

# Plugging into **Energy**

GETTING A CHARGE OUT OF LIFE



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## **Plugging into Energy: *Getting a Charge out of Life***

By Wendy Landry

Everything in this world is made up of energy. We are beings of vibrating light energy. The Universal Life Energy flows and connects everyone and anything on earth and beyond. It has been referred to in different cultures in a variety of names such as Chi, Ki, Prana, Mana, Ruach, Baraka and Life Force Energy. There are different forms of energy vibrating at different levels and we cannot move without influencing everything in the universe. The energy from the thoughts we produce, the words we blurt out or our responses to outside stimuli have a universal domino effect - like a stone hitting water, ripples are created that radiate out from the source. Likewise, we are affected by our encounters with the world around us. There is a constant energy exchange going on between ourselves and our day to day experiences. If we were paying attention in physics class, we will remember that energy cannot be created or destroyed but merely transformed. As humans, we tap into physical energy as we go about our day performing various tasks. We access vital energy when we eat food and convert it into nutrients that fuel our bodies. But what about this subtle energy that weaves its invisible web and knits us and all of nature together in a mystical, synchronized and rhythmic dance. How do we plug into this unlimited source of energy and use it to charge and invigorate our lives on every level?

Let's first take a closer look at the human body and its subtle energy receptors – the chakras. The chakras are not physical or anatomical structures but rather fixed energy centres that make up a part of the subtle energy system. The study of chakras is thousands of years old deeply rooted in Hindu tradition. The chakra means *wheel* or *turning* in Sanskrit, an ancient East Indian language. The chakras are funnel shaped vortexes that are continually revolving, absorbing and transmitting the life force throughout our physical and spiritual bodies. There are thousands of chakras in the body however for simplicity sake, we will just focus on the seven major chakras. Just as the human nervous system consists of the brain, spine and a large network of nerve fibres extending to all areas of the body, the subtle energy system is made up of the chakras and thousands of lines of energy (meridians) transporting Chi to the same locations. The Root Chakra is located at the base of the spine in the tailbone area with its funnel opening facing downward. This chakra is associated with the energy of being grounded and the level of enjoyment connected to your physical day to day life. The Sacral Chakra is located around the lower abdomen about 2 inches below the navel and has a funnel opening at the front of the body and at the back. It governs our ability to accept others and new experiences. It is very much about emotions, sensuality and sexuality. The Solar Plexus is situated in the upper abdomen around the stomach area and has the two funnel openings front

and back. A healthy Solar Plexus Chakra means we are confident, we feel in control of our lives, we have a strong sense of belonging and mental security. The Heart Chakra is located in the centre of the chest again with the two funnel openings front and back. It is concerned with our ability to love, our interpretation of love and how we lovingly relate to everyone and everything around us. The Throat Chakra is next and is located in the throat area. It too, has two funnel openings front and back. This Chakra is about speaking truthfully with everyone, being true to ourselves and living that truth. The Third Eye Chakra is situated between the eyes on the forehead and has its funneling openings front and back. An open third eye permits us to look through life's illusions and to see the bigger picture and to understand universal truth and the part we play. The Crown Chakra is positioned at the very top of the head, right in the middle. Like the root chakra, it only has one funnel. This one opening faces upward towards the sky. This chakra represents our ability to fully connect with the spiritual energy of the Divine, the Life Source, God, Allah, Buddha, the Creator - whatever name feels right for you. The vibrational frequency of the chakras increase as you travel from the root to the crown. The lower 3 chakras deal with the more earthly concerns (physical, emotional and mental) while the upper 4 chakras transition into the spiritual matters of life (unconditional love, truth, insight and divine connection). When the chakras are open and healthy, the Universal Life Force

Energy flows in and out unobstructed and we are filled with a vitality and a "joie de vivre". Each chakra has a specific colour aligned with it - ruby red for the Root Chakra, bright orange for the Sacral Chakra, sunny yellow for the Solar Plexus, emerald green for the Heart Chakra, sky blue for the Throat Chakra, Indigo or deep purple for the Third-Eye Chakra and Violet or White for the Crown Chakra. The healthier our chakras, the brighter and more expansive our aura. An aura is an energy field extending out from the human body or any other living matter. A human aura is an energetic signature that vividly reveals in full range of colours our mental, physical, emotional and spiritual well-being. The aura is usually shaped like a giant egg surrounding the body and extending several feet from it. The aura tends to expand or contract depending on our thought processes, moods, health, personalities, and belief systems. Our negative thoughts, our fears, our worries, our mood swings and unhealthy lifestyles can weaken our auras and cause blockages in our chakras. Exposing ourselves to energetic pollution from other people, the atmosphere or our environment also causes us energetic disharmony. So it is important for us to be aware of life's energy flow and to be able to consciously plug into it to recharge, to cleanse, to strengthen and to rejuvenate ourselves and in turn affect others positively with our higher vibrations. We know in our minds that energy exists, but how do we plug into it and to experience it? A simple way is to consider our

emotions. E-motions are *energy in motion*. When we feel sad, our energy is drained and there is a sensation of heaviness. When we are happy, we feel energized, lighter and empowered. Fear creates a pounding heart and an energy surge to fight or flee, mental stress often times results in a headache, while nervous energy displays itself in the form of *butterflies* in the stomach. Hands and feet have minor chakras and are continually involved in the exchange of energy. Let's rub our hands together for about 10 seconds. Now put the palms together and slowly move the hands apart with the palms still facing each other. Can you feel heat, a slight pulling or tingling sensation between your hands? This is your energy. Slowly bring the hands together – can you feel a slight resistance as you compress that energy? What about the energy surges felt when we hug, kiss or touch another human being or a family pet?

Deep breathing is another way to connect with the universal energy flow. The deep breathing that fills our lungs and expands our stomachs outward. Breathe in for a count of four, hold the breath for a count of four and then breathe out for a count of four. As you breathe out, pretend you are blowing through a straw. Do this three times and notice how your system slows down and a calming more centred feeling prevails. If your brain tends to wander, try focusing in on the feel or sound of your breath as you breathe in and out. To change things up a little bit,

breathe in and out in short quick breathes through the nose with your mouth closed. Do this as long as you are comfortable. Once you have finished, notice how your level of alertness increases. To get acquainted with the seven chakras, find a comfortable, quiet spot to sit or lie down. Place both hands one on top of the other on the root chakra (lower pelvic area). With eyes closed and breathing normally, picture a clockwise revolving red ball. Now visualize a ruby red soft plush cloth wiping and polishing that red ball until it is shiny, translucent and spinning at a perfectly harmonious speed. Do you feel a warmth, a tingling, a prickly or cold feeling where the hands are situated? Do you see the colour red in your mind's eye? Don't panic if you do not. Just know that your Root Chakra is affected by your thought energy. Remove your hands and now using only one hand move it slowly back towards the Root Chakra and then slowly away again? Any sensations felt in the hand or within the Root Chakra area? Let's move our hands onto the Sacral Chakra. This time we will use a bright orange cloth to polish the rotating orange ball. Wipe it all around and polish it diligently until you feel that is clear and clean from debris and shining bright orange as it rotates clockwise at a steady, rhythmic and healthy pace. Again use one hand to raise and lower over the Sacral Chakra while noting any sensation that results in the hand and chakra itself.

Now place both hands on the Solar Plexus Chakra located midway between the sternum and the navel. The Solar Plexus Chakra will

require a sunny yellow cloth to polish it up and restore it to its original vibrancy. Polish until it is sparkling and shiny as it rotates freely absorbing and releasing energy without obstruction.

When the cleaning is complete, use one hand to raise and lower over the Solar Plexus Chakra, and be attentive to any feeling that you detect. The colour yellow may be perceived in your mind's eye. Switch hands and repeat the exercise to see if there are any different results. Move your hands so that they are positioned one on top of the other on the centre of your chest. Now grab the emerald green coloured cloth and proceed to smooth and add lustre to the Heart Chakra. After restoring harmony to this chakra, use one hand at a time to play in this chakra's energy by gradually raising the hand away from the heart area and then cautiously back down, making note of the effects.

Place the hands on the throat area next and visualize a soft, luxurious sky blue fabric clearing away any throat blockages preventing you from speaking your truth. Feel the throat relax and open up during this cleaning process. Once complete, test out the area with each hand. Is there resistance, a drawing sensation or a feeling of warmth at any point? To focus on the Third Eye Chakra, place your hands over the area between your brows. Picture a deep plush purple cloth wiping away the illusions of life and revealing the true meaning of the universe and your role in it. The spinning purple ball is filled with clarity and transparency. Feel this chakra's vibration with your hand at



varying distances from your brow. Finally, position your hands on top of your head. This is the Crown Chakra. It is the gateway for the Universal Life Force Energy and spiritual consciousness. When it is unblocked and strong, a higher level of self-awareness can be achieved. Use a brilliant white cloth or one in violet to restore the Crown Chakra's brilliance and health. Once it is clear and unblemished, place one hand on the top of your head and the other on your Root Chakra – picture energy running down your spine from your Crown Chakra to your Root Chakra and back again. Keep it going back and forth, reminding yourself that the chakras work together and influence one another. Only when they are all in balance can we experience the meaning of holistic health. If you have a willing friend or partner, have them lie down while you slowly scan their body by holding both of your hands side by side about 6 inches apart, palms facing down and about 6 inches from the friend's body. As you gradually move your hands along the body from head to toe, concentrate on any sensations that you are feeling on the palm of your hands. Do you feel the energy in the form of warmth, coolness, tingling, heaviness or lightness?

A more visual exercise exhibiting the chakra energy exchange centres can be viewed with the use of a pendulum. A pendulum has a weight suspended from a string or chain of negligible mass. It responds to energy flow. Suspend the pendulum weight near

the location of the chakra, lightly holding the string with your forefinger, middle finger and thumb, palm facing down and notice that the pendulum begins to move in a circular direction. Hold the pendulum in a non-chakra location such as the knee and notice that the pendulum is still.

We briefly touched on the existence of an aura around every living thing. How do we experience it? Sit facing a mirror, make sure the wall behind you is plain and the lighting is soft. Now gently focus your eyes slightly to the side of the top of your head. Try to gaze there as long as you can without blinking because once you blink, you will have to start again. Take some deep breaths in and out and ask yourself, "*What does my aura look like?*". As you relax into the exercise, you may see a band of light outlining the side of your head or a wavy clear energy radiating outward, similar to the transparent mirage you see on the highway escaping from the pavement on a hot day. If you continue to gaze, this band may start to expand and radiate colours. Don't get discouraged. It will come with practice. Massaging the Third Eye chakra area will help before doing the exercise.

Another tactic to assist in detecting the energy surrounding you, is to have someone approach you from behind when you have your eyes closed. Make note of the change in the feel of energy as that person approaches. Similarly, can you recall instances

when you have entered a room full of people and felt the energy and atmosphere of that room be it good or bad? What about encountering an individual that seems to suck or drain the energy from you.

Another experiment can be conducted with dowsing rods (google on how to make homemade ones). Dowsing rods detect energy. Set your intention. Before you walk towards a willing volunteer, state that you would like the rods to move as you approach that person's energy field. With dowsing rods in hand walk towards that person and observe the rods as they cross over each other as you enter that person's aura.

So now that we have a better feel for the energy that is a part of us and the world around us, how can we tap into it and get the best charge out of life. There are many methods to raise your vibration and experience more peace, joy, harmony and vitality. Let us return once more to the very basic concept of breathing. Whenever you take the time to tune into your breath and to take a few deep belly breaths, your brain and body are brought back to the moment and bathed in a calming and refreshing sensation. Our breath is our direct line to life's free fuel source. Bringing your attention to your thoughts is another technique to discover your source of energy gain or drain. Notice those negative thoughts and how they are depleting your body of

energy and causing your emotions to wreak havoc on your day. Put a positive spin on what the brain is telling you. Change your perspective. Get rid of the word “can’t” from your vocabulary. Start incorporating affirmations such as “I am worthy” and “I am successful at all that I do” throughout the day. Start each morning with a positive intention such as “This day will be filled with love, laughter and joy” and then list some things that you are grateful for in your life. My favourite topic, *Brain on Ice: Getting the Mind to Chill* covers more ideas on how to chill the brain and raise your vibration.

We previously talked about cleansing your chakras and how this helps balance the body, mind and spirit. There are other ways to nurture these energy centres as well. Wearing the various colours of the chakras influences energetic activity. If you are feeling low in energy or little ungrounded, wear red. It could be in the form of red socks or underwear or a top for example. Want to get those creativity juices flowing, wear bright orange. An emerald green sweater may have a healing and loving effect on you. You get the idea.

Getting out a box of crayons and colouring is not only fun but it will infuse you with a feeling of lightness and playfulness. To further increase your sensitivity to the energy, create cards of different colours. With your eyes closed, place your hand, palms

down above the coloured card and proceed to sense or visualize the energy of that card. Do you see the colour or do you sense a heaviness, a tickling, a pulling or a prickly feel? Try mixing up and turning the coloured cards over and then guessing the colour as you place your hands above them one at a time.

Sound and music come in a variety of frequencies and as we all know, those frequencies can have a dramatic effect on our energy in motion or emotions. Every cell in our bodies is a sound resonator that responds to sounds around it. Certain rhythms, melodies and tempos can strengthen and balance our bodies, restore homeostasis and promote healing. Sound can be used to *tune-up* your chakras so that like strings on a musical instrument, the chakras work together in perfect harmony, balance and resonance.

Using a pitch pipe or a tuning fork, you can charge up, detox and invigorate your chakras. Start from the Root Chakra and work your way up, by visualizing the colour of each chakra as you go. Activate the corresponding note (from middle C and up) with the pitch pipe or correct tuning fork and then vocalize the vowel sound associated with the chakra at that pitch. Refer to the following chart:

<b>Chakra</b>	<b>Colour</b>	<b>Note</b>	<b>Vowel</b>
Root	ruby red	Middle C	U(ooh)
Sacral	bright orange	D	O (as in home)
Solar Plexus	sunshine yellow	E	O (as in top)
Heart	emerald green	F	Ah
Throat	sky blue	G	Eh
Third Eye	deep purple	A	Ee
Crown	violet	B	Om (ohm)

Listening to classical music is an inspiring and simple way of augmenting our physical, mental, emotional and spiritual energies. The physical body is affected by the sound of brass instruments and percussion. The emotional body is influenced by woodwind and string instruments. String instruments also appeal to our mental state. Harps, organs, high strings and wind chimes feed our spiritual dimension. So the next time you need an energy boost, plug into some Mozart or Beethoven and lay back and recharge.

Water like the breath is another essential means to raise our vibration. Clean, clear water for bathing, swimming and drinking refreshes the body inside and out. As you bath or shower, image

the water washing away any toxins both physically and energetically from your body. Picture dirty water flowing off your body and eventually leaving through the drain and back into the earth to be re-purified. Envision that glass of water as a pure, loving and potent liquid. Your thoughts will energetically affect its crystals and increase the health benefits for your cells when you drink it. Look into the 2004 film *What the Bleep do we Know?* if you are interested in delving more deeply into the subject of how our thoughts can influence the material world.

Besides water crystals, there are other crystals, precious and semi-precious gemstones that can be utilized to amplify our energy. Crystals and gemstones all come from the earth and have gone through a geological process of heating and cooling and physical manipulation to reach their present form and properties. They emit various energy properties based on their colour, geographical form and energy frequencies. The energy from the clear quartz crystal is used to power such things as watches, computers and radios. There are a variety of gift shops or metaphysical stores that sell stones. Choose a stone that resonates with you based on its colour and its frequencies. Set the intention that you want to find a stone that will work with you for your highest good and purpose and then dig in and test them out. Sunlight helps cleanse the gemstones and positive intentions help to intensify their effectiveness for your personal use. Carry

them around, wear them as jewellery or sit them on your desk at work- wherever you feel the need for an extra energetic boost. My favourite is the black hematite because of its grounding vibration and its association with the Root Chakra.

Fragrances and aromas are another avenue down the road to higher vibration and energetic bliss. The scent of fresh cut flowers, the fragrance of incense, an aromatherapy session, a bath infused with essential oils or the comforting whiff of a hearty home cooked meal are a few examples of the powerful calming, happy and loving subtle energy brought on by the power of smells. Essential oils are the "essence" of a plant's fragrance that is extracted by way of distillation. Essential oils are often used during a massage to aid in the smooth manipulation of muscle tissue and to create a relaxing perfume to the atmosphere. Incense is aromatic biological material of gum, spice or other plant material that releases fragrant smoke when burned. It has been used for centuries during rituals or religious ceremonies. In meditation, incense helps produce an atmosphere of clarity, peace and calm.

Explore the subject a little deeper and experiment to find a scent that delivers what you are energetically seeking. Personally I have found lavender in oil or incense form to be very relaxing. A



sniff of peppermint essential oil is a good energy boost, while the vanilla oil or incense creates a soothing and comforting sensation.

Nature is a very powerful energy recharger. Taking a stroll through a park or along a nature trail and mingling and merging with the energetic frequencies of the trees, plants, rocks, the outside air and water is an inexpensive but priceless source of exhilaration. You can feel your whole system taking a sigh of relief and re-balancing and re-tuning itself to the beat of the natural surroundings. Soak in the vigour of the sun's rays. Notice how it re-sets your mood and raises it to a higher vibrational level. During the walk, make note of the increased circulation of energy, of warmth and the increase in alertness. Being in the moment, focusing on your bodily sensations, and the beauty of your surroundings will also provide a much needed brain break. Today's society, thanks to the *Baby Boomer* generation and their strong desire to stay as healthy as possible in their senior years, is more open to holistic and preventive measures in their approach to aging. This means searching out lifestyle that tap into subtle and vital life force energies in a variety of fashions. Treatments and exercise programs that are all basically geared to getting the Prana or Life Force energy freely flowing in the body so a higher level of health and well-being can be achieved and maintained are becoming more popular. Yoga, Pilates, different types of massages, Acupressure, Acupuncture, Reflexology, Tai

Chi, Reiki, Therapeutic Touch, Aromatherapy are some of these techniques to name a few.

But you don't have to run out and spend a lot of money to capture the energy that is continually flowing everywhere and throughout. We simply have to check in during the day and top up the levels when we notice things are becoming depleted or blocked. We touched on the energy boosts from breathing, chakra clearing, music, communing in nature, working with crystals and gemstones, colouring and wearing colours. There are many more powerful energy freebies to consider. Wake up each day with the intention to do something kind for someone else. It could include greeting someone with a smile, opening the door for someone with their hands full, offering a sincere compliment or volunteering your time or sympathetic ear. Forgiveness is another huge energy shifter. Forgiving yourself or someone else for something that caused you suffering, is the only way to stop that suffering. Besides, if we are all connected energetically then everyone and everything is an extension of ourselves and therefore we are only hurting ourselves by not letting things go. Only bring forward the lessons from the past and apply them in the present but let go of any attachments (the true source of energy drain and suffering).

Gratitude is another vibe lifter. Starting your day by writing down or doing a mental inventory of things, people or situations that you are grateful for in your life is a great baseline to work from. To keep that high energy charge contained and to assist in combatting energy leakages, visualize yourself encompassed in a transparent, giant bubble made of loving white energy that shields you from the negativity of the day and only allows the exchange of loving energy.

Food is another important energy influencer. Eating colourful foods that are in their natural form and not filled with ingredients will help ensure that the body will meet its nutritional needs and function at a more optimal level. There are countless books written on this subject of clean eating. The simple act of blessing your food, will help to raise its energetic makeup.

The list of methods to gather in life's energy can go on and on. I am sure you have discovered others ways to raise your energy levels and get the best charge out of life. However, I have one final suggestion to add to my list of how to plug into universal energy and that is – DO YOUR PASSION! Break free from your day to day drudgery and try new things – check something off your bucket list. I left my job in 2014 because I wanted to try something different – writing. My energy, my enthusiasm for life, and my happiness level has shot up. I am not suggesting that

you drop everything and run off to some tropical island for the rest of your days. But I am proposing the idea that you inject activities into your life that cause you to lose track of time, that ignite your heart and fire up your flames of creativity. Get out and create that garden, write that story, read those books, take those tap dancing lessons, pick up that paint brush, learn that musical instrument, join that team, take that course, advocate for that organization, get that certification, experience another culture, get on that stage or volunteer your time. Whatever it is, by doing it, your life will experience a surge of energy that will be felt by you as well as everyone and everything around you. The ripple of joyful energy will be contagious.

So there you have it. Go now and consciously choose to plug into this loving, powerful and life transforming energy and charge ahead.

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