
Our Energy Environment

Understanding Restores Our Power

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The Spark of Life

The Spark of Life, in its purest form, is Electric Energy.

Just as a fish lives within a water environment, so Human Beings live within an Electric Energy environment. There are some basic principles to Understand:



- Your Life Spark vibrates and humming within the Greater Energy Field creates waves and ripples. Your Presence in that Field makes a difference.
- Your Spark is impacted by the waves and ripples from other Forms within the Electric Field.
- The Spark of Life and the Greater Energy Field did not begin at your birth onto this Physical planet nor does it end at your "death".
- Whether you sense the vibrations as Physical, Mental, Emotional or Spiritual depends of the speed of their vibrations.

Everything I am sharing with you was given to me by Ancient Teachers in Worlds beyond Earth. I am sure that you will recognize bits and pieces that are commonly shared from the limited memory within the Human Psyche. I have worked used these concepts as I have worked with Others in what we call Body - Mind - Emotion - and Spirit.

Understand This Spark

Let's use forms that are familiar.

You have at least one light fixture in your home. When you flip the wall switch, existing unseen electricity is freed to flow from beyond the wall switch to cause the light bulb to glow. Electricity is a basic form of Energy.

When you flip the switch to "off", the light is gone.

The unseen electricity that flows from room to room did not begin at your wall or even at your home. It exists from sources far away and gives life to the light fixtures with the flip of a switch.

If you wanted, you could trace the energy back to its source and understand the bigger picture causing the glow from your fixture.

In similar fashion, the Life Flow that "lights" the "Home" you call "Body" exists beyond that body. When the switch we call "birth" or "death" occurs, the Light of Life comes on or is terminated in the Home/Body.

There is more to "You" than the ordinary Reality we discern with our senses of seeing, hearing, touching, tasting and hearing.

Why does that matter? Because the situations in our ordinary world of Reality exist within a larger environment of Energy and they have their beginnings beyond our 5 senses. When you understand the bigger picture, you are able to truly step out of confusion or powerlessness and become the Master of your Life. It pulls back the curtain of Situations in your life to see with other senses. *Knowing* moves you out of the limited and entrapping model of our ordinary experience of Earth Life.



Here is a simple model:

You have seen or used a Slinky toy. It spirals and spirals with no disconnects from one end to the other. Imagine holding the Slinky up by one end, letting the other touch the floor. This is good model for the flow of energy.



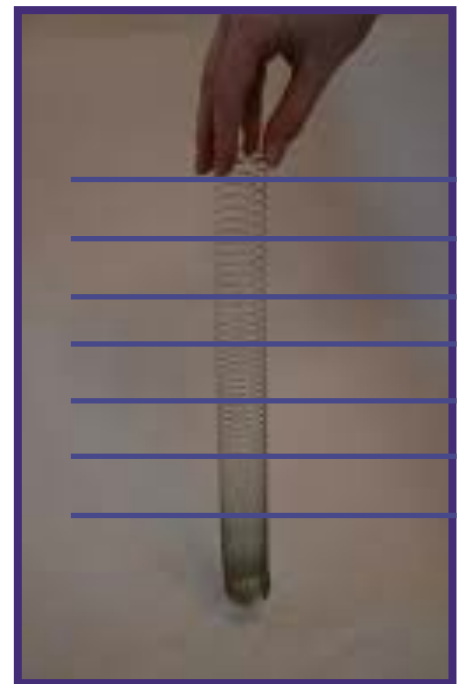
For our conversation, the flow at the top, represents the Divine Home from which Life Force flows. It continues uninterrupted, spiraling until it touches the floor. The floor represents the presence of the energy spiral in the Physical "Home" Body.

Any form within this vast energy field vibrates, interacting with, impacting, and being impacted by the vibrations of the Entire Energy Environment. Each Form is like a pebble dropped into a pond. The presence of any Form causes ripples. Sometimes the ripples are very active and sometimes they are quiet and almost hidden. The presence of a Form assures that emanating vibrations.

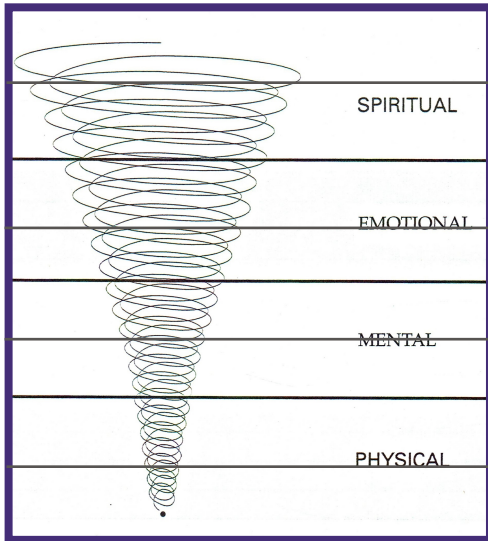
The vibrational frequency speeds along the spiral are very fast at the top and become slower and slower until the spiral reaches the floor. To designate the various regions according to their frequency, we mark the Slinky into 8 parts.

These 8 segments are called regions or dimensions. They are not cut apart or separated. One flows into the next, into the next and so forth.

What is important to know is that we name each of the regions along the spiral according to how we discern the vibrations.



Discerning Energy



The size of the spiral at the top of the flow is larger. Energy waves contain information and possibilities. The Spiritual dimension contains more options.

Negative patterns/imprints within the energy fields causes the frequency to slow, therefore a smaller and smaller size spirals as the wave flows downward.

Being in a Physical Body, we discern and identify the frequencies by our sensing systems.

The fastest frequency within our Earth experience are those called Etheric or Spiritual. Intuition, psychic information.

The vibrations that are just slower are discerned by and impacted by our emotional systems.

Moving downward, the next region's vibrations, a little slower, is our mental area. It is thoughts, memories, etc.

The lower, slower vibrations are "felt" by our 5 physical senses. We call this "Physical" and for most, the "Real" world, the only existence.

The "Body - Mind - Emotional - Spiritual" Paradigm according to how humans discern Energy vibrations



Spiritual



Emotional



Mental



Physical

Begin with Three Steps



If you are going to live a purposeful, joy-filled, stable life, you will have to learn how to work with Energy. That is especially true in regards to the vibrations that impact you from the unseen vibrations in the Mental, Emotional and Spiritual dimensions. It is easy to know why your leg is painful when you break a bone. It is less apparent

to know why you are confused in the presence of the Emotional energy of Powerlessness. The later is unseen and therefore unacknowledged.

Once you begin working with the Body - Mind - Emotional - Spiritual paradigm, you can take over the reins for your life. Instead of riding a wild horse whose actions seem to have no rhyme or reason, you look for the hidden snakes in the grasses that cause your horse to rear, or bolt. Then, you can take actions to remove the snakes and have a smoother ride.

THE FIRST STEP: is to **choose the quality of your Spiritual Teachers and Guides.** This designates the quality of information to learn and apply about this Energy model. This step gives you the **Power of YOU.**

THE SECOND STEP: is to **explore techniques** that helps you discern the Energy behind the sensations or situations that you encounter. This is like a research project. **The premise is that sensations from Energy, even unseen Energy, can be understood.** Then, look for tools to make the frequency messages clear to you. That could be meditation, intuitive cards, inner listening, pendulums, to name a few. Once you know the message, you can take actions to identify and remove "snakes" that would cause disruption or pain.

THE THIRD STEP: Use the model of an Integrated Protocol approach to change and heal. Do this by **filling your toolbox with techniques and professionals who are specialists in each of the dimensions,** i.e. Physical, Mental, Emotional and Spiritual. Whenever you choose a new goal or want to change direction, create an action plan that includes techniques to bring that new/change into each frequencies rather than focusing on one dimension alone.

Master the Energy, Determine the Outcome



As you explore the Energy Environment, you will begin to see that Humanity has been living within boxes created from limited knowledge and upside down concepts. Our Greater Field of Good provides unlimited, delicious opportunity of experiences. We have been at a banquet table with amazing dishes eating the limited dishes of survival. It is not because Humanity is impoverished or the World is cruel. It is because we have been taught to only see what exists in the dimensions of Physical Senses.

The place to cause change is in your Present Moment, in your Present Life, and in your Present Body.

It begins with a choice, a statement. Here are a couple you can use:

1. I am safe as I explore the Great Field of Life Force Energy.
2. My Spiritual Teachers and Guides have the qualities of Truth, Integrity, Clarity, and Love.

Use the Statements within the Reality Shift Process at [LINK](#)

This is just the BEGINNING of a Journey that will expand and change your LIFE!

Blessings!