

Chapter 1 : Beatriz q. - Energy Healers & Soul Evolution (Boca Raton, FL) | Meetup

*Our Energetic Evolution in Healing: Free Yourself From the Unseen Forces That Can Make You Sick [Karen Y. Mileson, Roy Martina] on blog.quintoapp.com *FREE* shipping on qualifying offers. Transform the energy in your life from toxic to healthy! If you know you can feel healthier and younger but you just haven't found the right tools.*

Printed in the United States. List of Illustrations is Appendix B, page Our energetic evolution in healing: Foreword by Roy Martina. Includes bibliographical references and index. Mind and body therapies. Interior illustrations by Barbara C. No part of this book may be reproduced, stored in retrieval systems or transmitted in any form or by any means, either electronic, mechanical, through photocopying, microfilming, recording or otherwise, without written permission from the publisher, except in the case of quotations embodied in critical articles or review. The concept for my book cover was based on a dream I had about 20 years ago. It happened soon after I consciously began my spiritual journey. In my dream I saw a bright, beautiful ball of light. I instantly pulled it into my heart center. To me that ball of light represents the Light of God, which I was then ready to receive and is now illuminating my spiritual path and growth. The lotus flower is the flower of the crown chakra – the chakra of consciousness, transcendence and enlightenment. To me both the ball of light and the lotus flower represent my spiritual evolution. The author, publisher and EII are not engaged in giving health, medical, psychological or any other kind of professional services, medical advice or medical instruction. The purpose of *Our Energetic Evolution in Healing* is providing information for educational purposes only and is not intended as a substitute for, or as medical advice to treat, cure or prevent any health problem or disease. You should consult your physician for all medical questions or conditions. The information contained in *Our Energetic Evolution in Healing* should not be used in lieu of competent professional health care. Do not attempt to use the information contained in *Our Energetic Evolution in Healing* for self-diagnosis or treatment for any medical problems or diseases or to delay any medical treatment. The author, publisher and EII disclaim all responsibility for any liability, loss or risk which you may incur as a direct or indirect consequence of the use of the information, products or listed resources contained in *Our Energetic Evolution in Healing*. The author, publisher and EII assume no responsibility for errors, omissions or inaccuracies contained within *Our Energetic Evolution in Healing*. I have been practicing medicine for 30 years and have dedicated my life to researching alternative ways of healing and prevention. At first this was to serve my own needs as I have suffered since birth from a series of diseases that, according to regular medicine, are not related. I had my share of karma, if you want to see it that way, from early childhood until I started to search for my own answers. By the time I had become a medical doctor, I was already disillusioned with regular medicine as I found no answers to my own suffering. After one year of seeing an average of 70 patients a day, I knew this was not my path. In the meantime I discovered that acupuncture was the only thing that cured my whiplash from a car accident. So I decided to follow that trail into what I now call the Jungle of Alternative Medicine, where there are many possibilities but no guide. In my search for answers, I studied everything that crossed my path: I dedicated 15 years of my life to the study of these methods. I found many answers but not xi xii *Our Energetic Evolution in Healing* one perfect way to cure and heal everyone. What I started to see were the missing links in the different systems and the dogmatism of many practitioners and methods. Over the years, I combined many of these therapies and now use the most effective parts of all. The reason I am mentioning all of this is that the book you have in your hands could have, in a way, been written by me. Karen had a parallel search into many modalities to cure her own illnesses. She dedicated many years of her life studying and researching the many alternative methods available. She has done a great job that I support fully. This book can help millions worldwide to heal themselves and give them the basic knowledge they need to take back the responsibility for their own healing. Doctors do the best they can with the knowledge they have. If you have the right information you can lend a hand or heal yourself. I recommend it for patients who are looking for answers, for health practitioners who are searching for more practical ways to support the healing of their patients, and for anyone who is interested in staying healthy. Read it once and then study it and take notes. This is a book that you probably should read four times or more

to get all its benefits. I wish you well and I hope that this book is a blessed source for many who are still suffering Roy Martina, M. Author, Specialist in Preventive Medicine Acknowledgements I am thankful to all the practitioners listed in my bio who I learned from over the past 35 years. Not listed are the dowzers who have primarily by word of mouth and single-handedly kept alive the knowledge of the harmful effects of geopathic stress. I am grateful for having been able to build upon their knowledge, and invite others to expand and build upon my research. There are many people who helped me in many different ways, some when Don, my husband, was first sick and later when I was sick. They all gave of themselves without asking for anything in return. Suzin Stockton was very giving of her time to pre-edit as well as her knowledge and contacts for self-publication. The two gorgeous color paintings inside and the chapter icon were painted by my good friend Renae Taylor. We spent many hours over lunches in Carbondale, Colorado, where she was helping to turn my thoughts into beautiful manifestations of art. Anna, now Annamaria, my former housekeeper in Virginia and good friend, was there to take me to appointments and clean, shop and cook for me when I was not able. Marie and Stan, literally flew to my rescue when Don was sick and later when I was sick. They gave up their family time together to be with us whenever we needed any help. There is no way that I could ever repay them for going beyond our friendship to becoming more a family. Her laser-like insight helped to uncover my core problems, many which she then taught me to resolve. And lastly, my biggest supporter, Don. Throughout our life together he supported me mentally, financially and most importantly emotionally, and encouraged me to pursue my interests in alternative healing and any other paths without either knowing where it would lead or if it would ever be productive. I suspect he is still guiding me!

Introduction This book has been written as a recollection of my personal experiences – written so that some of the thoughts, ideas, processes and therapies that helped me may be helpful to you in your search. I ask that it be used as a guide – not as specific step-by-step instructions to be followed. I have written about some of my own personal spiritual and healing beliefs. My spiritual training was very important for me as a foundation to hold onto for dear life and also spring from in my searches. I do know that my survival depended upon this strong spiritual foundation. It is not my intention to interfere with your belief system, just to let you know how mine was an immense help to me. This book has been written for both professionals and nonprofessionals who are ready to take more responsibility for their own well-being. It is divided into three parts. Part I is my own history of how and why I got to where I am now, as well as what I learned along the way. Part II illustrates different testing methods which anyone can learn to better monitor their progress and determine what is best for their own body. The testing methods can be studied and utilized in easy stages. It is not necessary to learn many of the testing procedures to be able to understand and utilize the information in this book. Also in Part II is my new research into Energetics – how to use natural energies and methods for our own healing. My Life Evolving Energetics System is introduced, including specific Life Force Aphorisms that simply and easily teach your body to cleanse and heal itself at very deep levels. Also learn ways to shift your energy flow so that toxic unseen forces do not enter your body. It also introduces a way to neutralize these potentially life-threatening energies. I eventually learned that my sometimes very painful experiences were also a gift to me. Part of that gift is to be able to turn these experiences into something useful – my gift to you – so that you can learn from my experiences. To me this painting symbolizes our opening up to spiritual awakening to know our true purpose on earth – enlightenment that blossoms into our evolving consciousness. Lotus flowers are considered sacred by many Buddhists and are a symbol of some Eastern religions just as the rose is to Christianity. The lotus and the rose have been used as very high vibrational flower essences to assist spiritual evolvment and healing on all levels. To different cultures the lotus flower represents spiritual enlightenment, purity, birth, abundance, creative power, and fruitfulness because of its many seeds, and has been referred to as the flower of open-heartedness. Some primitive cultures also thought the lotus sacred and a symbol of resurrection and immortality. Chinese botanists believed it symbolized transcendence of time because of its ability to both flower and bear fruit at the same time. The first time was just before midnight on December 30, , when I was twitching so much I was afraid that I was having a mild seizure. I was given medication to take, and sent home. I had already had a CT scan of the head, a chest X-ray, a neurological exam, and lots of blood work. I was very relieved, but had no idea why I was having these symptoms. The following week I had an

EEG, which indicated that the twitching was not from seizures. Later, the neurologist speculated that it could be the start of multiple sclerosis MS. This MRI had an opening at the bottom end, but still seemed very closed to me, especially since my head had to fit into a helmet. The results of the MRI were also negative. Again I felt a huge relief except now I had been through all of the normal medical testing and still I did not have a clue, much less an answer. At that point, I began searching on my own. His only recommendation and prescription was to take muscle relaxers, which I never took. Nine months later there I was, lying in a bed, not even my own bed, alone and afraid of what might be happening to me. It had taken me this long to find out why I had made the decision to move out of my own bed why I felt better sleeping in a different room in my home. Now I was lying in this Murphy bed, my legs twitching and jerking, and I was petrified that I was not going to be able to walk when this bout was over.

Chapter 2 : Energetic Evolution: A key to your health and healing

Get this from a library! Our energetic evolution in healing: free yourself from the unseen forces that can make you sick. [Karen Y Mileson].

Understanding and working with these fields becomes increasingly more important as you develop along the path of healing and spiritual development. Just like our physical bodies, our energetic bodies are as real and important for our health and wellbeing as what we eat. Chakras, Bandhas, Koshas, Gunas and Prana Vayus

The Seven Chakras There are seven chakras that run along the central axis of the spine in a channel called the sushumna nadi. They start at the base of the spine and run vertically all the way to the crown of the head. Chakras are considered part of yogic subtle anatomy. This root chakra is connected to the earth element. Located at the base of the spine, it relates to the feet, legs and pelvic floor. Muladhara has to do with how we relate to the material world. The second chakra is connected to the water element. Located in the pelvic basin, it relates to the reproductive organs and sexuality. The third chakra is connected to the element of fire. It is located at the abdominal region and relates to our digestive system. Manipura has to do with our gut intuition, confidence and self-esteem. The fourth chakra is connected with the element of air. It is located in the heart region, and it relates to our emotional state. The fifth chakra is connected with the element of ether. Located in the throat region, it is our communication center. Free Enlightened Living Course: The sixth chakra is also connected to ether. It is located at the third eye at the front of the brain. It is where we have the ability to transform through the use of intuition, dreams, visualization and imagination. The seventh chakra transcends all of the elements, colors and sounds. It is located at the crown of the head, the part of the head that is soft when we are newborns. When it is balanced, we are connected to the source of all life. The Three Bandhas

The bandhas are often used in pranayama and asana practice. Mula bandha is activated by contracting the perineum, which causes the pelvic floor to lift upward. This powerful bandha strengthens the diaphragm and respiratory muscles, and the processes of digestion, assimilation and elimination. Jalandhara bandha is engaged by bringing the chin to the chest, causing the throat to contract. It is said to alleviate throat disorders such as inflammation, stuttering and tonsillitis, and to improve the overall quality of the voice. When all three bandhas are engaged simultaneously, they are called the maha bandhas, the great seals. Koshas

Yoga says that there are five different koshas, or layers or sheaths, to our being. True health and well-being involves not just the physical body energy functioning effectively, but all of the subtle bodies as well. If the koshas are misaligned, there will be disharmony and fragmentation, leading to confusion and suffering. Ultimately, all of the koshas must be united and blended together to achieve complete wholeness and illumination.

Consists of skin, bones, muscles and internal organs.

Pranamayakosha The Sheath of Vital Air: Consists of breath, body energy and the chakras.

Manomayakosha The Sheath of The Mind: Consists of thoughts, emotions and obsessions.

Vijnanamayakosha The Sheath of Causal Intellect: Consists of intelligence and wisdom.

Anandamayakosha The Sheath of Pure Bliss: Consists of Universal soul and our true, innermost nature. It is important to note that the koshas are not really separate ; they merge into each other like the colors of a rainbow and act alongside our body energy as well.

The Three Gunas Throughout all of nature exist three primal forces that are manifestations of Universal Intelligence. Just as the doshas represent archetypes within our physical body, the gunas represent archetypes within our mind – both on the surface and deep within our consciousness. Characterized by inertia, stagnation, lack of movement, dullness, darkness and heaviness. Think of people who are couch potatoes, and you understand *tamas*. The energy of change, motion, activity, evolution and growth. In the mind, it is the energy of desiring, of wanting to be successful, of wanting to be the best. When it is out of balance, *rajasic* people are overly competitive – inclined to sacrifice their integrity to get to the top, even if it causes pain and suffering. Type A personalities are prime examples of *rajas*. Characterized by balance, harmony, stability, clarity and lightness. A *sattvic* mind is a happy, content, awakened one, with great body energy. Health is maintained by a *sattvic* lifestyle and is usually impeded by *rajas* and *tamas*. For example, eating spicy food, drinking alcohol, smoking and staying up late are all *rajasic*; they all can lead to a collapse in body energy, resulting in fatigue or *tamas*. Prana Vayus

Prana is life force or

vital energy. Body energy that moves upward. Centered in the diaphragm, it moves through the lungs, bronchi, trachea and throat and governs exhalation. Our verbal expression is connected to udana in the sense that we communicate from what we feel in our gut and in our heart. If it is healthy, we experience joy, but if it is suppressed, we feel depression. The Cobra and Cow poses are good examples of poses that stimulate udana, as the chest and heart draw upward. The circulation of body energy. Prana is very much connected to the breath, lungs and diaphragm. It is responsible for inhalation, and an imbalance of prana vayu can cause heart palpitations, dyspnea, breathlessness and asthma. Other symptoms of imbalanced prana vayu are anxiety, fear and nervousness. Ready to Go Deeper? You can learn more and sign up for the free masterclass she is offering here: Imbalanced samana may lead to loss of appetite, indigestion and bloating. The contracting movement of Boat Pose is a good example of samana vayu being activated. It is associated with the circulation of blood and lymph, and with the peripheral nervous system. Usually when this energy is blocked, people have circulation issues like cold feet and hands. We see vyana vayu in poses like Triangle Pose or Half Moon Pose, in which the limbs radiate outward from the torso. It can be found in the lower abdominal region and pelvic cavity. We see apana in the process of elimination, making love and giving birth. Garland Pose is a good example of a pose that stimulates apana. Disorders related to apana include constipation, diarrhea, sore lower back and sexual impairment. The prana vayas provide a whole new way to look at the subtle energetics of the poses. Ultimately, we want all of the vayas to be free, unrestricted and balanced. It views the human being as an interplay of mind, body energy, and spirit. Its purpose is to heal and maintain quality and longevity of life. According to Ayurveda, everyone is unique and treatments should be customized to each individual as opposed to a one-size-fits-all approach. It encompasses diet and nutrition, lifestyle, herbs, exercise, breathing and meditation techniques, and healing body treatments. It should be strong, vibrant and supple. The five senses are the instruments through which we interact with the external world. They should be clear and sharp. The mind is home to our consciousness; it should be calm, centered and at peace. The heart is the home of our soul; it should be open and free of anger and resentment. Maha Bhutas The five elements, known as the Maha Bhutas, exist throughout all of creation. When they are in balance, they support life and maintain harmony, but when they are out of balance they threaten life. For example, somebody with too much fire could be highly acidic and inflammatory, a state that is the precursor to a wide range of diseases. It is said that from the subtle vibrations of the mantra Om , the element ether was created. As ether began to move, it turned into air. As air began to flow, it caused friction, creating heat, light and then fire. As the heat of fire began to dissolve, it liquefied into water, which then solidified into earth. Solid, heavy, dense and foundational, it is present in the body as bones, nails and teeth, and in the first chakra muladhara and the physical sheath annamayakosha. Energy, heat, transformation, metabolism and creation. Oxygen, breath, motion and lightness. Space, all-pervasiveness, omniscience, expansiveness and emptiness.

Chapter 3 : Energetics for your well-being - Energetics International, Inc.

iv | The information contained in Our Energetic Evolution in Healing and the products of Energetics International Inc. EII described in Our Energetic Evolution in Healing represent the personal experiences and research of the author.

Presentation Transcript slide 2: M II ESO slide 3: You are reading "Preview Chapters" to get the Complete Version click the button below or use the button in the end of this document slide 4: The author publisher and EII are not engaged in giving health medical psychological or any other kind of professional services medical advice or medical instruction. The purpose of Our Energetic Evolution in Healing is providing information for educational purposes only and is not intended as a substitute for or as medical advice to treat cure or prevent any health problem or disease. You should consult your physician for all medical questions or conditions. The information contained in Our Energetic Evolution in Healing should not be used in lieu of competent professional health care. Do not attempt to use the information contained in Our Energetic Evolution in Healing for self-diagnosis or treatment for any medical problems or diseases or to delay any medical treatment. The author publisher and EII disclaim all responsibility for any liability loss or risk which you may incur as a direct or indirect consequence of the use of the information products or listed resources contained in Our Energetic Evolution in Healing. The author publisher and EII assume no responsibility for errors omissions or inaccuracies contained within Our Energetic Evolution in Healing. Table of Contents vii Testing Other Items I have been practicing medicine for 30 years and have dedicated my life to researching alternative ways of healing and prevention. At first this was to serve my own needs as I have suffered since birth from a series of diseases that according to regular medicine are not related. I had my share of karma if you want to see it that way from early childhood until I started to search for my own answers. By the time I had become a medical doctor I was already disillusioned with regular medicine as I found no answers to my own suffering. After one year of seeing an average of 70 patients a day I knew this was not my path. In the meantime I discovered that acupuncture was the only thing that cured my whiplash from a car accident. So I decided to follow that trail into what I now call the Jungle of Alternative Medicine where there are many possibilities but no guide. In my search for answers I studied everything that crossed my path: I dedicated 15 years of my life to the study of these methods. I found many answers but not Foreword slide What I started to see were the missing links in the different systems and the dogmatism of many practitioners and methods. Over the years I combined many of these therapies and now use the most effective parts of all. The reason I am mentioning all of this is that the book you have in your hands could have in a way been written by me. Karen had a parallel search into many modalities to cure her own illnesses. She dedicated many years of her life studying and researching the many alternative methods available. She has done a great job that I support fully. This book can help millions worldwide to heal themselves and give them the basic knowledge they need to take back the responsibility for their own healing. Doctors do the best they can with the knowledge they have. If you have the right information you can lend a hand or heal yourself. I recommend it for patients who are looking for answers for health practitioners who are searching for more practical ways to support the healing of their patients and for anyone who is interested in staying healthy. Read it once and then study it and take notes. This is a book that you probably should read four times or more to get all its benefits. I wish you well and I hope that this book is a blessed source for many who are still suffering Roy Martina M. Author Specialist in Preventive Medicine slide Not listed are the dowzers who have primarily by word of mouth and single-handedly kept alive the knowledge of the harmful effects of geopathic stress. I am grateful for having been able to build upon their knowledge and invite others to expand and build upon my research. There are many people who helped me in many different ways some when Don my husband was first sick and later when I was sick. They all gave of themselves without asking for anything in return. Suzin Stockton was very giving of her time to pre-edit as well as her knowledge and contacts for self-publication. The two gorgeous color paintings inside and the chapter icon were painted by my good friend Renae Taylor. We spent many hours over lunches in Carbondale Colorado where she was helping to turn my thoughts into beautiful manifestations of art. Anna now Annamaria my former housekeeper in Virginia and good friend was there to

take me to appointments and clean shop and cook for me when I was not able. Marie and Stan literally flew to my rescue when Don was sick and later when I was sick. They gave up their family time together to be with us whenever we needed any help. There is no way that I could ever repay them for going beyond our friendship to becoming more a family. Her laser-like insight helped to uncover my core problems many which she then taught me to resolve. And lastly my biggest supporter Don. Throughout our life together he supported me mentally financially and most importantly emotionally and encouraged me to pursue my interests in alternative healing and any other paths without either knowing where it would lead or if it would ever be productive. I suspect he is still guiding me slide I ask that it be used as a guide "not as specific step-by-step instructions to be followed. I have written about some of my own personal spiritual and healing beliefs. My spiritual training was very important for me as a foundation to hold onto for dear life and also spring from in my searches. I do know that my survival depended upon this strong spiritual foundation. It is not my intention to interfere with your belief system just to let you know how mine was an immense help to me. This book has been written for both professionals and nonprofessionals who are ready to take more responsibility for their own well-being. It is divided into three parts. Part I is my own history of how and why I got to where I am now as well as what I learned along the way. Part II illustrates different testing methods which anyone can learn to better monitor their progress and determine what is best for their own body. The testing methods can be studied and utilized in easy stages. It is not necessary to learn many of the testing procedures to be able to understand and utilize the information in this book. Also in Part II is my new research into Energetics "how to use natural energies and methods for our own healing. My Life Evolving Energetics System is introduced including specific Life Force Aphorisms that simply and easily teach your body to cleanse and heal itself at very deep levels. Also learn ways to shift your energy flow so that toxic unseen forces do not enter your body. It also introduces a way to neutralize these potentially life-threatening energies. I eventually learned that my sometimes very painful experiences were also a gift to me. Part of that gift is to be able to turn these experiences into something useful "my gift to you" so that you can learn from my experiences. This painting as well as the black and white icon of the blossoming lotus flower at the beginning of each chapter was done for this book by my friend Renae Taylor. To me this painting symbolizes our opening up to spiritual awakening to know our true purpose on earth "enlightenment that blossoms into our evolving consciousness. Lotus flowers are considered sacred by many Buddhists and are a symbol of some Eastern religions just as the rose is to Christianity. The lotus and the rose have been used as very high vibrational flower essences to assist spiritual evolvment and healing on all levels. To different cultures the lotus flower represents spiritual enlightenment purity birth abundance creative power and fruitfulness because of its many seeds and has been referred to as the flower of open-heartedness. Some primitive cultures also thought the lotus sacred and a symbol of resurrection and immortality. Chinese botanists believed it symbolized transcendence of time because of its ability to both flower and bear fruit at the same time. 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It had taken me this long to find out why I had made the decision to move out of my own bed "why I felt better sleeping in a different room in my home. Now I was lying in this Murphy bed my legs twitching and jerking and I was petrified that I was not going to be able to walk when this bout was over. Four years prior to this my husband Don I were living happily ever after. We had been best friends for over 26 years. We had designed and built a passive solar home in a wooded area in northern Virginia just outside of Washington D. For many years I had wanted to live in the Rockies but Don needed to be near Washington for his work as an engineer which he

loved. We balanced this by purchasing a studio apartment in Snowmass Colorado our favorite ski resort. Skiing was and still is my passion â€” my feeling of freedom. Looking back that was the beginning of the end. With a fractured vertebra in the slide First the Illnesses 7 lower spine and a fractured left lower leg Don was physically never the same. We were addressing this nutritionally as well as doing energetic work to speed up and enhance the healing of his bones. Together with the appropriate hospital care and full body cast his bones healed much better and faster than ever expected and without the surgery that the doctors had anticipated.

Chapter 4 : Your Chakra Centers of Energy | Infinite Evolution Center

My book [Our Energetic Evolution in Healing: Free Yourself From the Unseen Forces That Can Make You Sick](#) describes the Energems and Enerdiscs in detail. It also explains how you can learn to take responsibility for your own well-being and learn to test and cleanse yourself, naturally.

I hope that I may have the honor of assisting you in reawakening your own innate ability to manifest profound self-healing. Disturbances in the energy field can manifest as illness or pain in the physical and emotional bodies. During a deeply relaxing Marconics no-touch session, the Marconic energy is channeled into your energy field. Permanently connects you to the Universal Matrix Activates your multi-dimensional chakra system Develops your new lightbody in an evolution of the human body template "Anything you do emits a vibrational frequency. Your personal interactions and your work will emit a higher vibrational frequency, drawing experiences and people to you that are in resonance. Come for a session. Your vibrational frequency is raised so high that profound healing on all levels may occur. While in that higher vibration, you can access the Love and Wisdom frequencies in the higher realms and come into alignment with your Higher Self at Source. With each session you will experience incremental lifts in your vibration as the energy helps you shed the karmic density that creates dis-ease in your physical, emotional, and energetic bodies. During a Marconic Energy session most people feel a sense of deep relaxation. Your experience is dictated by your Higher Self in accordance with your needs. The practitioner works with hands above the body, in the energy field. Marconic Quantum Recalibration Performed in your Energy Field hands-off A one-time protocol that permanently reconnects your own Axiatonal energy system to the Universal Matrix. This connection enables you to feed your energy field indefinitely " you never power down. You experience continued healing. Recalibration triggers the higher dimensional body template. This allows for significant release of energetic blockages from this and past lifetimes. Marconics Treatments are NOT a substitute for medical or psychiatric treatment or medications. The Evolution of Energy Healing Feel better in mind, body and spirit. Come into alignment with your higher aspects of self as you release all that no longer serves you. Marconics is a full-spectrum, multi-dimensional healing modality. This frequency of transformative energy helps release us from the density of our 3rd Dimensional karmic cycles. It reconnects us with the love, wisdom and healing vibration of our higher consciousness, or our higher selves. This is, in part, what is referred to as being multi-dimensional. We experience well-being when our "selves" in all dimensions are working harmoniously as one. Learn more about Marconics at www.marconics.com. Marconics enables you to:

These days there is a great deal of talk about evolution - the evolution of our economic and political systems, of our technology, our means of communication, even our DNA. There is, however, very little said about our "energetic evolution," although this may very well be the key to our health and healing in the coming years.

Something I could grab onto to make sense of this life that seemed so bewildering. The concepts of energy being visible and shareable, of people developing spiritual control over our own lives, was completely new to me and more exciting than anything else I had come across. What is the meaning of this life? What is the purpose? Overjoyed, I took this new found information to the adults in my life – parents, teachers, siblings. The people I had questioned for as long as I could remember. As children we had no religion, no real guidance from anything beyond the systems we participated in. So this energy world became my unattainable, unrealistic dream. Too good to be true, yet too good to let go of. It stayed with me, quietly guiding me and making me question everything around me even more deeply. I became divided within myself, unsure of my intuition and abilities, yet unable to deny that there was something more to life than I could see being modelled by the adults around me. And there, I found further pain and suffering. I was unable to find healing, and instead became further traumatized and isolated. Along this lonely journey, I came to the conclusion that there is no one-size-fits-all answer. With this as my baseline, I began to study. I spent years trying different healing modalities, integrating or discarding them as I went. Proving them or disproving them correct for me with my body and emotions. And then, finally, it all came together. I was able to embody the self responsibility that would allow me to be my own advocate and healer. My unattainable dream of myself as an Energetic Being became my reality. It was such a relief. We are all healers. Our energy, our chi, gives us life. It is what animates us, and while this belief has been an intricate part of our global history, it was not popular in western culture until recently. Now that energy fields and meridians are being found and mapped with technology, even the most skeptical among us can celebrate this wonderful piece of ourselves, rather than denying the existence of the very foundation of our beings. As we embrace our energetic selves, we can tap into a power that we barely dared imagine. Not just our own but from the Universe. And thanks to the abundance of knowledge we now have access to, learning to work with our energy has become easier than ever. We can take charge of our health, working to heal ourselves by tuning into the subtle warnings within our energy bodies, rather than waiting until our physical bodies are screaming for attention. When we address difficulties as they arise in our energies, we allow them to realign as they happen, becoming happier, healthier, and more resilient. We move from getting by on auto-pilot into fully living our lives, and relaxing into ourselves. By adding practices such as meditation and gratitude journaling, we open the path for our souls, allowing inner wisdom and guidance to come through clearly on a regular basis. Our lives get so busy and full of chaos that we forget that there is more to us, these practices help us not only to slow down, but to remember who we are at a deeper level. And when issues do come up, whether energetic, emotional or physical, we can realign and keep our energy flowing using movement tools such as yoga, walking in nature, and other energy medicine sequences, or by working on our meridians and acupressure points using modalities such as EFT tapping. An abundance of health care exists within us already, and the more we use it, the more in tune we become. These different forms of energy medicine have amazing results and can keep us from falling into the trap of looking for purely external cures. And if we are ever in a position to need medical treatments that can cause unwanted side effects along with the healing they offer, energy healing modalities offer extra support. Most of all, realize that a lot of health problems arise from a general lowering of our energy, resulting from a lack of inspiration. Nothing increases our energy more than synchronistically telling our stories to others in a helping way. And, working together using energy healing practices can heighten the profound effects for ourselves and others. No one else should be in charge of our energy, our bodies, or our wellness. Self healing is about taking charge of our own existence, and taking our rightful places as the driving force behind our health and wellbeing. By sharing what we know, we help keep ourselves, and others, well.

Chapter 6 : energetic evolution in healing - PDF Free Download

Energy Evolution Healing. Meditation Center in Scottsdale, Arizona. 5. 5 out of 5 stars. ABOUT ENERGY EVOLUTION HEALING. Our Story. Welcome, I'm Rita Cook. Energy.

Replace that I with an O, reverse the order and boom done deal. I am a complete nut for these kinds of parallel meanings and word plays in this dimension. It blows my mind all of the time! So what is going on here? Why am I proposing to you that it serves a purpose and is necessary in our development? The illuminati, the new world order, narcissists, toxic folks and the imprisonment of the matrix cannot be by design. There are 2 forces at work here designed to develop you. They create suffering inside us only where they match our wounded parts or failed spiritual tests. This is where the baseline war between these forces originates and is working to strengthen us if we can switch our perspective. So what exactly is the light? And what is the dark? How does this all coincide with what we are doing here? How does this work in soul development? For anyone interested here is the link for the free download. Here are some examples of them in terms of true-self versus ego. We will get more into how they shut off energy to our bodies as we discuss the individual tactics the dark forces use to get us to flip our switches into the ego or false-self direction. When we are operating in our true-self and the light it opens up the energy feeding our physical bodies need to facilitate health, bliss, and higher states of consciousness. The narcissists, toxic people, government in terms of the Illuminati, or if your looking at the galactic war the Reptilians, basically all dark bodies incarnated here in a physical form are all working to pull us into the darkness. When we flip this internal switch from our true-self or Buddha nature into the ego or false-self it creates an energy feed. This is where we are going to get into etheric cords and exactly where the beast out there hooks into the beast inside of us. We are completely living in ignorance and unaware of how this works. Unknowingly we as light bodies are feeding the dark bodies our energy because they are spurring the darkness inside of us. These are the cords of energy that we are going to get into disconnecting. The techniques, tactics, and tools that are being used against us will be discussed in each blog post. How to completely cut off their power supply by doing your own self-work and jumping all of the spiritual hurdles will be given for your consideration and hopefully application. This dimension is simply a training ground for spiritual warriors. There is nothing that you need to do but your own personal work. There are no wars to fight but the war the dark forces are triggering inside of us. Until each of us learns what they are designed to teach us and can operate in spirit with all of our energy systems open and flowing all of the time we need to keep re-incarnating here. Realizing what are the illusions and what is the truth. All the darkness is an illusion creating the set ups, situations, and dynamics to teach you to grow. But that illusion creates a huge web of dark energy and negative forces within us. This is what must be reconciled. This is where we have to get accountable for letting them plug into our energy field! We as light bodies need to do the personal work to seal off our own energetic bodies and stop feeding them our energy. When we can completely become a container of light in the valley of darkness their purpose and the reason they can survive will completely crumble. So what am I proposing to you? One of these forces is working to keep a constant state of light. One of these forces is designed to live off of darkness. So what is in light and dark energy?!? We must get crystal clear on this so we know how to stop feeding the beasts. In order to get this energy they create a lot of illusions. The little guy toxic people and the big world order toxic people. Everything is set up to feed this negative force and supply us with the spiritual tests. We are going to dive deep into the systems that are being used against us like the media, FDA, healthcare, pollution, war, etc. What is true need for their design? So many of you who have most likely found me are aware of dramatization the news uses to put all of us in a negative mindset. Have you ever wondered why they zero in and exaggerate the world events to be worse than they are? We are destroying our earth. We are destroying each other. Tons of people suffering needlessly. Mentally our brains are naturally wired to be and focus on the negative. This is where they will mirror our own internal voice until we learn to switch the programming inside of us. Plus thoughts become things as we know what we focus on we attract. If your looking to attract more horrific states of the world what do you keep feeding people. Feeling out of control, powerless, sad, and disheartened by the current state of affairs. Plus they want to tap into your mind

and control your perspectives. You are hurting people on purpose, twisting all facts to fit your illusion, and I have no control. Emotionally you switch from high vibes light like love, peace, and happiness to move into the negative emotional wheelhouse. If you feel worse after watching the news or getting on social media, yahoo, etc then start watching what switches are being flipped. Spiritually and energetically we all start playing God. Not only do we want to decide what is right and wrong we want to be in control. We lose our connection. This is where the spiritual test comes in for us. Any of us who have seen karma roll around and around know this to be true. Nothing is happening here by chance. Our bodies have an energetic imprint of everything we have been carrying from all lifetimes that needs to be worked out. If someone gets killed in a shooting there is a specific purpose and karmic debt being paid. Murders and mayhem happen for reasons and the divine order. Look at the glands and body parts connected to the heart chakra alone. Your heart is the biggest electromagnetic field in your body. Or the brow chakra who wants to be in control of the world at this moment. Have you ever heard of that doctor who ate clean, exercised like crazy, and then fell over dead from a heart attack at 50? You know why that happens. Stress that can be created by being over-connected and as Empaths we absolutely have our hearts wanting to fix, heal, and save everything. Eva Mozes Kor gives a great example of this in her interview as a holocaust survivor who forgave those who intentionally hurt her. This woman absolutely positively passed the spiritual test they created by making her the subject of twin experiments. These people are committing horrific crimes that are unfathomable to us. If we do not let this go and love unconditionally we hurt ourselves and join the dark force. They love people on conditions and so do we! Does that mean we condone or wish to operate in the same ways as they do? We have one person here that we control and by watching the news with some horrific story while choosing to unconditionally love we can change a whole lot of energy transferring. Have you seen Wonderwoman when she gets to the end of her battle and decides to show mercy on the mad scientist? This is what the darkness is trying to do here. Allow everyone to be placed in the container where it is the ruler and each of us get to decide what voice to choose. This is a spiritual dynamic by design. Unconditional love and forgiveness even for those who have so obviously have hurt one another is not easy. The desire to play God pulls on the heart strings even though he already knows exactly what he is doing here. And I do believe we are meant to move beyond these systems but until we completely let go of any anger, resentment, bitterness or judgments they are still necessary on our wheel of evolution. What can we do here to stop this wheel? Everything here has a purpose! Any time you would have spent pointing the finger at what they are doing re-direct the time and energy to yourself to be a better person, a better neighbor, a better friend. The media is in many ways just a diversion and waste of time when we could be focusing on taking action to really do things that make a difference. They are feeding you specific information on purpose to play on your heart strings. Do your own research and make choices that are NOT led by their lies. They are not here for your best interest. They are here to try to tear us all down. We must build ourselves up. We choose what we believe regardless of their lies.

Chapter 7 : Evilution Evolution Souolution - SoulStrippers

The information contained in Our Energetic Evolution in Healing and the products of Energetics International, Inc. (EII) described in Our Energetic Evolution in Healing represent the personal experiences and research of the author.

Your energetic wellness is important! Learn about the human energetic anatomy, including the chakras and aura. Learn how to improve your energetic wellness through energy work, energy healing, products and uniquely programmed crystals. Good energetic health correlates to good physical health! Responsibility and thoughtfulness are high evolutionary traits taught at Soul Evolution Center. Thank-you for your understanding in this. Katy Simone - Founder of <https://www.katysimone.com>: She is an advanced channeler of Light Beings, providing life wisdom from beyond. Subscribe to her email list at <http://www.katysimone.com>: She is unique in that she is one of few readers that does direct voice channel. It is as if the guides are directly talking to you through her. They act as gracious and compassionate teachers to help you on your life path. Besides direct voice channelings, she also does the following types of readings: Tarot and Oracle Cards. These readings are offering in various formats including in-office, phone, email or Skype sessions for guidance on your life questions. She is a speaker and available for speaking engagements on various metaphysical and spiritual topics. These are unique and beneficial healing sessions using the life force universe energy. Katy amplifies the Reiki by using the four powerful Reiki symbols. Your 7 major chakras are aligned and vitalized with chakra crystals, specifically programmed for chakra health. For more information about her or her services or to be on her email list, which includes beautiful and inspirational messages from beings of light and love who want to help move humanity forth, please email her through this Meetup or at katysimone@yahoo.com. The name of his business is Charged Water. He has also developed various methods and devices using programmed crystals to improve the energetic health of people, animals and plants. In addition, he has an ongoing monthly global meditation for healing for Mother Earth, including the whales, dolphins, birds, and the Earth elements. As a participant you will also receive key energetic healings for yourself. Please email him at timchargedwater@gmail.com. He is a member of the Metaphysical Chapel of South Florida. Tim has attended various workshops, seminars, and classes on consciousness and spirituality on a wide range of topics, including out of body travel and energetic healing. One of his favorite symposiums was sponsored by Joan Ocean in Hawaii where he swam with the dolphins in their natural habitat. Please email him through this meetup or at timchargedwater@gmail.com.

Chapter 8 : Energetic Anatomy: A Guide to Your Body's Energy Systems

Energy Evolution Healing is a boutique Holistic, Metaphysical, and Spiritual teaching and healing experience where I selectively take on those who are searching and committed to conscious change and longing to know Self. If you are interested in Intuitive/Physic Healing modalities you have entered into the correct space.

Tweet These days there is a great deal of talk about evolution – the evolution of our economic and political systems, of our technology, our means of communication, even our DNA. What is an energetic evolution? It is the transformation of the frequencies or energies that make up the very core and essence of who you are, as a human being. You appear to be a solid physical form, but in truth you are not. Rather, you are made up of waves of energy, moving so rapidly that you cannot perceive their movement. The speed of those waves of energy is becoming faster and faster and as they do, your body and emotions are changing as well, just to remain balanced, to keep up with the new speed. As the energetic vibrations on the planet, in and around you, speed up, you are working hard to attune your internal personal signature vibration to match and harmonize with the new frequencies. You are stretching your awareness into realms you could not reach before. You are becoming more intuitive, telepathic, and sensitive to who and what is around you. You sometimes feel what others are feeling. You reflect inside yourself what is occurring outside of you. What an enormous gift and, what a huge challenge for your culture has provided no instructions for coping with the new feelings, sounds or sights. I would like to offer some suggestions as to how to navigate this new world. With understanding, you will be able to cope. With awareness, you will more effectively function in the new world. These messages can teach a great deal about your life that would otherwise go unrecognized. Notice the repeated themes in the papers and magazines you read. Watch for messages from the natural world. Are you surrounded by water leaks, indicating emotional leakage or drought, signifying that the energies have dried up? Are you experiencing a physical cyclone, suggesting that you determine the personal cyclone in your life? Then trust that you will be able to receive and interpret the messages you get when you sit quietly and listen to the wee small voice within. As you master the Language of Energetics and become more and more attuned to perceiving the world through an energetic lens, you may experience what I refer to as the by-products of the evolutionary changes. These by-products are neither positive, nor negative; they just are! You may become super sensitive to motor vibrations, high-pitched whines and loud noises. You may feel the emotions of others as if they are yours, You may sense the congestion or emotional imbalances - the anger, anxiety , the joy or sadness of those who have been in that space before you. When you understand that you are becoming more and more sensitive to the unseen subtle realms, you are less likely to think you and the world around you are going mad. Here are five suggestions as to how to navigate this new world: Is there a discernable reason for what I am experiencing? Do my symptoms come and go erratically? Perceive yourself as a cluster of rapidly moving energies and know that whatever you are sensing is already changing. Do not concretize it by giving it a label. Perhaps, I just walked through a cluster of slower energies that were out of balance with the rest of my frequencies. Though at first it may feel very different and somewhat strange, it is a wondrously positive place that communicates clearly once the language is understood. This more energetic world allows each being the opportunity to retain some of their signature vibration, while joining more and more with the collective. Open and awaken to the energetic reality of the other dimensions beyond the veil. Elaine is a life and career coach, researcher, mother and grandmother. In , after 20 years of work as a career consultant and life coach, she discovered energetics, the study and use of multi-dimensional energies and their interplay with life on earth. She is the author of Multi-Dimensional You: Exercises for Energetic Awakening. Learn more at www.ElaineTransformationEnergetics.com. Contact Elaine at Elaine@transformationenergetics.com.

Chapter 9 : Empath Evolution - Michelle J. Howe: Awakening Speaker, Evolutionary Guide & Energy Healer

Would you like to have some fun talking over how to make sense of situations such as discussing Kavanaugh, Hollywood, and maybe you have personal up-close events you relate to that it is time to discuss from a conscious

perspective!