhance and improve your daily life should you so choose. Not just on a physical level but mentally and emotionally too, even spiritually.

How to Sense Your Energy;

I believe it is far better to experience things yourself rather than to just be told. So I am including here some practical things you can do either on your own or with a group of friends to feel your own energy and that of the people around you.

On your own;

Sitting comfortably, bring your hands up in front of you, with your arms bent, as if you were cupping something in your hands. Then slowly ease your palms apart a few centimetres, then move them back closer together.

You will usually feel a sensation like a pressure between your hands. You can move your hands slightly further apart this time then slowly back in closer together - do this several times and you really will feel the pressure of your own energy, sometimes you will feel that you have to push your hands that little bit harder to move them closer together.

You are touching the layers of your auric field on a very simple level. If you raise your hands to your face, without actually touching the skin you can get quite a pleasant sensation, which can be very calming. Very often we naturally use a sweeping, brushing action: this is smoothing the aura which can be very soothing and relaxing.

With a partner;

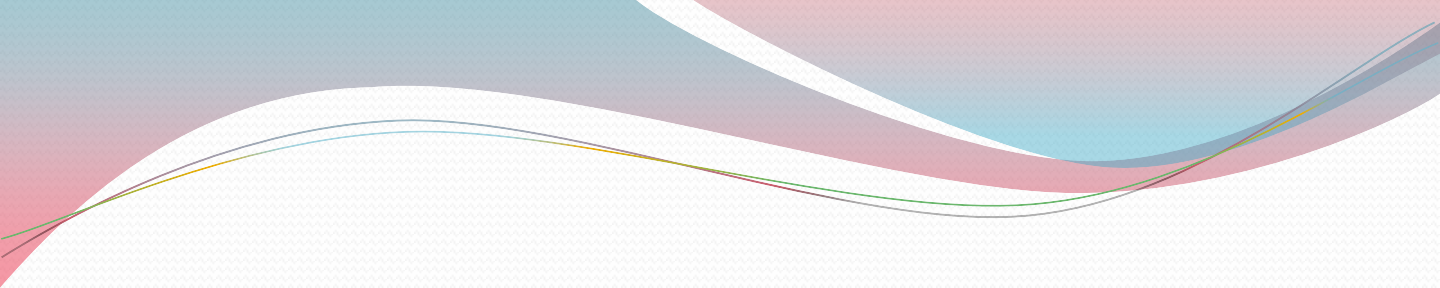
Sitting facing each other put the palms of your hands flat against those of your partner. Allow the energy to just flow naturally between you, see how it feels flowing through your hands. Then try stopping it, then restart it again.

Next, think about directing the energy out of your left hand, letting the flow come in to your right hand. Again you can stop the flow. Notice any difference in how that feels, then allow it to flow freely again, you can even try sending it out of both hands at once then receiving it through both hands. All of these are very different sensations.

In a group;

With a group of friends, sit in a circle and hold hands and start to get a sense of the pulsing energy and then the direction it flows in.

Then, whilst still holding hands one person says when to 'stop' or block the flow of energy - you all imagine it stopping and then you restart it again. You can repeat the process and you will usually find that you find the sensations stronger or more pronounced.

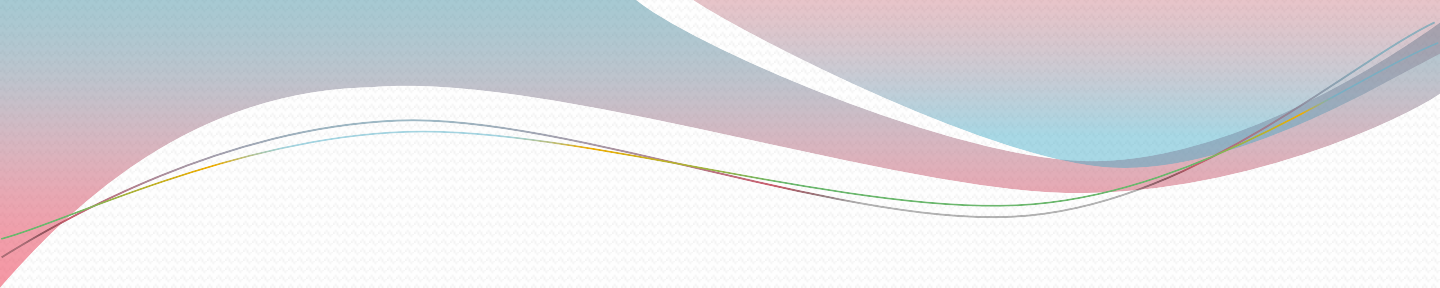


Now that you have had the experience of starting to 'feel' your own energy and that of others, you are hopefully intrigued to discover what sorts of things it can reveal about you - what it *already reveals about you*. *It is this energetic world that psychics see and work with* as well as healers and all sorts of therapists.

We can psychically read anything and anyone, this is how we can practice psychometry – the art of sensing the vibrations of objects and giving information about the person they are or were linked with.

For example I was helping a friend with a psychic development group and was asked to 'read' a lady there, never having spoken to her or seen her before. When I looked at her I was drawn to her shoes. From simply looking at and linking with the energy around her shoes and feet I felt she had liked to dance as a young girl and there was a great urge to dance now, I felt she had been a very 'girly' girl and still liked very feminine things now.

However there was a huge sense of being tied, restricted, bound, I felt she was unable to move as she wanted and she was very much 'hemmed' in.



As I finished she shared with the group, or rather her husband did, that yes, she had been very fond of ballet as a girl and was yearning to get out and about, unfortunately she was suffering from (although never officially diagnosed as having) agoraphobia - she had an immense fear of leaving her home, she would only ever go accompanied by her husband and that night it had required immense effort for her to get out of the house.

I hadn't had to touch her energy or move across the room, I had simply looked at her, found I was drawn to a certain part and allowed the sensations and images to come into mind that linked with her.

We are all capable of doing this but until we can distinguish our own energy, what it feels like, how it reacts, we cannot be sure what signals, feelings or sensations belong to us or to other people and places.

This is why sometimes when do try, we get messages mixed up and then think that we are no good at it, we don't have the gift. When all that is happened is that we haven't been still in our own energy long enough to determine just how we interpret own energetic language. It is more about a lack of patience and the ability to be still long enough – in that stillness the answers come.

You probably haven't realized how much we all do it ; think about at home, we all have areas of the home that are 'ours', we fill that space with our energy and to anybody else that space will probably not feel comfortable. We either have a certain chair or desk, a teenager's bedroom for example is their complete sanctuary and can be filled with their emotional energy.

When you get into someone else's car, it's not just that it is a different vehicle to yours; it will usually 'feel' different too, there will usually be some level of discomfort for you.

We just don't always stop to think about what it is we are feeling or sensing.



ENERGY VAMPIRES; How They Drain YOUR Energy!

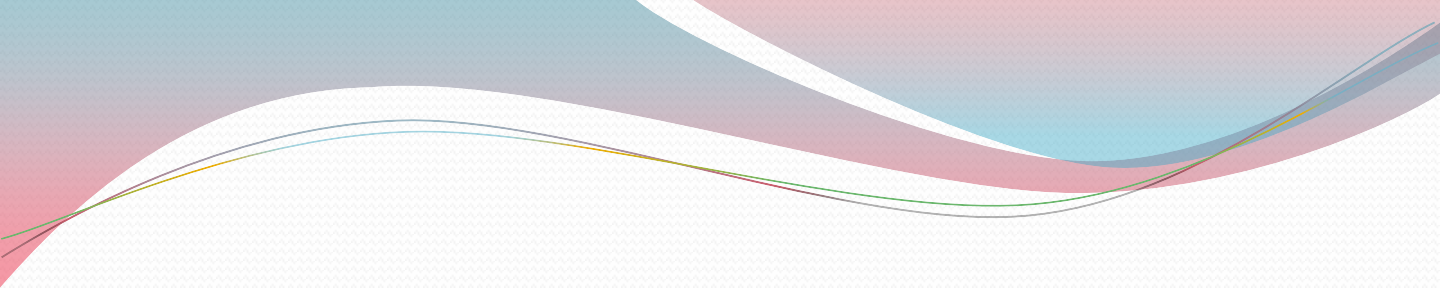
Many of the energy vampires you know may well be found amongst your friends, family and associates! Usually they are totally unaware of what they are doing and would be incredibly upset if they discovered what affect they were having on you.

I am sure you have noticed something similar to this at some point; you are feeling pretty OK, things may well not be exactly as you'd like but you are feeling good, content and in a good mood.

You meet a friend in town and do the usual pleasantries and you find yourself asking how things are with her/ him.

Unfortunately they are not so good, you decide to have a coffee and a 'brief chat' - you hear all about the things that are going wrong in their life, how there is nothing they or anyone else can do about it. Now I am not making light of anyone's unfortunate circumstances and am probably exaggerating a little for the purposes of this example but on an energy level it is far from a joke!

By the time you part company, you now feel terrible, your good feeling has been totally consumed by their misfortune, you feel 'low' and may well decide to cut short your trip in town and just want to get back home. It's like you need to go back to recuperate!

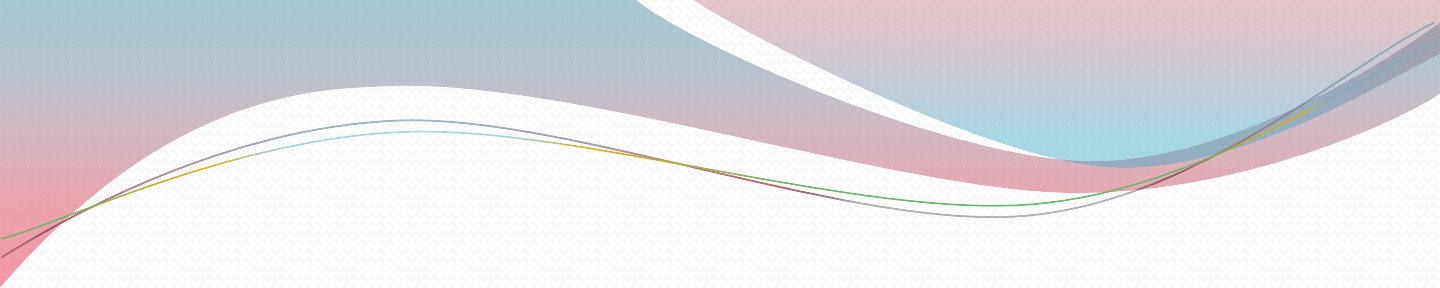


Well guess what? That's exactly what you do need! What has happened is that they have 'sucked' the goodness, the higher vibration from your feeling good and happy energy (all totally unconsciously) to make themselves feel better.

We all do it all the time, all of our interactions with people can be viewed as energy exchanges.

The drained feeling, the need to recuperate is a totally natural urge to 'recharge our batteries'. Each of us can do that recharging in a whole variety of ways.

Another way the 'vampire' can strike is verbally. This is not the usual sort of verbal dialogue we have in a healthy mutual exchange but tends to be a fairly exhaustive monologue from the person, which frankly has little interest or relevance to you, the unassuming listener. I suppose we would politely call it prattle!



Whatever term you use, their constant babble distracts you and drains you, mentally you are not stimulated but feel somehow unable to get up and move away - until they finally come to a stop or are inadvertently interrupted! By the end of the 'conversation' you feel a little muggy, confused and low on energy.

Believe it or not the eyes can be huge source of absorbing energy too and the vampire may well use this option! You may recognize it in some people, who have very large, particularly 'open' eyes, these people can be great socialisers as they enjoy and need 'regular fresh feeds'!

This is not to say all people with large eyes are draining your energy, there is no 'hard and fast rule' but there can be tendencies and you will instinctively know when you come across them in future.

In fact many healers use the eyes as a source to pour energy from so please do not assume large wide open eyes are all bad! Anyway just because they want energy doesn't mean you can't give it or allow it to happen but once you are aware you can then go on to quickly replenish your own energy or protect it so that you will not feel drained.

How YOU Take on Others' Energy - Good AND Bad!

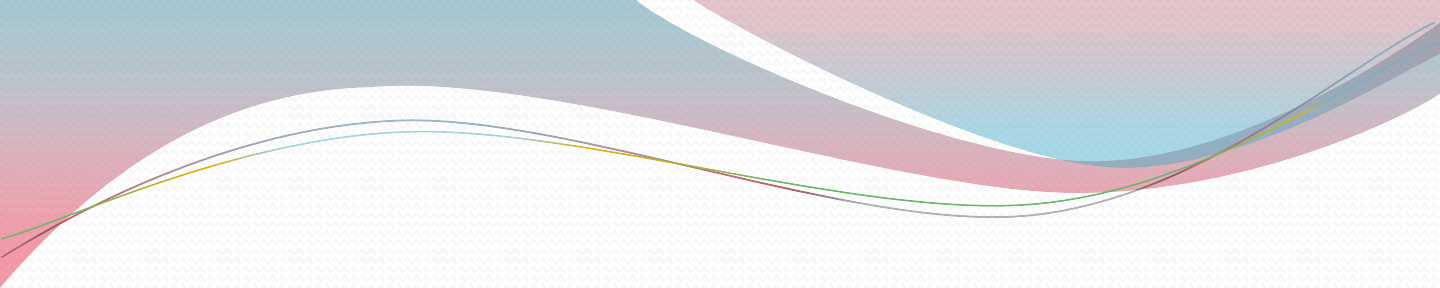
As if it wasn't enough that your energy can be drained by other people, you may be surprised to know that you can absorb and even take on some of theirs too!

I suppose this is the other side of the coin to the energy vampires but actually it is even more than just that! When you are feeling low, you may find that after speaking to a close friend you really do feel much better, don't worry that you have drained them, when we are with friends it can often be a mutual exchange.

They willingly give and you receive and at other times the roles will be reversed. It really can be a gift to allow others to give to you! Sound confusing? Well imagine you had a gift for a friend but when you went to give it to them they declined it, saying thanks but no thanks!

It's like that on an energy level, we are pleased to give to others, it makes *us feel* good too. When you decline their gift of giving they may feel it as you pulling away or appearing distant.

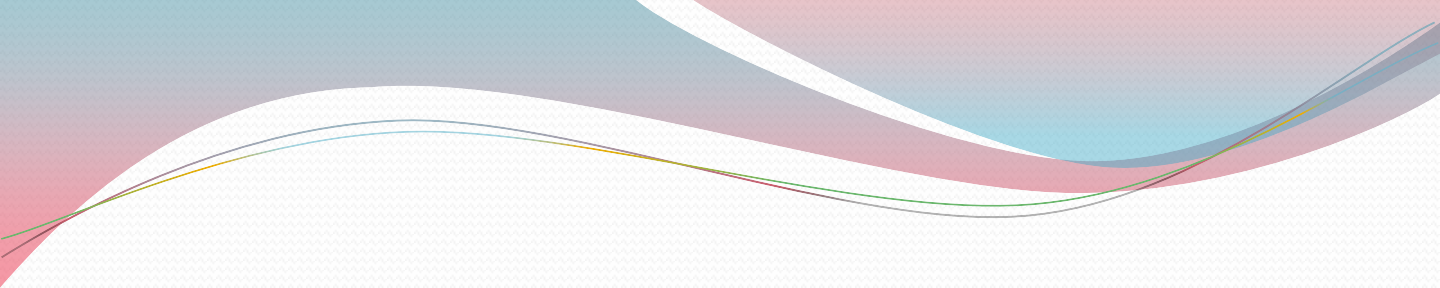
This is what relationships are all about, whether personal, intimate or even business.



When I talk of energy vampires, I don't mean to say that we should not seek comfort, especially at times of need, it is not that at all. But some people seem to have a real, regular need for energy and comfort from others, so much so that it becomes almost a way of dealing with life for them as part of their daily existence.

Almost like they are stuck in that place and never quite find the inspiration and motivation to move out and change things. It doesn't tend to be a short term thing but a fairly consistent occurrence and you may notice that you regularly feel drained or low on energy when you spend time around them.

It may not be so bad, taking on the higher vibrational energy of love and support and caring from friends - no not at all. When we care it is a genuine act of kindness and is a gift not only to the person receiving but also the giver, as it feels good to be nice.

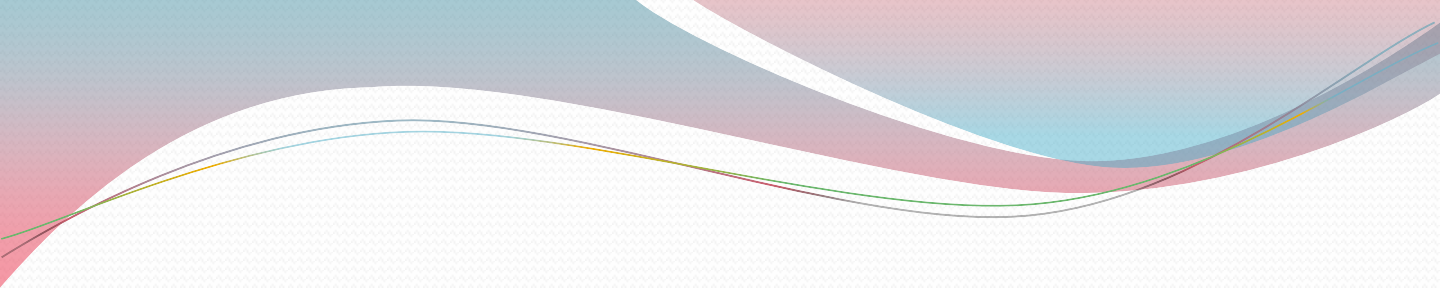


What you do need to be aware of though is that you can also take on some of their negative energy, their negative thoughts or worries especially. Fear doubt and worry are much lower vibrational energies, just think how it actually makes you feel when you are either scared or really worried. It doesn't feel good does it?

Your head may be pounding, your stomach churning, there are real physical sensations going on.

Yes, at times it is totally reasonable to feel afraid or worry about someone or something.

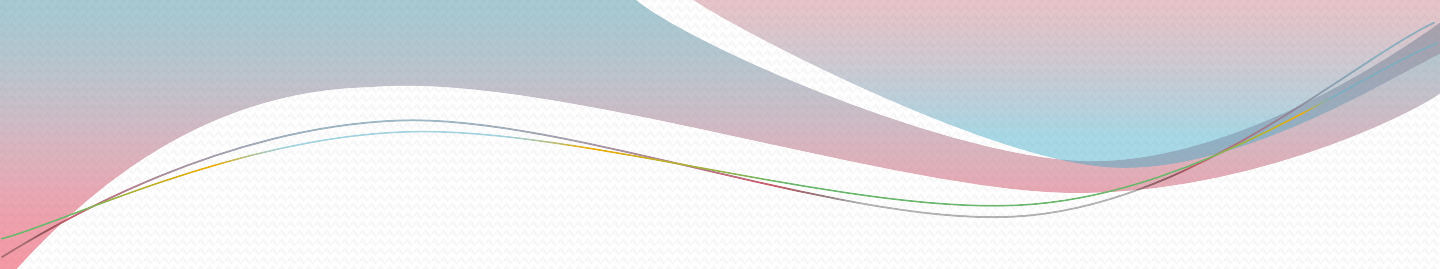
It is not about ridding your life completely of these things that naturally occur, but about recognizing that often we can simply take on someone else's concerns, thoughts and attitudes.



When we do that and we start to play those images around in our mind - we are actually feeding those worries and concerns, giving them energy and thought energy is very powerful. What happens then, they become very real to us, and can actually sit around us as a cloud not only making you feel bad but also you could go on to make them a reality. (I will briefly explain later how your mind can and does create your reality). They may have genuine need for concern but your own personal circumstances are probably very different, it is important to recognise that.

The energy of these worries or thoughts will usually sit or 'stick' to the weakest point in your energy field and unfortunately you can encounter them at any time but they can be very prevalent during the formative years. They are not just thoughts but can be beliefs too, such as;

"most marriages don't work" or "expressing love and caring shows a weakness" "you can't trust anyone" ... Etc etc.



When thought energies become powerful they become known as 'thought forms' and have an energy of their own, often becoming quite large blocks or barriers in a psychological sense.

You have no doubt experienced the feeling or heard the expression that someone else's enthusiasm and passion is infectious! You like the feel of what they are saying and how they come across and are inspired to take action or to want more of the same for yourself.

When you receive healing you are taking in positive energy, not the energy of the healer themselves hopefully but the energy that they are directing or channelling from the universal field of energy, using their body as a conduit. This ensures you get the best 'cleanest' vibrational energy to recharge and re-energise you.

Nature is an absolutely brilliant energy booster, it has very powerful natural, organic energies that when you sit in them you can absorb and really feel the benefit. Just think how much better you feel and just about everyone around you on a beautiful sunny day.

You can also 'get rid' of a lot of yucky or low energy in nature, we all do it to some extent how often have you heard someone say they were feeling terrible, went for a long walk or run and came back feeling much better.



There are simple processes you can do to actively work with the energies around you to help move on the lower energy and invite in the more positive, healing frequencies.

Energy and the links with Illness in the Physical Body.

We are energy and energy is us, every organ cell and atom of your body has its own unique rate of vibration, the study of Radionics works with this principle.

There are several different machines that measure some of these different frequencies already;

- **EEG; electroencephalogram** - measures the electrical activity of the brain
- **ECG; electrocardiogram** - measures the electrical activity of the heart
- **Polygraph Test/Lie Detector**- measures the changes of the autonomic nervous system

Illness within the body has been linked for many, many years with energy and the connection to our thoughts and emotions. Conventional medicine has stacked up some amazing miracles and is of immense benefit to us but it does not always encompass or consider the psychological or energetic part of ourselves. This is what many alternative or complementary medicines and therapies do. I have no desire to prove or disprove the benefits of either system, suffice it to say they both provide great results and benefits.



Ideally we should encourage a more holistic approach to our health and life in general because to exclude any part of ourselves can only be a partial healing!

Rather than just talk of the energy of the body as a whole system, it can be broken down into more specific areas and regions.

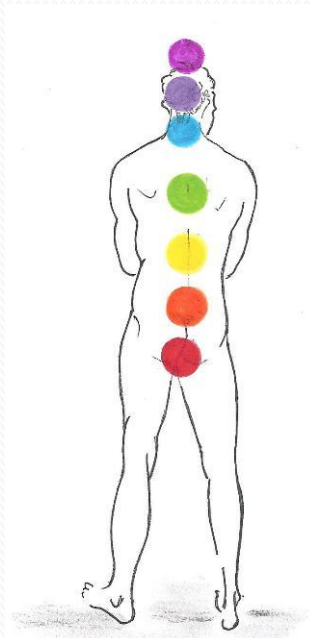
Eastern cultures talk of the body's energetic system as energy centres or points, **The Chakras**. These energy centres hold a whole host of information about us and each has certain attributes and characteristics and qualities.

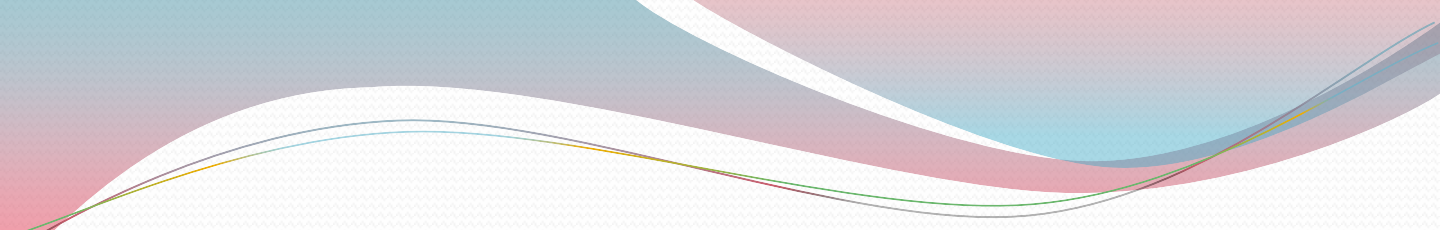
There are 7 basic **Chakra Centres or Energy Centres** and each of these directly links to;

- **major nerve centres in the body**
- **specific areas and organs of the body**
- **specific endocrine glands and functions of the body**

They also have certain psychological implications and connections to our experience of our everyday lives, from our sense of safety and security, our passions to our creative expression as well as our focus and will power.

Whichever chakra or energy centre is weaker than the others will usually be the place that you find is more vulnerable to illness and disease or dysfunction.

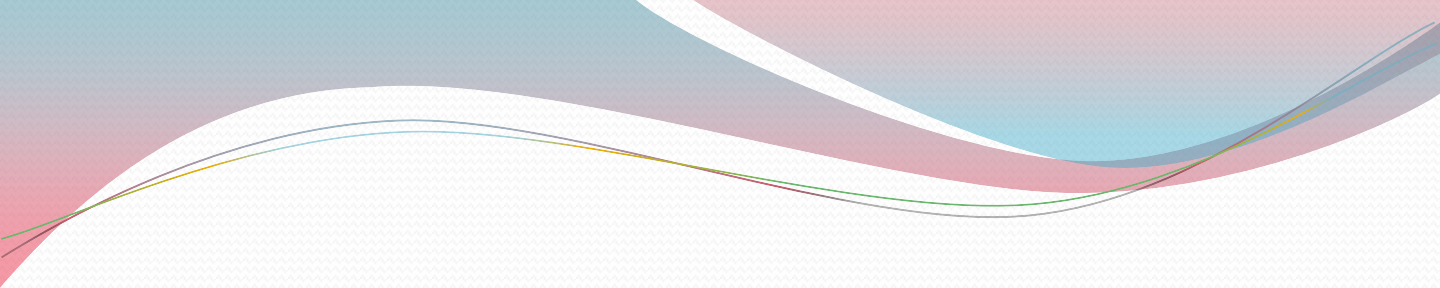




In Metaphysics there is great mention of the links with illness in the body and energy, whether that be the energy of thought, past events, beliefs or misconceptions. It is interpreted in a variety of ways but certain parts of the body are attributed certain characteristics and specific illnesses are often linked with recurring thought patterns.

For example;

- Your back and spine are linked with feeling supported in life, different regions of the back representing different areas of support, such as financial or emotional support.
- Your feet are linked with feelings of independence and how you *really feel about* that, are you confident in your ability to support yourself, do you even want to? Does the future frighten you?
- Your hands and arms are about embracing things in life, are you open to your creative expression, or do you hold on too tightly sometimes, especially to people or places, resisting change and growth?
- Indigestion or stomach problems can be translated as there being a situation or person you really 'can't stomach' or you can't digest and make sense of something, you don't allow the good to flow through.

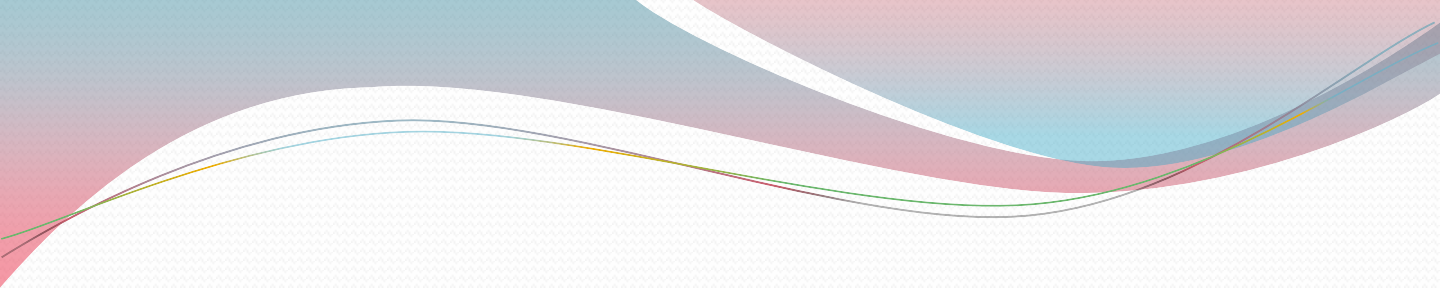


· Your liver is associated with being angry at someone or something; you may be prone to complaining about people and events or find fault in many things. The anger needs to come out as it can be a toxic emotion and the liver is all about getting rid of toxins and regulating your blood sugar levels.

When angry we often exclaim "he made my blood boil!" These are just some very basic examples, with this subject there are guidelines and accepted normal findings but I always go with what I feel is right for me and you should do the same too.

It is important to seek the information, see if it relates to you on a personal level, some you will accept and some just won't resonate with you, that is perfect. We each must determine what is true for us as an individual - that involves not just honest answers but truthful seeking too!

Although I have mentioned parts of the body, it is never just one thing, one layer, we are all operating on a physical level, a mental level, an emotional level as well as a spiritual level all the time, for there are many dimensions to being a Human Being!



The major command centre of this wonderful being you are is of course the mind and to be in harmony we do need to balance mind body and spirit. The mind can direct our thought energy, so it can project not only our fears but our dreams and aspirations as well.

Even better than that it can help promote our own healing, the magical ingredient is the power of belief. You just need to believe it is possible. This is the premise behind the placebo effect i.e.; you will have a beneficial effect from a treatment more from the belief and expectation of the treatment rather than the treatment itself.

I remember watching an experiment on TV where a group of patients all needed Knee surgery, the same operation. Half of the group were given the full surgery but half were not - fairly obvious trial you would think!

BUT every single one of the patients was taken down to surgery, *all of them had an incision made, all were on the operating table for the same length of time and all sewn up and bandaged exactly the same. The surgeons* were only told at the point of the operation what procedure each individual could have.

The result?

Every one of those patients recovered and walked!

The reason? They all believed that no study or guinea pig group would go to those sorts of lengths, to be cut open and not have the proper full on surgery!

Time and time again such results of the amazing ability of the mind can be found throughout history, it comes down to belief. Many people who have strong faith and belief have had many similar results with the power of prayer, it is all about how much you ***believe it to be possible.***





The Benefits of Deep Relaxation on Your Energy

There are many benefits to relaxation but a few specific ones are;

- **Physical;**

Slower Breathing rate, lowers blood pressure, a relaxed heart rate, the body can regenerate its energy

- **Mental;**

Calms the mind, allows worries to be eased, especially if using visualisation techniques as well. Can help promote clarity and focus.

- **Emotional;**

The emotions can be calmed, so that you can make better 'sense' of them or realise more appropriate ways of being.

- **Spiritual;**

You can connect with your spiritual beliefs with a quiet and focused mind far more easily. You can enjoy healing on many levels, you can gain insight, inspiration and understanding, whether you choose to pursue a certain belief or tradition or simply want to enhance your own life.



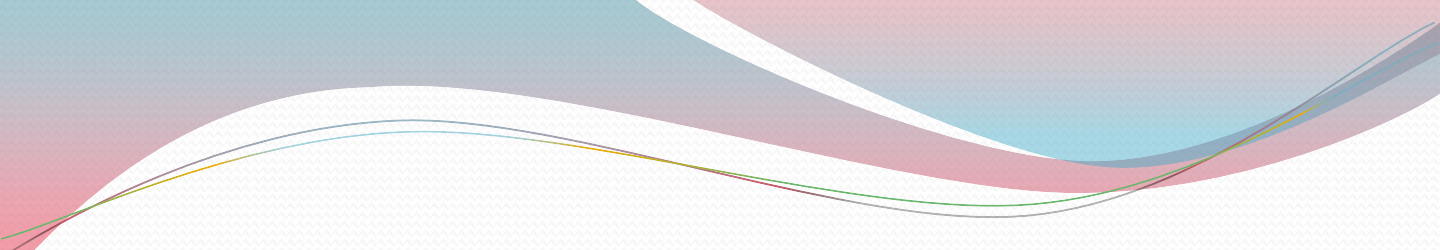
Relaxation is so important for the mind, body and spirit, for your entire energy as a whole.

Yes physically we need to relax and we all know it has benefits but there are different forms of relaxing. To slump in front of the TV is relaxing on a physical, non moving level but it is not necessarily relaxing for the mind.

We spend the majority of our day in our conscious mind, with lists to do and get done, people to see, jobs to do, deadlines to meet, children to feed. Taking time out to meditate can seem an unnecessary luxury and too extreme to contemplate.

You do not need to meditate every day - if at all! However there are immense benefits to it, but you can get a lot of those same benefits by allowing yourself 15- 20 minutes of peace and calm. That may be quietly sitting, walking, or lying down.

The key is to quiet the constant chatter the conscious mind is busy with and allow your energy to balance and settle, within that quiet calm you can better hear the messages and signals from your subconscious mind. It holds many answers for you and is already trying to communicate with you through your energy centres and chakras, through your behaviours and body language!



The body cannot be tensed and relaxed at the same time and it is this principle that we use in hypnosis to help retrain the brain, especially when dealing with clients with phobias and fears.

The thought of that fear can instill panic, they tense themselves up, they breathe quicker and shallower. By changing that reaction and replacing it as well as learning to breathe deeper and longer and to remain calm they can learn to be comfortable with whatever it was that was concerning them before.

When we are tense and stressed we are releasing far different chemicals and reactions in our body than when we are calm, relaxed and happy.

It has been proven that stress can actually affect the way our wounds heal, slowing down the process and even altering how well our medication works for us.

In a relaxed state we don't have to chase the answers we find they flow towards us, we are in a much more naturally receptive state to hear and understand the innate knowledge and healing potential of the human spirit.

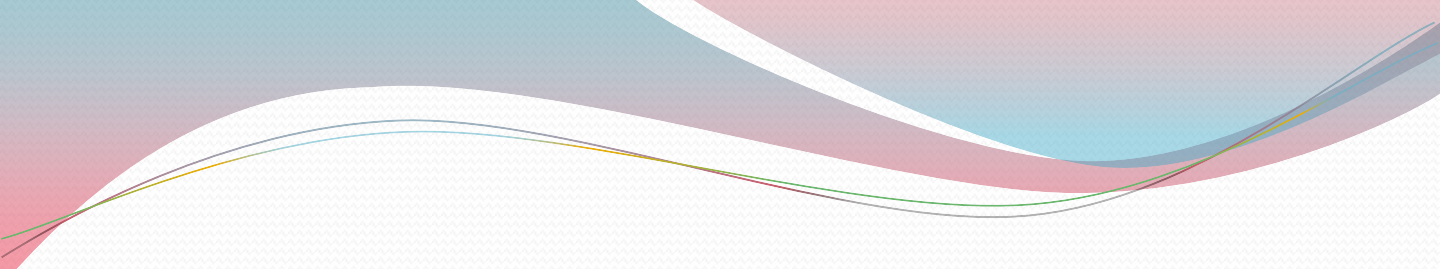
Master Your Mind, Master Your Energy.

There is a great link as far as I am concerned, with our energy and your subconscious mind. Your mind has such a vast capacity the conscious mind cannot deal with it all by itself.

Your conscious mind is the home of your reasoning and logical brain, the subconscious is what keeps your body functioning and deals much more with your more creative and visual self.

After all, every single part of the body is connected at some point to the brain, whether that is the conscious or subconscious mind. Both are vital for a fully functioning life, no one better than the other but we tend to push far too much through our conscious mind, forever chasing answers and thought rather than flowing with our natural inspiration and creative genius.

The subconscious mind will not be bullied to release its information, it is likened to having the age of a child, it works in visual images and interpretations. Also it may be holding on to thoughts and beliefs that really your conscious brain no longer wants or needs or even thinks is true! Again this can link not only to irrational fears or phobias but to any condition that in some way is holding you back, preventing you from living the best life you can.



The trouble is, most of us are so busy in the immediate world we don't believe or don't trust that the subconscious can truly be of that much help, but that is where so many secrets can be hidden. It needs gentle care and will constantly offer you hints and teasers but it needs relaxation and creative stimulation to feel at ease enough to show its hidden treasure.

Because the subconscious works in images, you can 'feed' it the sorts of images you want in your life and you will be amazed at the results. It has no differentiation when it comes to time, so when you repeatedly show it images it will set about creating conditions to make it happen. What a lot of people forget though is that it must be ***believable to you, if not the conscious*** brain will immediately go "Well that's a load of rubbish and that will never happen".

So it is no use visualising you are Royalty for example, but it would be perfectly possible to imagine yourself wealthier and happier or healthy and successful. You can use visualisation to enhance your life, many successful people from sportsmen and women to entrepreneurs and actors use it all the time. There are simple techniques you can practice to make it work for you.



When you work with your energy and its connection to the mind and body you can;

- Uncover old beliefs, thoughts and behaviours that may be holding you back
- Engage in ways to **release those thoughts, beliefs and patterns**
- Find new ways to **bring positive energy, patterns and habits into your life**
- Discover your creative potential
- Promote your own healing and health
- Improve your relationships
- Increase your happiness and success
- **Become the CONSCIOUS CREATOR of your life** - make your life as you would WANT it to be, not how you think it *has to be*.

I hope you have enjoyed this insight into your energy and are intrigued to find out more about your potential and possibilities, especially when you combine the energies of the Mind, Body & Spirit. If the word spirit bothers you, don't think of it as too strongly linked to a faith or belief, other than a faith or belief in yourself. Regard it as energy, reflective of your own Unique Essence, your own Inner Strength, your own Authentic Self and all the wonderful potential that holds!

If you would like to discover more about the 'hidden information' your energy is keeping from you, then I trust you will enjoy my new book **"Secrets of the Chakras Revealed"**.

I cover the major chakra centres, their position, relevance and connection to your energy as well as the things that can cause imbalance and what you can do to re- balance them.

It is easy to read and written so it is relevant to your daily life today, helping you understand your energy so you can go on to improve not only your own life but your families and friends too!

Fondest Regards



Davina

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<http://aurasandchakras.com>

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