

ENERGY AND CONSCIOUSNESS

“The Energy Told Me”

As I journey through my understanding of energetic healing I notice there is no separation between energy and consciousness. In fact, consciousness creates energy.

Energy is the physical manifestation of consciousness, and the precursor of matter. Without consciousness, and the resulting energetic blueprint, matter cannot be formed.

If this is true, why do we listen to the false understandings that it is something other than us that creates the world around us? We too often blame others for our difficulties. But all of us contribute to the pool of consciousness that leads countries, religions and individuals to act. Just ask the energy.

Learning to interact with the energy and thus consciousness around us gives us a leg up on shaping our lives and understanding the origins of our pain. It is a tool toward self-empowerment.

This is the reason I am so passionate about energetic awareness and healing. I think if I can feel, at the most subtle levels what is really happening, then I am more empowered in my choices, actions and beliefs.

A fun example of this is when I read the energy of when the Power Ball Lottery will be won. As I walk into the grocery store, the energy aligns in a manner where I know if someone will win that drawing. I don't even have to be in the store. I can send my energy out to feel into it, or sometimes the energy just comes to me to say – it is today!

And so, like a sheep being led, I buy the ticket and the next day I see that I was right, someone did win the Lottery. I carefully cross-check my numbers with the winning numbers and... “bummer”. Then I ask, why is it that I am told when, but am not able to be the one?

Is this a cosmic trick or is there something within me that can only tap in so far to the answer so I get only a glimpse of the whole picture. Why doesn't the energy tell me the whole story?

As my skills as an energy healer continue to grow, I find myself embracing the understanding that only a petal of the rose is revealed and there is always another petal waiting for the next awakening

Sometimes we go through the motions of life to avoid repercussions but the authenticity of our actions is missing. We can be the “good” girl, the “good” student, the “good” spiritual seeker but there is a part of us doing it because it is the “right” thing to do. This creates a shadow or subconscious signal being sent that holds the energy - “I am only doing this as a strategy to escape harm, while part of me has a different intention.”

Our strategies and coping mechanisms are at the surface of our consciousness -- only a covering or mask. Since consciousness is energy, the reality we create is defined not just by our “doing” but also by our deeply aligned self.

For instance, a few months ago I had an “accident” and separated my shoulder. I knew it was coming and took action to avoid it but failed because my deeply aligned self had a different objective. It didn't want to work more. Its deeper consciousness was aligned toward needing a break, wanting rest, self-care and play. So what I thought was going to be a work trip to Florida ended up being a play trip.

We easily know what our major objectives are by what we actually produce. If we really want to work more or be in a relationship but it doesn't happen, well that is a statement on what our consciousness is really saying. The energy doesn't think on its own, it does what we say!

Not to mislead you, I don't always end up in semi-failure. I have used my energetic awareness to create 25-years of marriage, two beautiful children and a thriving career and life I love. I have found happiness even when pain and challenge visit. This is what I am most proud of.

I do believe we all must acknowledge that part of the challenge of this dimension is to listen deeply enough to the energy so we can be more aware of the messages we are sending out into the world.

So I fall back comforted by the knowing I can at least see clearly the petal before me and know I am at least heading in the right direction. And that is what energy does. As I listen, it sends me in the right direction.

During healings, it tells me where to move my hands, how long to stay in a particular area and how deeply to connect. It brings the right level of charge or discharge. I just stay present, open and aware. I AM the vessel for the magic to move through and for the client to interact with until the client can see their next petal on their own.

I have learned the techniques, the strategies and energetic hand positions from the best. I am a graduate of the Barbara Brennan School of Healing, Reiki certified, healing touch and chi Kung practitioner, have my masters in counseling, studied somatic therapies and more.

I have used all this training to create the structure for me to sense, see and speak with the energy so it can teach me what to do and how to create. It is my "I" in the hurricane, so even during stress and challenge I can find freedom, peace and joy because I have learned to connect to the divine within me. It is my solid ground when all round me falls apart because I know it holds the deeper truth. I anchor into what I call my "Core Self" and as often as possible act from this place.

I can observe my imperfections while still feeling my divine self. Being able to differentiate between what I call the personality level of my being and my Core Self is the most empowering shift I make because if I know who I am, I have a better idea of where I am going.

This deeper divine me has lead me to write a book and teach a new form of Energy Healing combined with Psychotherapy. I call it the Mind-Energy Body (ME-B) Approach. It is a 10-weekend training and includes multi-dimensional travels, practical exercises and self awareness techniques so you too can be the "I" in the hurricane. For more information on my private practice, workshops and trainings feel free to contact me at www.mindenergybodyinstitute.com, eberle01@sprynet.com. Feel free to reprint this article as long as credit is given. Warm regards to all,
Carolyn