THE ENERGIES THAT WE ARE

Channeled by Christine Bush

TABLE OF CONTENTS

PREFACE

INTRODUCTION

Chapter 1. WHO ARE YOU ENERGETICALLY?

Chapter 2. HOW DO YOU USE THE POWER OF YOUR THOUGHTS?

Chapter 3. HOW DO YOU MANAGE THE ENERGIES AROUND YOU?

Chapter 4. HOW DO YOU UNDERSTAND THE CREATIVE FORCE OF ENERGY?

Chapter 5. HOW DO YOU MOVE FORWARD KNOWING THE POWER YOU POSSESS?

Chapter 6. HOW DO YOU USE YOUR ENERGY TO HEAL YOUR OWN BODY?

Chapter 7. HOW DO YOU RELATE TO THE ENERGIES OF THE EARTH?

Chapter 8. HOW DO YOU MANAGE ENERGY EXCHANGES WITH OTHERS?

Chapter 9. HOW DO YOU MANAGE ENERGY EXCHANGES WITH SOUL MATES?

Chapter 10. HOW DO YOU MAINTAIN YOUR ENERGY IN THE FACE OF CHAOS?

Chapter 11. HOW DO YOU MOVE FORWARD MAINTAINING YOUR ENERGY?

Chapter 12. HOW DO YOU NOW UNDERSTAND THE CONTINUUM OF ENERGY?

Chapter 13. HOW DO YOU USE VISUALIZATIONS?

Chapter 14. HOW DO YOU MANAGE ENERGIES THAT THE UNIVERSE SENDS TO YOU?

Chapter 15. DO YOU NOW REALIZE WHAT A POWERFUL CREATOR YOU ARE?

PREFACE

 I am so very pleased and excited to present my second channeled book from Jesus and to share his wisdom with you.

 I was led to this wonderful connection with Jesus after many years of channeling the guidance of ascended masters and archangels. I had channeled for about 20 years when unexpectedly, Jesus began to talk with me. At first, I was quite skeptical but after channeling him daily I began to believe it was really him. For years he spoke with me, and through me to others. Surprisingly, he eventually asked me to channel books with him. I readily agreed. It has been an amazing and enlightening journey that I am grateful to be sharing with you.

 Channeling may be new to some of you. Channeling is very natural, and everyone has the ability to channel in some way. Channeling is simply connecting to knowledge and beings that are beyond this physical world. Musicians, scientists, artists often receive inspiration from somewhere outside of themself. This is a form of channeling. There are many ways to channel, and they are all different. Our word is changing, and our vibrational levels are rising. As our vibrations are rising, we are becoming more and more able to connect with higher beings. These beings want to guide and support us and are eager to share their knowledge to help us fulfill our life purpose and to care for our world. They want to communicate with us and more of us are now communicating with them.

 In the two books channeled through me, Jesus introduces us to who we truly are and explains how we have the power to create our lives. He teaches us that we are much more than physical beings. We are energetic beings who are one with the energetic universe. He wants us to awaken to how powerful we are and to learn how to access this energetic power. It is an exciting new perspective on who we are, why we are here and what we are able to do.

 In the first book, UNDERSTANDING YOUR SOUL, THE CHANNELED WISDOM OF JESUS, Jesus gives us insights into who our true self is and what our purpose is here on earth. He teaches us that we are beings of pure energy who incarnate into this life for the purpose of expanding our energy. He tells us that our lives are not designed by some being outside of ourselves, but that our lives are designed by our own souls and that our interactions, challenges, and experiences are opportunities to expand or contract our soul’s energy. We have the free will to react to these challenges however we choose. Everything we think, say, or do impacts upon our own soul. He tells us how the path to expanding our energy and fulfilling our life purpose is through love. He advises us on how we can love even those we might think to be unlovable. He explains what happens when we leave this life and how we decide if we will reincarnate or not. He stresses that we have power over our own choices, that we are not victims. When we begin to view our lives from the spiritual perspective that he gives us, we are empowered to take control of our lives.

 In this book,——————————, THE CHANNELED WISDOM OF JESUS, Jesus gives us a much deeper understanding of what it means to be a being of pure energy. Jesus talks about how energy works and how each of us has our own energy field. This field is constantly being impacted by other energies around us and is constantly impacting all other energies. He explains that everything, including our thoughts, is energy. Since our thoughts are energy, they are constantly impacting upon other energies and are creating what becomes our reality whether we are aware of it our not. He teaches us how to understand this creative energy of our thoughts and how to use it positively to manifest the world that we want.

 Jesus talks about how, since our bodies are vibrating fields of energy, we can learn to heal ourselves and to help others heal through energy work. Energetic healers work with this energy field to allow our bodies to heal. We can work with this energy to heal ourselves.

 Any time we have an interaction with another person, there is an energy exchange. This is especially strong with soul mates. Jesus teaches us how to recognize these exchanges and how to handle the exchanges in a way that allows our soul energy to grow and that benefits all.

 He explains that our energy field is meant to be a field of love, calmness and peace. He guides us in how to access and maintain this love. He tells us that once our energetic field becomes a field of pure love, we have unstoppable power.

 This book empowers us to take control of our lives and to begin to manifest the life and the world we want. Jesus’ message in this book is helping me to understand the control I have over my life and to begin to work towards manifesting the life I want through intention and love. I hope it helps you to understand your power. By working together, we can manifest the world of peace and love that we need.

INTRODUCTION

 You are energy. All is energy. You know this, but do you understand it? It is extremely difficult for a mind that is embedded in a physical body, in an apparently finite physical world, to understand what it means to be energy and to be part of the continuum of energy that encompasses all that is. Your science is beginning to discover that all is energy, and that energy connects over time and over distance. The continuum of energy is being called the matrix, the grid, or by other names. It matters not what you call it. What matters is that you understand that it exists and that you all are a part of it. Any energetic change in one energy affects all else. How is this possible? What does this mean to you? How will the understanding of the continuum of energy influence your physical world or your spiritual path? This is what we will be discussing in the following chapters. It is important for there to be a wider understanding of the continuum. This is a time of great transformation in your world. Consciousness is changing. A higher vibration is affecting your world. Do you feel it? Do you want to be a part of it? Do you want to transcend into this higher energy, or will you be left behind? This is the choice that all on that earth are facing at this time. It is a choice that will change who you are forever. With this transformation will come an infusion of knowledge, of wisdom, of peace. Those who choose to become a part of it will raise to an energy that they have not felt before. This energy will change their physical reality. This energy will change their soul. In the first book, we have spoken about the soul being pure energy and that all that you do on earth either expands or contracts that energy. We have spoken about what needs to be done to expand your energy and what the glorious consequences of this are. We have spoken about the vibration of unconditional love and how that vibration is the most powerful vibration that can exist. All of this information lays the groundwork for understanding the continuum of energy and how your soul is a part of it.

 From the information that we have given you so far, you may intellectually know what your soul is, but it is necessary to believe this truth, to feel it in your heart. Do you live your life in concert with this knowledge? Understanding the continuum of energy will bring clarity to your understanding of the expansion and contraction of your soul. You will better understand how all energies influence each other and how and why the energy of your world is changing. This is a time of great import. It has been forecasted by ancient indigenous peoples. This is the time of choice. Will you continue on the destructive path that your world has experienced, or will you transcend that reality, and join the vibration of a higher consciousness? You must choose. You must either move into this higher vibration or be left stagnant. We will attempt to give you a greater understanding of what is occurring energetically, so that you are prepared for this choice. This will be the most important choice of your life.

CHAPTER 1: WHO ARE YOU ENERGETICALLY?

 You are very familiar with your physical body. This appears real to you. You feel it. You see it. You have lived with this body since you began this incarnation. You have reaped the benefits or challenges of how you cared for it, and how it has weathered its physical endeavors. You might think that this body is much of who you really are, but it is only an instrument that allows the real you to navigate in the physical world. Your senses deceive you. Nothing you see or feel is solid. It is all energy, and the energy that is you is creating the energy that is your world.

 To understand this, we must first talk about what energy is. Energy is simply life. All things, physical and spiritual are energy. You may think of energy as the force that comes from physical interactions and performs work. This is what you think of as electrical energy, nuclear energy, or the energy that your body derives from nutrients. This is not the energy of the real you. This is not the energy of spirit. The energy of spirit is true vibration. And in true vibration there is no physical component. It is not a matter of movement of cells or microorganisms. This is physical energy. Spiritual energy is what has existed since the beginning of time. It is the source of all creation, the source of all that is. Spiritual energy is a vast field of connected energies which have individual identities. These individual identities are part of this vast, connected matrix of energy we will call the continuum. From this continuum arises all consciousness. From this continuum arises all power to create. You are part of this continuum. You are an individual energy that is one with all other energies. You are an energy that has decided to incarnate into a physical body, and, as a physical body, you believe that you are unique and unconnected to all that is. But this is not the true you. The physical reality in which you temporally are residing is only a means for your true energy, your true spirit, to expand. In coming into this physical reality, you leave energy of your being behind in the spiritual realm. You exist both in the spiritual and in the physical realms. You are never disconnected from the continuum. Your energy is forever entwined with the energy of all that is. As you proceed down your physical path, you make choices that either expand or contract, your energy, your spirit, your soul. Since you are part of the continuum of energy, your choices lead to an expansion or contraction of the universal energy. Everything you do impacts on all that is.

 In order for you, to understand what it means to be connected to a continuum, let us look at your oceans. Each water molecule is unique onto itself. Yet it does not exist alone. It is connected to all other water molecules in the ocean. Each molecule is unique yet connected to the whole. Your science is showing that when one molecule changes, there are changes that are felt in molecules that may be far distant. Your science refers to this as entanglement. But it’s simply a manifestation of the connectedness of all energy in the continuum. You are like that water molecule. You are unique yet connected. You are energy and when the energy is changed, the impact is felt across the continuum. All energy exists in the continuum. All power exists in the continuum. The continuum has always been and will always be. You come into that physical world from the continuum, and you will return to it. There is nothing mysterious or magical about the continuum. It is simply the true reality.

 So now you may ask: What role am I to play in this continuum? How does what I do energetically affect those around me and how does what others do energetically affect me? This is the crux of what we wish to expand upon in this book. The continuum is complex and everyone's impact upon it is complex.

 Imagine that you are in a large, swimming pool. Every movement that you have made, no matter how small, ripples across the entire pool. Every molecule of water within the pool is moved. Every molecule has been impacted upon by your motion. Now imagine that the air around you is energy. That air around you is made up of molecules connecting to endless molecules in the air around your entire globe. All air is connected and what impacts upon air in one region is felt even at a far distance. Now picture yourself, residing in an ocean of energy. There are no molecules in this energy. There is only vibration. And in this ocean of energy, you exist in your own very unique vibration. You exist as a vibration that is separate from other vibrations, but indeed is connected to all vibration around you. And just as every motion in the pool of water affected every molecule in that pool, every change in your vibration affects every vibration around you. And since there is nothing to stop the movement of energy, whatever energetic changes are initiated by you ripple rapidly throughout the entire energetic universe. So, you, as your unique vibrational energy, are the originator of energetic vibrations that ripple throughout the entire infinite universe of energy. It is difficult for you to comprehend this. But it is true. The energetic field, or the continuum, as we will call it, is infinite. It has no beginning. It has no end. It is your conscious mind that looks for a beginning and an end. In the world of spirit, there is no such thing as a beginning or an end. All has ever existed; all will ever exist. And in that infinite existence, there is much room for changes in vibration. As we spoke about in our first book, the nature of energy is to expand. Energy is always moving to expand or to contract. Energy is always in motion. It is never still. So, you exist in this immense ocean of movement, in this immense ocean of vibration in this immense ocean of ripples. All of this is the universe. All of this encompasses all of existence. It is not a simple concept, and we will try to see if we can make it easier for you to understand. There is no reason why you cannot understand at least enough to guide your life on that plane. For when you see yourself as energy, then you will see what your true purpose is. For as we explained in our first book, you are energy that came into that life to expand to new levels. The experiences that you have in that lifetime will lead your energy to expand, or to contract. The reason why your soul came into that lifetime was to expand its energy. You understand this. But you also need to understand how every thought you think, every word you speak, every action you take, impacts upon that energy.

 Thoughts are nothing more than energy. What is a thought? It is not a thing. It does not have molecules. It cannot be seen. It can only be felt. And what is felt is a vibration. Your thoughts are vibrations. Your thoughts are vibrations that come forth from your physical mind, from the conscious mind that is so good at helping you deal with that physical plane. Your thoughts move forward into this vast energetic field and create ripples of energy. Those ripples of energy affect not only your personal energy, but the energy of all other individuals around you in their energetic fields. And as these energetic fields are affected, so also is the universal field. So, you see your thoughts are very powerful creators. It is very important for you to understand how your thoughts work in that energetic field. If you are viewing someone that you think is acting in a way that you do not agree with, that you may not believe is right, and you think thoughts that are negative about that person, that may even be filled with anger or hatred or condemnation, you are sending out low vibration energies. The low vibration energies that you send out travel towards the energy of the person whom you are viewing and feed into the low vibration energies that that person is putting out. Indeed, it strengthens that low vibration energy. Your thoughts are indeed enabling that low vibrational energy to strengthen and to spread. Your thoughts that are of low vibration link together with other low vibrations and increase the span of that energy. When you send out a negative thought, a thought that is not of love, it only increases any energy that is not of love. However, when you look upon someone who is doing something that you do not agree with, that you do not think it’s right, and instead of thinking negatively about what is happening, you send thoughts of love, you’ve sent positive thoughts to that person. You are sending out a higher vibrational energy. The higher vibrational energy ripples towards the low vibration that you have encountered, and it raises that low vibration a bit. It is the only way to change that low vibration in a positive way. Only thoughts of love, only positive thoughts are able to change negative energies. It may not happen immediately. The change may not be visible immediately. You may think that your positive thoughts have been wasted. But they have not. They have indeed raised the negative energy. If the thoughts of love are repeated over and over and over, and if the thoughts of love are sent by many people, then the change will be noticeable. So, you see it is very important to send out only thoughts of love, no matter what you are encountering. You do not want to be responsible for increasing the negative energy that you are condemning. You do not want that to impact up on your own soul ‘s path. Your soul is attempting to raise its vibration and to expand. We spoke about this is the last book. So, when you send out thoughts that are negative, when your conscious mind sends out thoughts that are negative, it affects your own vibration. It lowers your own vibration as it ripples fourth and lowers the vibration of the entire continuum. We will be speaking much more about the energetic power of thoughts in this book for your thoughts are the most powerful, creative tool that you have.

 When we talk about who you are energetically, it is important to speak of the physical body that you have adopted to take you through your current life’s journey. That physical body appears solid to you. It feels solid to you. But it is only energy. It is vibrating at a level where your senses can discern it. It is vibrating at a very low, dense level. But it is made up of energy. Everything in your body has a vibration. Each organ in your body has a vibration. Each cell of each organ in your body has a vibration. Each molecule of every cell of every organ in your body has a vibration. Its vibration can be impacted by energetic ripples outside of itself. It can be impacted by your environment. It can be impacted by energies that you bring into your body in the form of nutrients. It can be impacted by your own thoughts. Indeed, it can be impacted by those people whom you keep around you for any length of time. Your physical body is a very precious possession. You want your physical body to be vibrating at a very healthy level. You want energies that your body incorporates into itself to be energies that are beneficial to it. So let us speak about this for a moment.

 Your body is meant to vibrate at a particular level. It is meant to vibrate at level that feels good to you, that serves you well in the activities of your daily life, a body that will carry you through your life with ease. This is when your body is functioning at its optimum level. But much can affect that. Now you know that your body is simply energy. And when that energy varies from the level it is meant to be at it, it changes how that body is able to function, how that body will feel. When part of the body is vibrating at a level that is not attuned to the rest of the body, that is not at a level where it is meant to be, it is often in a state that you call disease. Remember that word is simply dis-ease It is a point at which part of your body is not functioning as it should. It is a point at which the energies are not moving through your body in the way that they are meant to. You know about how energy flows. You know about how energy impacts upon other energies and now it is important for you to understand the energies of your own body. Now that you know that your body is energy and that disease is simply an interruption of that energy, you can understand how energy work is so important to healing. It is often helpful to go to an energy practitioner, but you do not always need an energy practitioner. You can work on energies yourself. You can work on the energies of your body. And “how do you do this?” you may ask. It is not difficult. You simply need to send thoughts to flow throughout your body. You simply need to send thoughts of healing throughout your body. Bring healing energy from your crown down to your toes. Think thoughts of health. Think thoughts of activity. Think thoughts of movement. Think thoughts of your body functioning in the ideal way that you envision. It may take time. It may not happen overnight. But you will see changes. You will see definite changes in how your body functions. You will see definite changes in how you feel within that body. The energy of your body will respond to the energetic thoughts that you are sending out. That is why it is so important to be mindful of your thoughts about your health. Do not fear illness. Do not fear what you may catch from others. Know that you are healthy. Know that you are energy that can flow smoothly. For when your energy is smoothly flowing, there is nothing that can interrupt it. There is nothing that can stop it. Health will result. And now you may be saying, “Oh I have tried that. I have tried thinking thoughts of health and it has not worked” You must not just think these thoughts you must truly believe them. Believe them in every single part of your being. You have to believe that you are healthy. It is not just a matter of thinking that you are healthy. It is the belief that is so vastly important. You see, my dears, belief has an energy of its own. Belief brings with it an energy that empowers what is being thought. When you believe something rather than just think something, you are bringing forth all the energies that are in your body. Do you realize that? Your entire energetic body gets behind a belief. And that is why it works. That is why believing that you are healed will result in being healed. It may take a while for you to get to the point of actually believing it is possible. But you can with repetition, with understanding, with knowing that you have the power to change, knowing that you have the power to create, knowing that you have already created your world, so why could you not change what your world is made of. Your body is simply energy. You can change that energy anytime. You can change that energy by your belief. You can assist the belief by taking action to follow that belief. You can assist the belief of health by changing the nutrients you are putting into your body, or perhaps by changing your activity level. Act in alignment with the belief that you are healthy, and health has to follow. Health will follow once you give up the thoughts of dis-ease and believe only in health. But you have to move from your old self into a new self and that is quite a leap, and that sometimes takes a while. But never lose faith that it can happen, and it will happen if you follow your belief.

 Your energy is a very intricate thing. It is important to understand how the energies that you send out from your mind ripple upon the energies that are in your body. When your mind sends out a belief that something is true, energies are impacted to make that become true. You may not always see immediate results from your beliefs. Or you may think that a belief is real when indeed it is not fully absorbed into the energies of your body. But once a belief is integrated into your total energy then that belief comes true. We will talk later about how you integrate that belief into your entire bodily energy. But for now, it is enough to know that you can, indeed, change the energies of your body. You can, indeed, assist your body to come into a new state of beingness.

 The energies of the world around you impact upon you all the time. The energies of the world around you have positive effects and negative effects upon you. The energies of the world around you may raise your vibration or may lower your vibration. You have many choices to make in your life as to where you want your energy to go. You have choices about who you spend your time with. You have choices about what you spend your time listening to, or reading, or watching. You have the choice of what energies you bring around you. You, therefore, have a choice as to what energies you are allowing to impact upon your life, and that is a very, very important choice. You need to be very careful with this choice, for when you allow lower vibrational influences around you, they will only lower the vibrations of your energy. And that is not something that you want. You want to bring energies around you that are high vibration. You want to spend your time thinking about, reading about, doing things that are of the light, that are of love, for those are the high energies. That does not mean that you need to disassociate yourself from the world that you live in. For there are things in that world that are happening that you need to have knowledge of, that you need to live within the confines of, that you need to acknowledge. But you do not need to let them be absorbed into your being. You need to keep your energies protected from these lower vibrational energies and, if you spend time around a lower vibrational energy, spend at least as much time around higher vibrational energy. If you spend time watching the news, for instance, this is something that many of you do, and you find that it is negative, then, when the news is over, spend some time in meditation, spend some time reading a spiritual book. Spend some time balancing out the energies that you have just been exposed to. You do not need to ignore what is going on in your world for you are in that physical world for a reason. You do not need to be always positive about things. There are things that perhaps you would like to change. We have spoken about how love is not passive, love is active. You are called to be a warrior for love. So, you are called to act out against these negative energies. But you are not called to absorb them. You resist absorbing them when you are able to look at the source and see that source as a soul, a soul who is looking for love, a soul that you need to love. You do not need to love the actions, but you need to love the soul. We have talked about this in the last book, but it is worth repeating, for it is not an easy thing to do. Not many people are able to do that, but when you reach the spiritual perspective that you are now reaching it becomes easier. For you understand that your world is such a temporary existence that it is not worth getting attached to negative energies. You understand that each person is walking their own path and has a purpose in their own life that you know nothing about. You understand that each soul has things that it wishes to accomplish while it is on that plane. And when you see this, and you understand it, is easier to detach from the negative energy and to see the soul that is within the source. Once again, we do not mean that you should ignore the negative. You must work to counter the negative, but you work only in love. You work only in a positive way. You never respond to a negative energy with negative energies. You never respond to hate with hate or violence with violence. That is only feeding the negative energy. You counter the deed, but you respond with light. And then the light is spread, and the darkness is diminished.

 So now you are beginning to understand that every thought you have, every action you take, impacts upon the energies around. It is not only the energies of your own body that are affected it is the energies of all those who are around you, and all those who are in the universe. Each energetic change ripples out across the universe in ways that you cannot see, nor can you understand. So, know the importance of how you act, the importance of how you think. All of this creates your reality. All of this creates all that is in the universe. Know that you are a very powerful creator. You need only to use your mind to create the world that you want. It should be exciting to you to realize the power that you have to create what is in front of you. It is exciting and yet it is also a responsibility, for when you realize that you are creating your own world it is very hard to blame another, it is impossible to play the victim. But when you realize your own power, your world is limitless. And that is where we would like you to be, to realize your own power and to realize how to use that power in the energies that you are. That is what we will be exploring in this book. We have now given you a very quick basis of the energy that you are. But now we will explore each part of what we have talked about in a greater depth.

Chapter 2: HOW DO YOU USE THE POWER OF YOUR THOUGHTS?

 Your thoughts are the most powerful tool you could ever imagine. Your thoughts carry incredible creative force. Your thoughts have created the reality in which you see yourself currently. Your thoughts can change that reality into whatever you would like it to be. This may seem like quite a stretch to you. You may not understand that what you are seeing around you is a result of your thoughts. You may not understand why what is around you has been created, or how it has been created. But indeed, believe that your thoughts are the powerful creators of your reality.

 For what is a thought? A thought has no physical substance. A thought is simply an energy that is sent out from the energies that are in your body. A thought is largely the product of your conscious mind. A thought is created by your conscious mind in response to a stimulus that has been received. This stimulus may have been in the past or it may be current, but something instigates the thought in your conscious mind. And that something is simply another energy. An energy has impacted upon the energy that is your conscious mind and has resulted in your conscious mind sending out another energy which is a thought. It is a chain of energy. And, just as stimuli have come into your conscious mind to create thoughts that your conscious mind sends out as energy, so too the energy of your thoughts goes out into the universe and impacts upon energies that are around it. It is a constant flow of energy. Your mind receives energy, and it gives out energy. And as it gives out energy. that energy changes other energies, and ripples across the universe.

 It is very important for you to understand how this chain of energy works. For once you understand how the chain of energy evolves, you will understand how you can recreate your world. It is very important for you to be cautious of your thoughts. It is very important for you to realize that your thoughts are part of this chain of energy. It is very important for you to realize that your thoughts can have great effect on the energies around you. When you see something, be cautious of what you think about it. For, when you see something, you can either think negatively of it or positively of it. If you immediately think negatively of it, you are allowing your physical self to control. If you step back and view it from a spiritual perspective, you are much more likely to be able to view it from a point of love. This takes time. This takes practice. But it is important for you to develop the habit of monitoring your thoughts. For what you think is what you get. You may have heard of the law of attraction This is something that has been taught and written about in depth. But little is explained about how the law of attraction works. The law of attraction works because your thoughts send out an energy. And when this energy is accompanied by a passion, an emotion, the vibrational impact increases. So, a stronger ripple is sent out into this continuum of energy and, when it is sent out with only positive thoughts, with only positive passion, with only positive emotion, it attracts like energy. Energy is attracted to its like. So, when your energy is sent out into the continuum other energies that are in that continuum are attracted to it. The stronger the energy of your thought is, the stronger will be the response to it. So, it is important to understand the power of your thoughts. It is important to examine your thoughts and to be sure that your thoughts are attracting what you want to be attracted to you. If you think positive thoughts, positive energy is attracted. If you think negative thoughts, negative energy is attracted. The process is very simple. Positive creates positive. Negative creates negative. So, you see, your power as a creator is huge. Your power as a creator is one that you have with you at all times. So, as you look at your future, as you look at what you would like to have in your life, you need only to create it.” How do I do that?” you might ask. You do that by sending the positive energy out into the future that will bring you what you want. It is as simple as a thought. A thought combined with an emotion, an emotion of passion, an emotion of enthusiasm, an emotion of positivity. For when you combine the energy of a thought with the amplifying emotions of positivity, then nothing can stop your creative powers. You are not a victim. Much that is before you today is what you thought of in the past, either consciously or unconsciously. But much that is before you is created by your thoughts and, if you created what you face now, how could you not be able to create what you face in the future? It all follows energy. When you are able to step back from that physical world and truly see everything as energy, all of this becomes much more understandable, all of this becomes much more logical. So, it is important to spend time contemplating energy, for energy is reality. Energy is who you are. Energy is what everything else is. Energy is all that is. It is important for you to step back from the physical and begin to realize that. For, when you realize that, so much becomes apparent. Your power as a creator becomes apparent. Your power to impact upon others becomes apparent. The power of others to impact upon you becomes apparent. So much becomes clear when you think of the world as only energy, when you think of yourself as only energy. It is difficult, when what you see in front of you appears to be so solid, to think that it is energy. It is difficult when your world your physical world is so very solid appearing to your senses, to think that it is all energy. But it is, and when you see it as energy then everything seems to make more sense. Everything becomes understandable.

 So, you see, energy is very simple, yet complex. Its complexity lies in the fact that your conscious mind cannot comprehend what it is. Your conscious mind is trying to categorize everything that is into little boxes that it is familiar with. But energy is new. The concept that all is energy is something your conscious mind has never grasped before. But do not let the complexities of this thought deter you from pursuing it. For when you pursue the understanding of energy the entire universe opens up to you. You see, all creation took place as a matter of energies coming together in various ways. All creation took place as a result of energies being attracted to other energies. Everything that has occurred since creation took place has simply been the result of energies interacting with energies. Your soul is very familiar with energy. Your soul is energy. Your soul understands that the entire universe is nothing but energy. So, your soul is working in a field of knowledge of energy. Therefore, your soul is working in a field that your conscious mind does not truly understand. So, you may not understand the workings of your soul. Your soul understands the workings of your physical body. But your physical body cannot fully understand the workings of your soul. And there is a reason for that. The reason is that, when you are in that physical body, you are meant to be concentrating on that physical life. For it is in that physical life that the growth of energy occurs. So, you need to understand the impact that your physical actions have, but you need also to focus on your physical actions. For your physical actions get you through that world, do they not? Your physical actions allow you to be in that world exactly as you are meant to be in that world. Your physical body is meant to go through that life to learn and to grow. But it is also necessary for you to understand that that learning and that growth place in a field of energy. Once you understand that, you understand how everything you do impacts upon your soul's growth. Once you understand that you are a piece of the energy of all that is, you are able to understand the role that you play in creating that world, in creating your life. So, knowledge about energy is very important as you go through your life. Knowledge about energy is very important as you make choices about how you wish to proceed in that life. Once you understand that a thought is not just an empty thing, once you understand that a thought has actual impact upon energies around you, then you pay more attention to your thoughts. Once you understand that all your emotions are energy, you are more aware of how those emotions impact upon others, upon the world, and upon yourself. And that awareness, that understanding makes you more cautious about your thoughts, makes you more careful about your emotions. You do understand that your emotions, your thoughts of anger, violence, fear are very low vibrational thoughts and emotions. They bring down the vibration of your soul and the vibration of the universe. They feed into other low vibrational energies that are around you and they attract those energies to you. So be cautious. Be cautious of what you are attracting to yourself. On the other hand, the vibration of love is a very high vibration. It is a vibration that attracts other high vibrations to it. It attracts beings who are in that high vibration to you, and it attracts things that are high vibration to you. This high vibration of love radiates throughout the universe and changes other vibrations. The vibration of love is the vibration that changes the lower vibrations. It is only love that can do that. So, be cautious of what you are radiating out into the universe. Understand what you are attracting to yourself. Understand how all that you say, all that you think, is energy. All that you say all that you think attracts like energy to you. When you truly understand this, no vibration is possible other than love. For, why would you ever send out vibrations that would attract low vibrations to you? You would not. For those emotions are not fun to experience. Those emotions are not where you wish to dwell. So, be very cautious about what you send out into the universe. For, what you send out is what you will receive.

Chapter 3: HOW DO YOU MANAGE THE ENERGIES AROUND YOU?

 You exist as part of a field of energy. You are surrounded by energies. Energies are bombarding your energy from all directions. Energies of all vibrations are impacting upon your energy. So how do you remain centered within your own energy in the midst of all the energy exchanges that are taking place around you? It is important that you learn to control your own energy. It is important that you learn to feel when your energy has been impacted in a way that you may not want. It is important for you to know the way your energy feels when it is vibrating at an optimum level. So, the first step is to become familiar with your own energy. Try to focus on how your body feels when you are happy. How is the energy around you, how are your emotions? That is an energy that feels good to you. Then focus on how you feel when you are sad. How do you feel when there is a lower vibration energy around you? Your body feels sluggish. You feel as though all has slowed down. Become aware of how your body feels in different circumstances. How does your body feel when you are surrounded by people? How does your body feel when those people are people who you love? How does your body feel when you are around people who you may not love? How does it feel when you are around people who are being angry at you? There is a whole range of feelings connected with your own energy vibration. It is important for you to recognize this and to be aware of what is happening when these energies impact upon your own vibration. For you do not want your vibration to be constantly going up and down with the energies around you. You want your vibration to stay high and to only increase. So how do you do that? It is not easy, and it takes practice.

 The first thing is to begin to love yourself. Love yourself and value your own vibration. Know that you are vibrating where you should be vibrating and protect that vibration from being invaded by other vibrations. You can do this through your thoughts. We have just spoken about how your thoughts impact upon energies. So, your thoughts can be your protection against energies that you do not care to engage with. You need to center your thoughts in love at all times. Center your thoughts in the knowingness that you are a spiritual being who is exactly where you are supposed to be. Center your thoughts in the feeling that all is well. For all is well within you. And that is what is important, regardless of what is happening outside of you. So, this centering of thoughts is the key to maintaining your own vibrational level. Do not be led astray by those who try to engage you in arguments or those who try to engage you in feelings of anger or fear. Just do not engage. Detach from such situations. Detach from the situations that make you feel as though your vibration is out of sync with where it should be naturally. Detach from those situations that negatively affect your vibration. Detach from those people who negatively affect your vibration. For instance, if you are watching the news and the news is bringing you feelings of being angry or fearful, stop watching it. Do not put yourself in the position of allowing your energy to be impacted by any other being. For your energy impacts upon your soul. Your energy has an effect upon your ever lasting soul. So, it is important for you to maintain a vibrational level that only feeds your soul and does not detract from it. Sometimes it is impossible to detach from situations that may make you feel out of sync with yourself. Sometimes you are thrust into situations where you may not wish to be. And sometimes you may feel that your vibrations have been negatively impacted. The key is to be aware of this impact and then to correct it. You can correct it by going into meditation, by allowing yourself to connect with your own spirit, with your own center and allowing your vibration to return to normal. You can take a walk in nature and allow the beautiful vibrations of nature to return your vibration to where you wish it to be. You can do whatever seems best for you to center yourself again.

 You need to understand that your own vibrational level is where your soul resides. When you are in that physical world and you feel that you are vibrating at a level that brings you happiness, that brings you joy, that brings you peace, that makes you feel so totally yourself, you know you are connecting to your soul. And that is a wonderful thing. It is what these books are all about, bringing you into connection with your soul. And it is very important for you to understand that the energy that you are is something that you have created. You created this energy through what you've done in past lives. You brought this energy back to our side with you at the end of those lives and you've brought that energy into your current life. So, you came into that life at a certain vibrational level. You came into that life to raise that vibrational level during that lifetime, hoping to come back to us at the end of that lifetime at higher vibration level then you were at the last time you were with us. So that is what you are striving to do. And in striving to do that you need first to understand where you are at. You need first to be comfortable with the energy level where you reside now. For when you are comfortable with the energy level where you reside now you will know if you are taking actions that are raising your vibration or lowering your vibration. If your actions are bringing you even more peace, joy, and happiness, then you know that you are raising your vibration. If your actions are bringing you lower vibrational emotions such as anger, sadness, or judgment, then you know you are doing something to contract it. At that point, when you feel your energy level starting to contract, you can make a change, you can simply sit back and say “What am I doing that is lowering my vibrational level? What am I doing that is bringing these feelings of being less than I was a while ago, feeling less happiness, feeling less peaceful?” And then you can make the conscious decision to stop doing those things. You can make the conscious decision to stop how you are proceeding in that life and to start taking steps towards actions that will raise your vibration. You can release all those thoughts that were making you feel less than you had been. You can release them to the universe. Say, “I release you. I do not need you. I do not accept you.” And then turn your thoughts to those things that bring you better feelings, those thoughts of peace, those thoughts of joy, those thoughts of being of service, those thoughts of seeing the beauty around you, those thoughts of gratitude for all that is around you and all that you see before you. For the instant you make that change, the instant you change your thoughts, your vibration increases drastically. It takes only that change, that stepping back and realizing you are going in a direction you did not wish to go. You do not wish to lower your vibration. Your soul does not wish for you to lower your vibration. But your physical body sometimes gets in a position where your conscious mind takes over and starts sending out thoughts that do lower the vibration. That is when you need your spiritual perspective. That is when you need to step back and examine what is going on. You have the power to change it. You have the power to change your own negative thoughts to positive thoughts. You therefore have the power to change the lowering of your vibration to the raising of your vibration. It is not all that difficult. It only takes practice and awareness. You now have been given information that raises your awareness. You have been given information on when to take the action of releasing these thoughts, when to take the action of changing your thoughts from the negative to the positive. You now have the knowledge you need to put it into action. It takes a bit of practice to be able to detach from the situation in the moment. But you have that ability. Once you realize you have that ability and you make use of it to change, you are exercising your power. When you change to a higher vibration you are creating a different reality in front of you. We will soon speak more about the creative powers of your energy. But for now, you know that the minute you change from negative to positive, you are embracing your power to create the reality that you want.

Chapter 4: HOW DO YOU UNDERSTAND THE CREATIVE FORCE OF ENERGY?

 Energy Is the creative force of the universe. Energy has created everything in the universe. Energy created your world and all the other worlds that exist. Energy created you. Energy created all those around you. So, you see it is vitally important to understand what energy is and how it works. It is very important to understand so that you can use energy to create the world that you want, how to use energy to assist those around you, how to use energy to create, how to use energy to heal. There are many many ways that you can use energy. All of them are within the power of your soul. It is within your own power to create the life that you want.

 Energy is in constant motion. It vibrates. It vibrates at a level that impacts upon other energies. We have spoken about this. Energy is not a concrete thing. It has no substance. It is not material. Energy is only vibratIon. So, it is very hard when you are in that physical world, where all that you see is physical and is material, to understand that energy is beneath it all. Nothing that you see is solid. Everything that you see is simply vibrating at a level that is low enough for your senses to pick up. Everything you see is vibrating and changing constantly. Everything you see is the result of energies that have impacted upon what you are looking at. The creative force of energy is sometimes difficult to understand. We know that your conscious mind has a difficult time grasping this. We know that your conscious mind is not one that was made to deal with the energetic realms. So, we are going to simplify the explanation of energy so that you can understand it.

 Think of energy as simply a breeze. You feel a breeze do you not? You feel that change in the air. Yet there is nothing that you can touch. There is nothing that you can grab onto. But yet you feel it. Yes, air is physical. Air has atoms. Air is not the same as energy for air is indeed physical. But think of it in that way. That is the closest that we can come to showing you the creative force of energy. It is an imperfect example, but it is the best that we can come up with for you to understand. When you feel a breeze, it feels comfortable, it feels good, it feels cooling, it nurtures. However, that same breeze can become stronger and stronger and stronger to the point where it creates destruction. You have other names for that such as hurricanes and tornadoes. It is only important that you understand that what you are not seeing indeed exists and creates. You are not seeing the substance of air. You are seeing the results of what air does. And that is where it is similar to energy. You cannot see the energy, but you can see what the energy does. You can see that energy does indeed impact upon the physical. The energy has indeed created that physical that you are looking at. The energies do have different effects dependent upon their vibrational levels. A high vibrational energy is what creates beauty, is what creates harmony, is what creates all that is good around you. Low vibrational energy, on the other hand, is what creates disharmony, what creates things that do not foster improvement but foster only stagnation and even regression. Energy is the only creative force there is. Everything was created by energies.

 When your world was conceived of, it was conceived of as a place where souls could go to raise their vibrational levels, to experience things that would be good, to experience beauty, to experience love, to be able to feel and touch things of beauty, to feel love for those things and for each other. It was conceived of as a very utopian place. Thus is the story of the garden of Eden. Indeed, it was a garden of beauty. And so, different consciousnesses came together and blended their energies to the creation. Their energies came together and created a world as it was envisioned. But then it was difficult to find energies that souls could exist in, that were congruent with the energies of that new place, that new world. It was difficult because it was such a different energy. It was a very dense energy. It was an energy that was much more difficult to navigate than the energies of the spiritual world. The energies of the spiritual world are light and high vibrational. The energies of this new world were dense and slow. So various souls came into various beings on that planet to test it out, to see if it could exist. Some did well and others did not. Some thrived and others did not. So over time it became clear that the energy that worked for soul development was the energy that you now call human beings. Human beings evolved to become the vessels for souls to come into that beautiful world and experience goodness. And that the beginning that is what happened. But lower vibrational energies came into play because of the fact that it was such a dense, dense energy on that planet. And the energy of your world went in a bit of a different direction. It was no longer a place of simply love and goodness. It became a place of greed and often corruption. It became a place where people wanted to control what others believed and what others thought. For when they could control another, they felt good. It gave them that feeling of power. So, as you look at your history you will see that it is a history of people trying to gain control. There has been much goodness throughout history in your world. There have always been those who have been of love, who have done good things, who have taken care of others, who have even sacrificed their lives to care for others and bring goodness into that world. There has always been goodness and love in that world. But alongside of it was, indeed, another energy that started to grow. That energy grew and manifested itself in many ways until you came into the world you are in right now. And I want to tell you that the world you are in right now is at a tipping point, for there have been many lower energies that have risen to the surface, that are very vocal now. And those energies are consuming one's attention. But those energies cannot win over the energies of love. So, it is important for you to understand how your world got to the place where it is right now. All that you see around was created by the energies that came together through the centuries of creation of your world. It has, indeed, been a path that has led to a time of turmoil on your planet, a time of great division. And there are those who have enjoyed falling into those lower energies of fear and anger. It is where they have chosen to reside. But there are many more of you who are choosing the energies of love, the higher energies of peace, joy, service, kindness, equality and inclusion. There are many more of you who are choosing those values in your life and those energies will overtake the lower energies. But it takes time. This is the transformation that is being talked about. This is what it means to say your world is transforming. It is transforming from a world of those lower energies to a world of higher energies. This will take time, but it will happen. There is no other way for it to go but to go towards a higher vibration. There are too many of you who are striving to spread your own vibrations.

 It is very important for you to understand how much power you have. You have the power to create your entire world. You have the power to create your life. You have the power to create your health. That is tremendous power. You need to be careful how you use it. You need to be aware of how you can use it. You need to be aware of all the things that are possible for you.

 We will first speak about the power you have to create your own life. The power you have to create your own life begins with your own thoughts. You need to have thoughts that you have what it is that you desire. If you desire to have a certain relationship believe you already have it. Think about it. Think about it with energy. Feel what it would feel like to have that. Believe that you have that in your life. See how your life would unfold with that certain relationship. See how your life would change with that certain relationship. See how your life would be wonderful with that certain relationship. Feel the feelings you would have when you are in that relationship. Make the intent to have that relationship. Then you need also to take action towards it. You need to be open, open to the fact that someone will come into your life and bring something new to you. It may not be the relationship you are exactly expecting. It may not be the person you are exactly expecting. That is why you need to be open. The universe will respond to you in ways can even be better for you than what you can envision. So be open to the possibility that there is more out there than you can even know. Allow the gifts of the universe to flow to you. Put yourself in positions where you will meet people. Look at people not as what they can bring to you but as what you can bring to them. Shine your beautiful light. Others are attracted to someone who is centered, peaceful, happy and confident. Approach your life with all those things and the right people will come to you. It is not necessarily a relationship only of love, although it is very important to have love in your relationships. It could be relationships of friendship. It could be relationships that bring you other opportunities, opportunities to grow in other ways. So be open to the people who come before you. Open to what they can bring into your life and what you can bring into theirs. For each relationship is an interaction of energy. Your energy is impacted by their energy and their energy is impacted by yours. It is an energy exchange that was envisioned by your souls. It is an energy exchange that has a purpose. Every time someone comes into your life even if it is a brief exchange, it may have great impact for your energy and upon where the future will take you. So always be aware of what you want. Put those thoughts out into the world. And then be open to it. Takes steps that put you in the position of receivership.

 This is true also of having a bountiful life. Sometimes people think that asking for abundance is not a good thing, that the way to be is to be humble and poor. This way may not be for you. Your soul may have envisioned a life of abundance, you need only to be open to it. There are those who come into this life with a purpose of learning from lack. But that may not be your purpose. Your purpose may be to be abundant. So put out thoughts of abundance. Feel how you would feel if you had abundance. Feel it in your energy. Feel it in your emotions. Feel it with joy. Release any guilt you may have. Release any fears you may have. Just be open to the abundance. Your world is an abundant world. There is plenty for all. So open to it and realize that when you accept from others you are allowing them to give a gift, which is something that their soul may have intended. Do not put up blockages in the flow of energy, for abundance is indeed an energy, and it should flow from others to you and from you to others. When you have abundance, it is not something for you to hold on to. It is something for you to find joy in and to share, for only in sharing is true happiness found. Again, it is important to always express the intent to have an abundant life. And the most important thing is to be open to how that abundance comes to you. Put out you what you would like and then be open to how it comes to you. The universe may have a much better way for it to come to you than you can envision. So be open when you see opportunities, when you see sources come to you. Follow that. For thoughts are very powerful, but thoughts followed by action are unstoppable. All of this you have called manifestation. It is a very real energy. But do not expect it to necessarily manifest quickly or even in the way you are envisioning it to manifest. Your soul may have had plans for you that are different from what your conscious mind is envisioning. Your soul knows what is best for you. Your conscious mind does not grasp what you are trying to do in this lifetime. Your conscious mind does not understand your purpose. So, it is important for you to allow, just allow It to happen and be in an open state of receiving what may come to you in love.

 It is also very important to always show gratitude. Gratitude is a very interesting energy. Gratitude is an energy of love, of acceptance, of understanding that you are receiving something that is of benefit to you or is going to benefit you as part of what you need to fulfill your soul purpose. When you put out the energy of gratitude it is a recognition that you understand the purpose of what you have received, that you appreciate the purpose of what you have received. When you put that energy out into the universe you will receive more of what you have been grateful for. It is not difficult. There is nothing that you need to study or to learn. Your soul knows how to manifest. Allow your soul to lead you. Allow your soul to bring you what you need in this lifetime to achieve your life purpose.

 Your health is also something that you have helped to create. Certain health issues have been created because your soul felt that they would be important to learn from and to grow from in this lifetime. So those things that your soul has put in your path you will encounter, and you will get through, but much else is created just by your mind and the thoughts that your mind send out. If you think thoughts of illness your own energy absorbs that. Your own energy says, “She wants illness. Fine. Here it is.” If you think thoughts of health, you are sending a positive energy into that physical body. Your physical body responds. But, as in any manifestation, you need also to take action. So, if you think thoughts of health you need to take action in whatever needs to be done in your life. It may be movement. It may be nutrition. It may be seeking medical advice. It may be natural medicines. There are many ways to pursue health. When you put it in your energy that you are healthy, when you intend to be healthy, when you take actions towards being healthy your body will respond in amazing ways. For you see, every illness is simply an imbalance in energies. Every illness that you have, every malfunction that you have in that physical body is a disruption in energy. The only thing that can change that energy from its source is to change how you are thinking about what is going on.

 So, my dear ones, you are beginning to see your own power. You are beginning to see how much of your life you can control. You are not a victim. There is no one who is deciding what your life should be other than your own soul and your own soul is you. If you doubt that you have free will, understand that you are the only one who is laying out your life. Your soul lays out your life before you come into that incarnation and then, throughout that incarnation, you create what is before you through your thoughts, through your own energy, through sending out the energy that you want to impact all that is. So now you understand your true power. You have power more than you ever imagined. You have beyond what that physical body can do. It is a very sacred power. The power of creation is very sacred. It is a power to be very careful with. It is a power to be aware of but to use with intent, to use with deliberation, to use with love. It takes a bit of practice to be able to use the power of creation, the power of your thoughts, the power of your energies. But you now have the knowledge behind it. You now have the knowledge to begin to practice. You know have the knowledge to begin to create what you want. Do not become impatient. It takes time. It takes practice. And always remember that your soul may have laid out things a bit differently than your conscious mind may intend. So, there may be times when you are trying to create something, and it is not happening. In those times realize that your soul may have laid out a different path. And there comes a time when that path should be accepted. Then you grow from the path that you are on. You can only tell if something before you is something that is to be changed by your power of creation or if it is something that your soul intended for you, by going into the silence and connecting with your soul and determining that. For instance, if you are facing an illness and you, through your powers of creation, are trying to manifest health and you are doing it with energy, you are doing it with emotion, you are doing it with intent, you are doing it with love, and you are not seeing the healing that you would like, do not become frustrated. For that it is a time to step back and acknowledge the fact that your soul may have decided that you needed to grow in a way that your conscious mind is not aware of. Then it is time to connect to that soul's intent. Go into meditation, spend time in the silence listening for your soul to give you some guidance, listening to your soul to tell you what your path should be. And if your path is through that illness always look for what you are to learn from that illness. Are you to learn patience? Are you to learn acceptance? Are you to learn hope and love in the face of difficulty? Are you meant to teach others? All of these are possible purposes for it. And your conscious mind's thoughts will not change that. However, your soul may not have intended to have an illness. It may have Intended for you to use your powers of creation by healing. And your powers of creation can heal very well. Your power of creation can change the energies in your body. It can also assist you in healing of others.

 Energy work is very important. Energy work is simply working with the energy of another to get that energy to flow well. But always remember that healing is not necessarily curing. Healing may be acceptance of what is. Healing maybe an emotional healing to accept what is happening in the physical. There are many ways to heal. It is not always by curing. But, again, it is all energy. And when you work with that energy you are able to assist with emotional healing. You can use your powers of creation to change the energies of the emotional body. This is something that is not done as often as it is needed in that world. For those of you who are energetic healers tend to focus on the physical. But there is a great need in your world today for emotion healing. There is a great need in your world today to change the vibrations of fear, anger, and divisiveness. There is a great need to heal these emotions and to bring them into a higher vibration. Energy work can do that. You can do that. You can learn to use your creative powers to heal by going to classes, by connecting with your guides, by using your own internal instincts of how to heal. But know that when you are healing, you are working with the energies that you are and that all else is. You see everything boils down energy. As healers you need to be careful of your intent. Remember that your intent is not necessarily to cure, for you do not know that soul's purpose. Your intent should be to heal, to align the energies that are before you, not to change them in the direction that you would like them to go, but to align them with their purpose. Always be open to the fact that you do not know another's purpose. You do not know what another should be facing. You only know that their energy is best when it is aligned. That is what you wish to do, to align their energy with their purpose. You can learn to do this. Your soul knows how to do this. Connect with your soul. Connect with that deep, deep knowledge within you. You can all be healers. You are healers. Be aware that your thoughts, your actions can change the emotions of those around you. You heal through your thoughts, through your actions. Energy change comes through your thoughts and through your actions. All your creative powers are in your thoughts and in your actions. So be very conscious of what you are doing with your thoughts and with your actions. For they contain great power.

CHAPTER 5: HOW DO YOU MOVE FORWARD KNOWING THE POWER YOU POSSESS?

 So now you are aware of the power that you possess. You are aware that it is a power that is very important. It is a power that can be used in many ways. It is now time to discuss how you lead your life knowing that you have this power. You did not, before this, know that you had this ability to create in the manner that you can create. You may not have thought about how powerful you really are. You may have felt the victim and now you are given a new perspective on your life, a whole new way of looking at what is coming before you. And how do you handle that, how do you handle this new perspective, this new way of looking at what you are able to do? You need to take time to think about it, for any change like this is a major change in your life. It is a major change in how you act. It is a major change in how you think. It is something that is going to impact every single day of your life in many ways. It is something that is going to change the way your entire life unfolds. So, we are introducing you to your power, and this is all just a brief introduction, but you will experience that power yourself as you move forward putting our teachings into effect.

 The first thing that you need to understand is that this power works whether you are aware of it or whether you are not. It is not something that only works when you intend for it to work. So that is a very big thing to remember. Even when you are not trying to create, you are creating. Even when you are not trying to set forth the path before you, you are indeed doing just that. So, it is something that brings with it a great responsibility. It is a power that requires you to be aware at all times. It is a power that impacts from everything you do and everything you think whether you are aware of it or not.

 It is easy to just say, “I want to change this so therefore I am going to change my thoughts, and I am going to change my actions to bring that about”. That is what you want to be doing but it is also very possible that you are having thoughts that are sending out energies that are creating things that you do not want. So that is why it is very important to pay attention to your thoughts at all times, to be very careful of what you are thinking at all times. Every thought creates. And you have all heard feedback over the years that has created thoughts which you keep in your mind, which may not be helpful to your life. They may be creating what you do not want, and you are not even aware of it. You are not even aware of these thoughts for they have become so natural to you, they have become a part of who you think you are. And now is the time to examine what you are thinking every moment of the day. It seems like that is a huge job, it seems like it is very difficult to think about what you are doing at all times, but it becomes very natural with practice.

 So, to begin we would ask that you just pause a few times a day, when you are in the middle of something, and ask yourself” what am I thinking right now? What thoughts am I sending to myself? What am I thinking about myself? What am I telling myself I am in this moment? Am I telling myself I wonderful, I am powerful, I am love? Or am I telling myself I am less than, I am not doing well enough, I am not the perfect being I think I should be?” And the more you tell yourself that you are less than you wish you would be, the more you will be less than you wish you would be. So, it is important to stop several times a day and examine what you are thinking of in this moment, what are you thinking about yourself, what are you thinking about your surroundings? For you can be very unaware of the energy that you are sending out through your unmonitored thoughts. It is very easy to fall back into patterns of when you may have been criticized as a child, or when you may have been judged, or when you may have been taught to judge. You may think negative thoughts about who you are, where you are, or what you are doing without even being aware that you are. So the first step in creating the life that you wish you would have, the first step in manifesting the life that you wish that you would have Is to become aware of all those thoughts you have throughout the day, all those thoughts that may be sending out energies that you do not want and to change those thoughts so that they are creating the energies that you do want. It is not enough to simply set aside a little time each day to send out thoughts of what

 you want. You need to be aware of the fact that you are sending out energies every moment of every day that are creating what is coming before you. And how can you create what you want to be before you unless you are aware of the energies you are out sending into that world?

 The very first step is to become very conscious of what thoughts you are sending out into that world, into the universe, what thoughts you are sending into your own personal energy, what thoughts you have about yourself and everything around you. There is much more time spent on unconscious thoughts than there is on the conscious thoughts of what you want to manifest. You may spend time trying to manifest something you want, controlling your thoughts during that time, and directing them towards what you want to manifest and do a very good job of that, and feel very good about what you are doing. But then, during the rest of the day, you may fall into thoughts that are counter to that and not even be aware that you were thinking them. You must become aware of your thoughts at all times. This is not necessarily easy. It is something that takes a great deal of practice. It is something that comes with time. Start with the intent in the morning before you get out of bed that today you will send out only those energies that will create the world that you want around you, you will send out only those energies that nurture your own energy, you will send out only those energies that are assisting others around you. And then several times throughout the day just stop and ask yourself What is going on here? What am I thinking? What am I creating? What energies am I working with in this moment? Are they the energies I want to be working with? Are they the energies that I want to be sending out into the world? Are they the energies that I want to absorb into my own energy? And take that moment to change your thoughts to be sure that they align with the energies that you wish to send out and the energies that you wish to attract. When you have done this for a while you will find that it becomes quite natural. You will find that when a thought is against what you want it will make you become aware of it quite easily. You will feel it, you will feel it and will say, “there is that energy that I had before that I no longer want. I am going to change that right now in this moment. I am going to change that to send out the energy that I do want.”

 Perhaps you are feeling fear. Many people are raised with fears in your world. And it is something that you work very hard to get rid of for the fears only bring to what it is you fear. You understand that now. You understand the attraction that energies have. You may work to do away with your fears. You may work to manifest a life that is without fears. But then when you are not even aware of it, when you are in the middle of doing something else, suddenly those fears pop up again. That is the time to stop and say, “I recognize that, I recognize that energy of fear. That is not an energy that I want. I release it and I replace it with the energy of trust. “ It is indeed something that needs to be done over and over and over again. But you will find that with time you will begin to lead a life where your thoughts are going in the direction in which you want your path to be. Do not think that this is going to happen immediately. You are not going to snap your fingers and change your thoughts. Your thoughts are very embedded in your own energy. Your thoughts are very embedded in your conscious mind. Your thoughts are very much a part of you. It is difficult to change a physical part of you and it can be more difficult to change an energetic part of you such as thoughts that have been ingrained since childhood. But it is possible and the benefits of doing so are immense. For once you change your thoughts everything changes. Your whole world changes. So, for the next week just stop several times a day and ask yourself “What am I thinking today? Is this really the energy that I want to be working in?” If not, then change it. Change your thoughts. Change your energy immediately. You will feel it. You will feel that your energy is much better.

 Once you have learned to recognize your thoughts, once you have learned to control your thoughts, then you are on your way to great power. The next thing you need to do is to ensure that you are using that power in a way that benefits your own soul, your own energy and in a way that benefits the energies of all that is around you.

 From our last book you learned that you came into that world to expand the energy of your soul and that the way to do that is through acts of love, through acts of inclusion, equality, and kindness. You learned that only those energies can feed your soul in the way that you soul is meant to go. Your soul is wishing to expand as all energies wish to expand. Your soul wishes to expand its energy for in expanding its energy it gains even more power, more knowledge, more wisdom. You have the power to ensure that your soul is going in the direction that it intended to go in when it decided to Incarnate into that world. So, as you begin to develop your powers of manifesting, as you begin to understand the powers of your energy, you need always to keep in mind the purpose of why your soul decided to come into a physical body on that plane at this time. You need always to keep in mind that your only purpose in manifesting is to spread the higher vibrational energies of love. It is the only purpose that makes sense for you in that world. It is the only purpose that makes sense for all who are in that world at this time.

 You know that this is a very important time in your world. You know that your world is moving forward at a very quick pace. You know that things are being manifested all around you and some of those things are manifesting in love, and some of those things are not. It is your purpose to make sure that all you are manifesting is being manifested in love, only love. So, when you look at your thoughts, when you stop and see what you are thinking, always check to be sure that whatever you are thinking is grounded in love, grounded in love for yourself first and foremost, grounded in love for all who are around you, grounded in love for that beautiful planet that you have incarnated on.

 People often think that love is something that is weak, that love is something that cannot withstand what is going on in that world. But love is the only thing that can. And the only way that it can Is when you manifest it. When you think thoughts of love. the energy is compounded. Love is such a high vibrational energy that when you think thoughts of that vibrational energy it ripples out into the universe and makes tremendous changes upon all other energies that exist. It is difficult for you to see the full impact of that high vibrational energy. It is difficult for you to understand the impact of that high vibrational energy. But it is there. Let me assure you that it is there. And you control how it is used in your world. Are you using love? Are you teaching others to use love? Are you joining forces with others who are using love? When you gather with others who are sending out the vibration of love, that vibration becomes unstoppable.

 It is very, very important for you to understand that there is a love of yourself in this. You need to love yourself totally and unconditionally. That means not judging yourself as we have taught you to not judge others. You should not judge yourself. As long as you are doing all that you can do in that moment you are doing all that could possibly be asked of you. You are moving forward in your path in the way that your soul wanted you to move forward.

 Loving yourself is of prime importance. As you begin to love yourself your energy grows. As you begin to love yourself you see yourself as the pure spirit that you are. As you begin to love yourself you understand your power. As you begin to love yourself as I have asked you to love other souls you can begin to forgive yourself for anything in the past and you can look forward with joy to all that is coming in the future. For in loving yourself you are able to move outside of yourself and focus on sending that love to others. This is what you are meant to do.

CHAPTER 6: HOW DO YOU USE YOUR ENERGY TO HEAL YOUR OWN BODY?

 You are very powerful in what you are able to do. Your energetic field is very strong. Your energetic field determines your body. That is an interesting thought, is it not? For we are taught that our DNA determines our body, what we eat determines our body, all those things we have been told. But first and foremost, it is your own energetic field that determines your body. You see your energetic field is made up of many things. It is made of all the energies you brought into that world. It is made of all the energies you have attracted in that world. It is made of the energies you have sent out from your own thoughts, both consciously and unconsciously. So, there are many energies coming together to form that body. And just as your body has been formed by energies, your body can be transformed by energies. Your body is only energy. It is energy that is vibrating at a much lower level, a much denser level. But it is still only energy. It appears solid. It appears as though it has organs, and blood and fluids flowing through it. But it is energy, all of that is energy.

 It is time for you to awaken to the fact that all you are is energy. For when you awaken to this, you will begin to understand how much power you have to create that energy and how much power you have to change that energy, how much power you have to change that energy into what you want it to be. It is not necessary to struggle as many of you struggle with your bodies. It is not necessary to take long times to have transformations of your body. Your body is waiting to hear from you. Your body is waiting to absorb the energy that you are sending to it.

 For instance, say you wish to have a body that is slimmer than what you have now. You are taught that you must diet, that you must deprive yourself of foods. You are taught that you must exercise. You are taught that you must count calories, and you must count minutes of exercise, and you must be sure to do certain things in order to lose weight. It is very regimented, but it need not be. For once you get in contact with the energies of your body and you decide, you make the intent, to lose part of the weight that is compressing your body, part of that earthly weight, you need only to send out the energy to your body that allows it to do that. And how do you do that? You do it the same way you manifest anything else. You make the intent loud and clear, but this time, instead of sending it out to the universe, you are sending your intent into the energy of your body. You make the intent that you want your body to change, that you want your body to be a certain size, whatever that may be. And then, just as in manifesting, you make your thoughts all about the fact that you already have that body, that you are that body, that you feel like that body, that you move like that body, that you can be that body that you want.

 Your thoughts, as we have discussed, send a very powerful energy into the universe but also to your energetic body. And once you have made the thoughts, and once you have visualized yourself as you wish to be, for that is also important, then you need to take action towards it. It does not have to be a regimented, measured action. It needs to be action taken in joy. Action taken enjoy that you are feeding your body what makes it better. You are feeding your body with the nutrition that it wants. You are listening to your body and your body is telling you what it needs, not your conscious mind that may be telling you you need more, you need more, you need more, or you need something that is not healthy for you. Listen to your body, your body will tell you what it needs. And then, when your body’s energy begins to change, you take action to more about a bit more. It does not have to be strenuous. It does not have to be onerous. It can be joyful. So, you see, the process of transforming your body is within your power and it can be done joyfully. When it is done joyfully, and that joyous energy is absorbed by your body, tremendous changes can take place. And those changes can take place very quickly.

 And the same may be true of illness. For we have discussed how some illnesses are meant to be cured, and others are not until you learn lessons from them. So, you cannot always dictate that your body give up illness. You cannot always wish an illness away. You cannot always make the intent for the illness to go away. You can make the intent instead for your body to react the way it is meant to react according to your soul's purpose. That is what you truly want. You do not want to react the way your conscious mind may be telling you to react. For your conscious mind will always choose the easiest path, the path of least resistance. But your soul may have put something in front of you purposely for there to be resistance. And if you just avoid that then there are no lessons to be learned. So, you need to move forward with the intent in this situation, in this this illness, that you wish to move forward in the highest purpose of your soul's path. And then you make the intent, you send thoughts out, that all is going in the direction of your soul and that all is going towards the greater good, good as your soul sees it not necessarily good as your conscious mind may see it. But you make that intent, and you move forward with joy that your body is responding in the way that it should. It may not respond in the way your conscious mind may want you to respond but it will respond in the way your soul has asked us to respond.

 You see there are many ways that you can use your energies to change the energy of your body. You can do it for pain. You can do it for pain all the time. You can always make the intent to have the pain lessen. You can always send energies through your thoughts that the pain is lessened or even disappears. There is so much in your thoughts as to how much pain you experience. And it is not necessarily your conscious mind. You may be saying “oh I did not want to experience pain with this surgery, but I had great pain even though I kept telling myself I would not.” But there is also the subconscious at work and the subconscious may be sending out the thoughts that “ohh surgery, pain.” You may be fighting against that thought but deep down you think that surgery needs pain. But that pain can be lessened by sending your thoughts, by sending the energy, by sending your intent, and then relaxing and allowing your body to respond. Tell your body that you have confidence that it knows how to respond in the best way, for it does. Does it not breathe in and out every day without you telling it to? Does it not digest your food without you telling it to? Does it not supply oxygen to all the cells without you telling it to? It knows what needs to be done. Injuries heal, wounds heal without your telling it. So, tell your body that you have confidence in its ability to heal itself, in its ability to lessen pain, in its ability to handle what is in front of it.

 You need to make friends with your body. That is not always true in your culture. You are taught that your body is something that needs to be manipulated, needs to be driven into whatever image you think it should have. No. Your body's energy knows what your soul intended. Trust your body. It is very, very important to trust your body and to communicate with your body. It is easy to communicate daily with your body and your body will tell you things. You can use your body to find out if things are good for you or if they are not. Hold something up to your heart and ask, “is this what I need to eat today” or “is this supplement what I need to take today?” and feel the reaction. Does the energy pull that into the body, or does it reject it outward? You can use this test all the time for many things. Many use a pendulum and that is fine, but your own body will tell you what the pendulum is telling you. You can trust your body. It may take a little while for you to become sensitive to the reactions of your body in this way, but try it, experiment with it. You may be very pleased with the instructions your body is giving you. Your body always knows what is right once you allow your conscious mind to get out of the way and listen to your body. The key is to get your conscious mind out of the way. For we are so used to having our body obey our mind and it is a totally new thought to have our mind obey our body. And yet your body has much energy to feed back to you. So, it is important for you to communicate more with your body, to become more comfortable with your body. Do not worry about appearances. You do not need to sit down and put all your manifesting efforts into trying to look 20 years younger. That's not going to happen. You need to take reasonable approaches. You need to listen to your body and your body is going to tell you “No, you're not going to be 20 years younger today.” there are things you have to accept and there are things that you can change. But it's important for you to just become accustomed to the fact that your body has its own consciousness. Your body has its own energy. Your body can teach you and your body can learn from the energies that you send to it. So, if you send it energies that are negative, if you are critical, If you are scared about disease or what may happen to your body, if you send energies of worry and fear, then it will react to those energies and give you exactly what you fear. But if you send energies of positivity, and you send energies of knowing the creative power that your energies have, and you send energies of love knowing the consciousness that your body has, then things can change in a very, very different direction. Your body is not to be subjugated. Your body is a teacher. And you need to learn from your body. You need to send love, appreciation, and gratitude to your body. It has allowed you to live that life here on this plane, it has allowed you to be the person who you are. It has allowed you to have all the experiences that you have had. Look at all your body has given you and every day send gratitude to it. Acknowledge its power. Acknowledge that it has wisdom. Acknowledge its ability to do more than you could ever think it could do.

 So, take some time to think about that. Take some time to get used to your body. Take some time perhaps, to even introduce yourself to your body if you have never really spent time thinking of it that way. Take some time to send wonderful energy to your body. Take some time to see how well you can change your body, how it can change much more easily than you envisioned, much more easily than you have been taught. You have great power over that physical body. For it is not you. It is just what you are using in that world to survive, and it is allowing you to survive. Working with energy to change your body should be a very joyful thing. It should make your life lighter and easier. But you must always remember that there will be things that you cannot change in that lifetime that your soul has put in front of you to face. So, if you find that you decide you want to change something in your body, and it is not changing, do not become discouraged. For then you know that either you are not using the energies in the ways that I am teaching you or it is something that your soul has put in front of you that is not meant to change. And if it is not meant to change then what you can change is everything around it. You can change the energies of your thoughts to being more accepting, more allowing and more open to learning. You can change the energy around whatever is going on in your body to be surrounded with love. For when you accept what your body is going through, and you accept it with the energy of love if you cannot change it, then you are indeed walking your soul’s path. Then you are indeed expanding the energy of your soul.

 So, you are beginning to understand now how much of a creator you are. There is that part of you and those events that were created by your soul before you ever came into this plane. And those you are meant to face and learn from, and allow, and surround with the energy of love for the opportunity that they are giving you. And then there are also those things that you can change. And isn't that wonderful to know that you have the power to change things and that when your energies align to change something about yourself, that change becomes much easier than you may have thought it to be. it is a change that has brought about with love and with joy. Always with love and with joy.

CHAPTER 7: HOW DO YOU RELATE TO THE ENERGIES OF THE EARTH?

 And now we will talk about the energy exchange between the earth and your energies. Your beautiful earth has a consciousness. You may not have realized that. You understand that your earth has energy and perhaps you have understood that there are vortexes of energy where the energy is very powerful. But there is also a consciousness that is there. It is not that it is a consciousness the same as yours, but it is a knowing. It is a consciousness that knows how to take care of itself. It is a consciousness that knows how rivers flow. It is a consciousness that knows how plants grow. It is a consciousness that knows how animals need to be nourished, how animals need places to live. There is a consciousness there that is very important.

 You have chosen to come to that earth, your beautiful, glorious earth, for a very specific reason. It gives you a great gift of being the place where you can encounter the opportunities to both grow and teach and expand the energies of your soul. Your earth is giving you a wonderful, wonderful gift. How often do you ever think to send it the energy of thanks, the energy of gratitude for what it gives to you? How often do you think to go out into earth’s energy with joy, with appreciation, and with gratitude for the beauty that it gives you, for the life that it gives you, for the sustenance that it gives you? How much do you treat everything that you see, everything you do that is part of the earth, with joy and love? It is important that you begin to realize this now as you realize that everything is an energy exchange. For you know that the earth is giving you energies to sustain you in that lifetime that you have chosen. And, in order for the earth to maintain its existence, it needs to be fed with energies from you. It isn't difficult. You need to treat it with love and see that it is treated with care. You need to do things to make sure that is not abused for monetary gain. You need to look at it always with love and caring. And it may be difficult in that world because you are so used to just using what is in front of you for your own advantage. It is how you are actually taught. It is what your governments often do. It is what your businesses do. But you need to be the ones who are more aware. You need to be those who can say “no, I am going to work for something that will make the earth more beautiful “. Do this in whatever way is possible. For it is an energy exchange and as you work to assist it in its own energy, in its own beauty, in its own beingness, you are moving forward with the energy of love. You see, the more the earth, and it is very much so now, is treated with violence, with selfishness, with greed, the more the energy of the earth is being drained. The energy of the earth is changing. It has changed already. It has gone through great changes. You are seeing that in upheavals in the earth. You are seeing that in changes in climate. You are seeing that now. The energy of the earth is changing. The energy of the earth is not as calm and peaceful and loved as much as it was. It is your responsibility, knowing what energy can do, to send out energies of love. And, as we have taught you, when you send out energies you need to follow it with actions. So, it is important that you take action to improve your earth, to improve nature, to lessen the impacts of that which is being taken in greed, that which is harming your earth. It is very important for every one of you to undertake something to give back to your earth the beautiful energy that it gives to you.

 You all benefit from your earth every day, in every way, in every moment of your life. You all take from the earth what you need to go down the life path that your soul has chosen. You all depend upon that earth for the expansion of your soul. For that earth brings you many opportunities to either expand or contract your energy. That earth is what supports you in your growth. That earth is what supports you in spreading the light. When you spread the light, it goes to other energies in all directions. It goes to the energies of those beings around you. It goes out into the universe and all beings in the universe. But it also goes down into the earth itself. You may not think about that, but even negative thoughts can have a negative impact upon the earth. So, it is not just direct action that can harm your earth, it is even thinking thoughts of harm, thinking thoughts of harm to others, that can harm the earth. You see we are back to the idea that your thoughts have great powers and that your thoughts send out energies that impact upon every energy around you. And now you are focusing on the energy of the earth that is around you. So, when you think thoughts be aware of the fact that all of your thoughts are impacting upon the energy of your beautiful earth. So as more and more of you turn your thoughts to the light, turn your thoughts to being of a higher vibration, turn your thoughts to thoughts of love and caring, that indeed your earth's energy rises, and the earth responds to you in a beautiful way. But as thoughts of anger, as thoughts of violence, even if the thoughts of anger and violence are directed towards other entities and not directed towards the earth, those thoughts have a negative impact upon the energy of the earth. So it is very important to always be conscious of the fact that energies are all intertwined. Your energy is intertwined with that of every other entity on that earth. Your energy is intertwined with the entire universe and every other entity in that universe. And your energy is intertwined with the energy of your earth. So once again you are beginning to see how very powerful you are. You are beginning to see how very powerful your thoughts are.

 When there are thoughts of wars, and there are wars going on in your earth now, that deep anger, that deep low vibration, filters down into your earth. And when the thoughts are so powerful that wars happen, you will find there are corresponding impacts upon the earth. It may not be in exactly the place where the war is but someplace on the earth there is a response to every energy that is emitted. Many of you are very concerned about the impact of climate change upon your earth. Indeed, that is very important. And much is being done by industry, by governments to impact negatively upon your climate. And you are seeing the changes that are happening now as a result of that. But not all the changes are happening because of what is being done by the government or the industries. Some of the changes are simply being done by thoughts, thoughts of not caring, thoughts of greed, thoughts that only I am important, and I need not care for anything else, I need only to take what I want. Those are the thoughts that are lethal to your climate and to your earth. So indeed, the fuels that you are using, the physical energies that you put out impact upon both your earth and your climate but even your thoughts do.

 Thoughts have an impact, and this may not be something that you have recognized before. For you are so tuned to the physical you look for a physical cause and a physical solution to everything. And indeed, there may be. But sometimes it is important to recognize the energy exchanges that are going on and to recognize that if those energy exchanges are changed, then the outcomes could be different. So, it is not only the physical things that are being done on that earth that are harming it, but also the thoughts, your thoughts, and the thoughts of everyone around you. For you see, as we have said before, you are a very powerful creator. Your thoughts create your reality. And now perhaps you're beginning to understand how that is true. That it is an energy exchange, and that energy exchange has great impact. When many people are having the same thoughts, the impact is far greater. So, it is so important not just to do good deeds or not just to condemn actions that you think are physically harmful to your earth but also to think thoughts that will raise the vibration of the earth, to think thoughts of love, to think thoughts of caring, to think thoughts of healing your earth.

 You are a creator. Your thoughts create. You create the world in which you live. You co-create with others who are around you. So, it is important to join with others of like mind who are thinking similar thoughts. And then to put those thoughts into action. For thoughts with actions are unbeatable. When these thoughts and actions are taken in a positive energy field then there will be a very positive outcome. When they are taken in a negative energy field the outcome is very negative. So much is up to you. So much can be done by you. It does not have to be major undertakings. It is changing the way you think of things, changing the way you speak of things, and changing your actions. What things can you do today that will improve the earth? When is the last time you have thought about improving the earth? When is the last time you have thought about loving your earth? All of this is very important.

 The earth has a long way to go to get back to the beautiful peaceful earth it was created to be. Much has been taken from the earth. Much has been disrupted in the earth's energy. Much of that will take time to heal. But it can be healed for like any energy it can be changed. But now it is in a time of turmoil. That turmoil is being felt in many ways. You see the energy of that solid earth is impacting upon the energy of your climate. You are seeing climate disasters. You are seeing earthquakes. You are seeing volcanoes. All around you, you are seeing turmoil that has been brought about by thoughts that are not of love, by thoughts that were only of greed, thoughts that were of anger towards each other. All of these thoughts have impacted upon your earth, and your entire environment.

 So, as you move forward you need to think about what you want the environment to be for you and what you want the environment to be for future generations. And then you need to think those thoughts. See the earth as you wish it to be. It is possible to change it. The earth is only energy, a very powerful energy, no doubt. But only energy. When your energy joins with like energies and you want to change the energy from being in turmoil into being calm as it once was, to being beautiful as it always is, then it is possible to change even your earth. And when you change the energies of the earth, your climate will change, and your energy will change. for you will absorb back the beautiful energy from the earth.

 We ask you to constantly be conscious of the energies of the earth. Connect with them. Spend time in nature. Walk in nature. Feel the ground beneath your feet. Hug that tree. Feel all the beautiful, glorious parts of nature that are available for you. Explore the beautiful rocks and mountains. Swim in the gorgeous lakes and oceans. Experience the wondrous things that your earth gives to you and how that feels to your energy, how it calms your energy, how it feeds your energy in a positive way. And give back

to it the love that it gives to you. Give back to it the positive energy that it gives to you. Work to be sure that others are doing things that feed the earth rather than take from it. Make it a priority of yours to care for your earth, for that is where you have chosen to expand the energy of your soul. That is where you have chosen to come. That is where future generations will choose to come. So, it is important that all get to experience the beautiful, glorious, highly vibrating energies of the earth as it is meant to be, not as it has been destroyed by entities who have come to that plane, but as it is meant to be in its pure natural state. And it can get back to it if enough of you take up the banner to promote your earth, to heal your earth, to care for your earth. Do it now for it is much needed before it becomes too late. Do it now. Start working to bring your earth back to what it is meant to be.

CHAPTER 8: HOW DO YOU MANAGE THE ENERGY EXCHANGES IN RELATIONSHIPS?

 When your soul determined that you should enter into into that lifetime it laid out a plan with other souls as to how you would interact. There are many individuals who you are meeting in that lifetime who were meant to be in your path. There are many individuals you are meeting in that lifetime who are meant to play an important role in how you expand or contract your energy. Every opportunity that you have to meet an individual is an opportunity to expand your energy or to contract it. It is totally up to you. So, it is very important for you to always keep this in mind as you travel through that lifetime interacting with other individuals. For you not only expand and contract your energy as you interact with them, but they are also expanding and contracting their energies as they interact with you.

 It is important for you to understand that some individuals will come into your life, and it will be very easy for you to love them, it will be very easy for you to embrace them, and these are indeed opportunities to expand your energy. But there are other individuals who are coming into your lifetime where it is part of their soul path to cause issues for you in the relationship. These are opportunities for you to grow. You may think that if they are behaving negatively, they are contracting their energy, but not necessarily. If they agreed with your soul that this was to be an interaction where they were to cause a challenge to give you the opportunity to overcome that challenge in love so that your energy expands, they are following their life path. They are doing exactly what they are meant to do. So, it is very important that you never approach relationships with an attitude of judgment. For you never know if that individual is working according to their life path and according to their soul's contract even if they are behaving in ways you consider to be negative, or if indeed they are doing something that is contracting their own energy. You have no way of knowing that. And you have no business being involved in that. The only important thing in this interaction is that you take action to expand your energy. You know what you should be doing to expand your energy. You know that indeed they may be someone who you are finding difficult to love You know that your energy only expands through love and therefore you must love them. Even if they are bringing forth things that you think are negative, you can indeed counteract the negative actions, but always with love, always with love for that soul that dwells within the individual. For you see, all the emotions that you experience when you are interacting with an individual are, indeed, energies. So, when you send forth the energy of love into a difficult, challenging situation the low vibrational energy is impacted upon by the high vibrational energy of your love. The low vibrational energy must lessen.

 So, it is not just practical advice on how to get through a relationship in that physical life by always being kind and caring. It is a very spiritual advice. For every interaction has a spiritual meaning. Every interaction has an energetic impact. Every interaction has an energetic impact not only upon that being, but also upon all the energy that is around you, all the energy of that Earth, all the energy of the entire universe. So, it becomes a very weighty thing to acknowledge this, and to commit to a path that only spreads positive energy. It may seem difficult. But it is not once you realize how powerful you are to change what is before you. You may think that you are being loving but the individual is still being negative. You may think that you are having no impact. But you are. Perhaps that individual who is still being negative is there to teach you the lesson that you must maintain your love. Perhaps it is a lesson that your soul wants you to learn. That you must continue to love even if it appears that love is having no effect. It is so important for you to understand that relationships are energy also. Everything is energy but the relationships you have with other souls on that plane are some of the most important energies that are generated during your lifetime. That is why all of you have determined to come to that plane at this time. All of you came with the purpose of interacting in some way, either positively or negatively, with other individuals. All of you came with the intention to learn and to teach. And you are always learning, and you are always teaching. Learning and teaching are energy exchanges. As you learn you are expanding the energy of your soul. As you teach you are also expanding the energy of your soul, but you are possibly expanding the energy of another soul. So, it does not matter what another is doing. It is not yours to judge what they are doing. It is yours only to realize that it is energy. It is not something to take offense at. It is not something to be sad about. It is something to accept and to understand that this is an energy exchange that can either expand energies or contract energies. It is totally your choice as to how you will respond to that energy exchange, to that interaction.

 So, relationships on that plane are very important. They are a path of growth. They are a path of learning. They are a path of teaching. And it all happens energetically. For, as we have spoken, everything is energy, even relationships are energy. You do not even have to have words in your relationship. The energetic exchange happens with or without words. You only have to be in the proximity of another person for the energy exchange to take place. You are interacting energetically with people around you all the time, even those with whom you may not think you have a relationship, even those who are just in the proximity of where you are, those you see across the room or across the street. You are interacting energetically with every single being on that planet at all times. This is important because then you realize that they are all interacting energetically with you also. And how do you manage that constant bombardment of energies from others whether it be from their words, or from their thoughts, or just through their own energetic field? Your energetic field is being impacted.

 The first thing is just to be aware of the fact that this is happening, to be aware of the fact that there are energies being exchanged in every moment of your life. Be aware of the fact that energies are being exchanged even with beings whom you are not seeing at the moment. Be aware of this constant flow of energy, for that Is what that plane is, a constant flow of energy, and you are in that flow at all times. You can either allow that flow to overpower you, or you can use it for its best purpose. If you are just open and allow these energies to come in and allow these energies to change your energy to match their energies, then you are easily overwhelmed by your world, you are easily overwhelmed by your life.

 You do not need to allow these other energies to overwhelm you, you do not need to allow these other energies to even enter your energetic field. You can fill your field with the energy that you want and when you realize that you have this power it becomes very simple. You simply use your conscious mind to direct your energy field, for as we have said your thoughts are very powerful. So, you need to always be conscious of the fact that you are in charge of your own energetic field. You need not surrender any of that power to anyone else ever. No matter what anybody says, no matter what anybody does, no matter what anybody thinks. It is not important to you. That may be a new thought, for many of you care very much about what others think of you. Very many of you care very much about what they say to you. So, it is a very hard thing to turn away from that caring and turn into your own knowingness, your own knowingness of your own power, your own knowingness of your own goodness, your own knowingness of your own strength. You need to allow that knowingness to surround you and encompass your energy field. When you are in charge of your own energy field nothing can enter it. When somebody says something that is insulting or that you do not like, you simply do not allow it in. Simply train your mind to say, “it is not important, it is their energy that they are projecting. It is their energy that they must keep. I am not going to absorb that energy. I know I do not need it. I know it is not good for me. They can keep that energy.” This is something that you have to train yourself to do over and over again.

 It is very hard to ignore people who criticize you. It is very hard to ignore people who are intent on hurting you it is very human to take this all to heart. But you need not, for that is not your path. That is not your issue, it is totally theirs. You need to simply give it back to them. not with anger. Not with insults to them. But simply gently give it back to them. Say silently, “I do not accept this This is your energy not mine. I do not want to absorb this into my own energy.” And you will find with practice that this will lead you to a place of peace. Your energetic field is meant to be peaceful. It is meant to be calm. It is meant to be joyful. So, if it is left to what it is meant to be naturally you will find that you are in a very good place. You need only to be sure that you are filling it with peace yourself, that you are not allowing others to disturb that peace, and that you gently just return any disturbances to them. I know this is a lot to ask of you. I know that this takes a great deal of practice. I know that this goes against what you may have been taught in the past. It may go against your natural instincts to retaliate if someone says something to you that is not good. But no. That is not the way to peace, that is not the way to maintain your energetic field in the way that it is meant to be maintained. The only way to maintain your energy field in the way that it is meant to be maintained is to release these energies back to the person who has sent them to you. For they are theirs, they are not yours.

 So, you see, even when you are bombarded by energies from individuals around you, it is possible for you to maintain your own energy in the space that you wish it to be. It is important for you to maintain your own energy. It is in this energy that you are meant to experience that world. When you are within your own energy field and that energy field is calm and peaceful, you are best able to grow the energy of your soul.

CHAPTER 9: HOW DO YOU MANAGE ENERGY EXCHANGES WITH SOUL MATES?

 Many on that plane have the idea that a perfect union and happiness will result from meeting your soul mate. But that is not always the case. Soul mates come together for various reasons. As we have said in the past, you are meant to learn from every interaction that you have on that plane and very often the best lessons you will learn will be from a soul mate. A soul mate has nothing to do with gender, nothing to do with romance. It has only to to do with a soul who has agreed to come to that plane within your lifetime and to interact with you in a way that will allow your soul to grow. Those interactions are not always pleasant. So, when people say they wish to meet their soul mate they probably already have. Or when they meet their soulmate, it may be quite a surprise for them, for it is not always the easy loving relationship that they expect. It may be a very difficult relationship. The fact that you are soul mates means that your souls came together before this lifetime in a special way to plan a very special opportunity for you. And many times that opportunity is beautiful and results in peace and love but in other times it can be very difficult. A soul mate is another soul that is bringing you a very strong opportunity to grow, whether it is to grow through challenge, or whether it is to grow through service, or whether it is to grow through romance. There are many paths to growth. A soul mate is there to offer you one of those paths and that path was agreed upon before you came to that plane. You need to broaden your understanding of soul mates. When you ask to meet your soul mate, be aware of the fact that the mate your soul chose may not be the mate that your physical being is looking for. But the mate that your soul chose will bring you the opportunities that your soul needs.

 When you find you have a very strong connection with another individual who is in your space on that plane, examine it and see if there is a special opportunity for you there. Are the bringing you challenges that may be very strong? If they are are you facing those challenges with love? Are you allowing yourself to only give love in return? And that may be very difficult but that may be the lesson that is meant to, that you are to love, and to love, and to love in the face of difficulties. It does not mean that you need to give up your power to another person. You should never do that. But you should realize that when another being who is your soul mate is coming within your energetic field, it is a very strong impact. Is a much stronger impact than it would be from an individual who you might meet in the grocery store casually, whether that meeting is is good or negative. It is much more important than the interchanges you might have with casual friends. The interactions you have with a soul mate are very powerful energetic exchanges. That is what you need to know is the purpose of a soul mate, and that is to have a very strong energetic exchange with you. You have the choice of how you deal with that exchange. Your soul has determined that the type of exchange that it is, is the one that your soul needs to grow in the way that it needs to grow in that lifetime.

 There are many lessons that a soul mate could teach you. There are many ways that you may respond. And it does not mean that you need to stay with a soul mate for life. A soulmate encounter may only be temporary. They may come into your life, and if their impact is indeed a challenge, and you meet that challenge with love, then you can decide to move on. You decide to do what is beneficial to your own energy field. It is time for you to move on to your next challenge. And if you have a soul mate who is bringing you love and goodness, that is an exchange where you are both growing on a positive path. You return that love and you learn to be of service. You are learning how to exchange positive energies. You are learning how to adapt to another individual. You are learning how to maintain your own energetic field always.

 Regardless of what an energetic exchange you are experiencing with another, it is always important to maintain your own energetic field. As we have just discussed, you do not allow someone else’s energy to come into your field unless it is a positive benefit to you. If it is not, you simply return that energy to them, and that is true even if it is a soul mate who is causing those challenges. Be grateful for the lessons that are being learned. Just return that energy. It is more difficult with a soul mate because there is a special energetic impact when a soul mate is involved. It is more difficult with a soul mate. You may feel wounded. you may feel all those human emotions of hurt and anger and grief. But you must allow those emotions to pass through you and move on not allowing them to remain in your energetic field. Calm your energetic field realizing that you have grown, and you have learned, and that you have protected your own energetic field. It is always important to protect your own energetic field.

 This is a lesson that many people do not learn while they were on that plane. They become very attached to another individual. They allow another’s energies to take over their own. They surrendered their power to another. That is not something you are meant to do. You are meant to maintain your own power and you can only maintain your own power when you are maintaining your own energetic field. Your power resides within your energy. So, it is important to realize that a soul mate will have a tremendous impact upon your energetic field and how you deal with that impact is totally up to you. It will have a stronger impact than others will have upon it so it will cause you to feel more deeply. It will cause you to have a little bit of a struggle maintaining your own power. For even in wonderful, loving relationships, it is easy to surrender power to another. But no matter what type of relationship it is, it is important for you to always maintain your own power, to always maintain your own energy. That is what you need to do to be the creator of your world, to be the creator of your life. It is never to be surrendered.

 So, the first step in maintaining your energy is simply to be aware, simply to be aware of what we are talking about, simply to be aware of that energetic exchange, simply be aware that this may be a very powerful energetic exchange that your souls have mutually set up. Then you can decide how to react in a way that allows you to preserve your own peace, your own calm, your own power. It is in that learning process that your soul grows. It is in that learning process that you are also teaching another. It is in that learning process that you are giving the other the opportunity for their soul to grow. Neither of you need to exchange energies with the other. Both of you can enjoy the energies of another but you do not ever need to exchange your energies, to give up your own power. Maintaining your power does not mean being distant. It does not mean cutting another off in any way. It simply means maintaining your own energy, maintaining your own power to do what is best for you. And often doing what is best for you is also best for your soul mate. So, you need to rethink how you think of soul mates. Soul mates come in many, many different forms. Soul mates come with many, many different lessons. Soul mates come with many, many different energy exchanges. You will know a soul mate when you feel very powerfully their energy, when you feel very powerfully the effects of the exchange. Then you know this is someone that your soul has put in your path for a reason. And you need to examine how you want to respond to that person in a way that preserves your own energetic field, in a way that feeds theirs appropriately.

 So, you see, interactions with soul mates are very sacred. They allow for great growth or great contraction. They are some of the most sacred opportunities that you are offered in that lifetime. Treat these interchanges with care. View these exchanges from a spiritual perspective knowing that in these exchanges energies are going to interact in very powerful ways. Interactions with soul mates are a prime opportunity to proceed down your path with love.

CHAPTER 10: HOW DO YOU MAINTAIN YOUR ENERGY IN THE FACE OF CHAOS?

 You are living in that physical world, a world of dense energies, and it is a world that you need to learn to navigate without allowing those dense energies to affect your own energy. Your world right now is in the time of chaos. Much is happening around you in your own environment. Much is happening around you in a broader level. And all of it is affecting you. It is up to you how you chose to react to what is happening. You have total power to choose how you wish to react.

 We have talked about maintaining your own energies when it is impacted upon by others around you, and it is the same for maintaining your own energies when you are impacted upon by events around you. For you see events have their own consciousness. Events have their own energies, and the energies of events can have a very powerful impact upon your own energy. It is the event itself that impacts. It is what you think of the people behind the event that has an impact. And this impact can be positive or negative depending upon how you view the event. You cannot help but be engaged in the events that are happening around you on a local level and in a global level. You cannot help but feel the energies that are created by those events. You are in the world for exactly that purpose, to experience the events, to be part of those events. But you are not in that world to allow your energies to be negatively impacted by those events. You are in that world to maintain your energy and to use your energies to respond to events in a way that is positive, in a way that is creating the world that you wish to see. So, the only way to do that is to engage. Of course, you must engage in the event, of course you must engage in doing something that either furthers the event or counters the event. It is why you are there. But what you must learn to do is to engage with detachment. Your physical life is there, and your physical life takes on that event, but your energetic body does not need to.

 There is always a detachment, and a detachment does not mean that there is a lack of caring or that there is a lack of concern. It means only that you will do what you can, but you will not change your energies because of what is happening around you. You are meant always to maintain your own energy in a state of peace and calm. That is very difficult for as a human you naturally have emotions. You react to events in an emotional way. It is part of being human. But you need to recognize that this is a human emotion that is being triggered by the event and that you do not need to hang on to that emotion. You can allow it to go if it is not beneficial to you. If it is an emotion that is taking away the calm and peace of your energy, then you need to allow it to go.

 That is not always easy for you may see an event and you may feel sad, or you may grieve, or you may be angry. But you need never to hold on to that. You need to always step back and view what's happening from your spiritual perspective. By now you should be much more adept at this. You should be much more able to detach from what is going on and to recognize that everything has a purpose. Everything has a purpose for individuals. Everything has a purpose for your global consciousness. Everything has a purpose. When you step back and you realize that and you realize that you cannot judge the purpose because you do not know what the purpose is, you do not know what another's role in that chaos was meant to be, you do not know what is happening behind the scenes, you need only to trust that there is a purpose for everything that happens. You need always to respond in a positive way with love. You can counter an event; you can counter an action with love. It does not mean that you accept everything that is going on. Love is not unconditional acceptance of things into your energetic field.It is simply not judging, responding with love, and responding in a way that you are using your energetic field to project the positive world that you wish to see.That is not easy, for from a very young age you are taught to react to things. to take action to counter things. to judge things. You were judged, you judge others. But that is not the way to live a spiritual life. That is not the way to maintain your centre of being. That is not the way your soul wishes you to live. That is not the way that feeds your soul. In order to do that you must always step back and take a look at what is happening from a spiritual perspective.

 When you look at things from a spiritual perspective the whole world changes and you start to not take on that energy. You start to not feel those human emotions of grief, sadness, or anger. For you see, there is no reason to have those emotions. All happening as it is meant to happen. And your response is always to love, only to love. So, engagement with detachment does not mean being cold. It means being very involved in what is going on in the world. It means being a part of what is changing that world into a more positive place, a place of higher vibration. You are feeding the high vibration into the chaos in hopes of lessening that chaos.

 You are a very powerful being. You know that now. Your energies are very powerful. Your energies impact upon energies at a global, universal level. Isn’t it wonderful to think that you have that power, that you are not a victim of the chaos but that you can maintain your own center of peace and calmness no matter what is going on around you. You have examples of this in your history, individuals who have been in very difficult situations, who have maintained a center of love, and have, indeed, changed the world. This is what you are called upon to do. It is no small task. You are so very brave to have agreed to come to that world at this time, during a time of transition. It is a time when your strong souls have been called to step forward to be sure that the transition is going into the direction of the light. You have the power to do that. You have the power to change the chaos into light. It may seem very overwhelming when you are doing it on a one-to-one basis, when you think,” oh it's just me and how could I possibly change such massive things?” And that may be true for a physical being, for a physical being can only do so much. But you are more than a physical being. You are a spiritual being and, as a spiritual being, your power is endless. You need to harness that power. You need to be aware of that power. You need to begin to use that power. You need to find a way to maintain your peace regardless of what is happening around you.

 To do that is not easy. We would suggest that a way to do that is through meditation.When you are bombarded by things, when things are making you feel upset, when your energy field is beginning to feel off, when you are feeling emotions that are not of peace or calmness,, we would urge you to meditate, to go into the sacred silence and connect to your soul, for that is where your peace and your calm is. Take the time, for there is nothing more important than remaining connected to that inner peace, that inner calmness. Take the time to meditate. Take the time to walk away from the chaos and find your peace for in that peace is the only place where you can effectively react to the chaos.

 The only thing that will overcome the chaos is peace. The only thing that will overcome the chaos is love. The only thing that will overcome the chaos is you centered within your own energy. So, when you worry about the chaos overcoming you, realize that you have the power to overcome the chaos. You are a powerful being in the midst of a powerful energy. Rest within that energy, act from the center of that energy, and you can calm the chaos.

CHAPTER 11: HOW DO YOU MOVE FORWARD MAINTAINING YOUR ENERGY?

 We have been talking about all the energies that you will encounter on that plane and there are many. We have talked about the energies you will encounter from the earth. We have talked about the energies you will encounter from others. We have talked about the energies you will encounter from chaos. There are many many energies that you will encounter. Now you know the only way to move forward amidst these energies is to maintain your own centre of peace and calmness. And it sounds like such a simple statement, but we realize it is very complex. We realize it is very difficult when you are in that physical body, with that conscious mind, to maintain your center of peace and calmness.

 Throughout history there have been those who found peace and calmness by retreating from society, by joining monasteries, by going into retreats, by finding places of solitude. But we are challenging you to find that peace and quiet in the midst of all that is around you, in spite of all that is around you, and, indeed, with all that is around you. For you are all one. You realize that. You are all one. So indeed, you need to maintain your position in that world, you need to be active, you need to be out doing things, you need to be engaged. But you need always to be a bit detached. You need always to maintain that spiritual perspective that you are indeed a soul, a soul of pure energy, and that soul of pure energy is peace and calm. That is where you will retreat. You do not retreat from society; you retreat into your own energy of peace and calm. That is where you come from. That is where you thrive. That is where your power is manifested.

 So, it is very important to realize that the best thing you can do in the face of anything that you encounter is to be in a place of peace and calmness, to act from a place of peace and calmness. If you act from any other place your actions are of fractured energy and fractured energy accomplishes nothing. It is only when you have the whole, complete flow of energy that things are accomplished. So, know that you are capable of doing anything. Know that you have wondrous powers. Know that you can indeed change the world. But also know that you can only do these things when you are coming from a place of peace and calmness. You can only do these things when your energy is maintained. You can only do these things when your energy is clear.As soon as you are absorbing other energies you are surrendering your power.So you retreat into your own energy, you retreat into your own peace and calmness not to avoid what is going on in the world not to avoid encounters with other individuals, not to avoid the chaos, not to avoid emotions. But instead, you retreat into your own peace and calmness in order to be more effective when you encounter these other energies. So, when we say engage but be detached, that is what we mean.We mean that you are in that world, and you are meant to be in that world, and you are meant to be active in that world, but in order to be truly effective you must be in a place of peace and calm.You must be in a place where your energy is at its most powerful level. And your energy is at its most powerful level when it is clear, when it is not interrupted by other energies, when it is flowing freely throughout you.

 You are being called to be leaders in the transformation of your world. You are being called to be leaders in bringing the light to darkness. You are being called to be leaders in bringing people into an awareness of who they truly are. Most people have no knowledge of their own power. Most people have no knowledge of the fact that they are indeed a being of great power. Most people allow their energies to be caught up with what is going on and they surrender their power. It is your job, not only to maintain your own power, but also to teach others how to maintain theirs. Very few people on that plane see themselves as energetic beings. Most people are totally caught up in being a physical being. And that physical being is very easily overwhelmed by emotions. It is overwhelmed by events. It is overwhelmed by others. It is easily overwhelmed. But you now have the knowledge that it does not need to be overwhelmed, that when your energy is pure and flowing freely, it is very powerful in creating the world you want.It is very powerful in bringing about manifesting.It is very powerful in bringing about healing.It is very powerful in bringing about interactions that are beneficial to all.It is very powerful in bringing about love and goodness.

 Understanding that your power resides in your energy is the most important thing that you can understand at this point is your life. For when you understand that very basic fact all power opens up to you. You then understand how to use the power of your energies to transform your world. It takes a while to be able to maintain the pureness of your energy, the clarity of your energy, in the midst of a physical life. But it is something you can begin to do now. The more you work on clarifying your energy, the more power you will find. As you start to develop your power it will become easier and easier to remain centered in that power. You will find it is very comfortable to be there. You will find that it is a very good place from which to lead your life. You will find that you want to be there. You will find that, every day, you make the intent to reside within your own energy field and to not allow other energies to have a negative impact upon it. With this intent you will move forward in your world to create what you wish to see.

CHAPTER 12: HOW DO YOU NOW UNDERSTAND THE CONTINUUM OF ENERGY?

 We have spoken before that you are but one in an ocean of energies and that you are a unique energy, however, you are united with all energies around you. We have talked about how there is nothing that you do that does not impact upon all the energies in the entire universe and beyond. Whether you realize it or not, you are having tremendous impact upon not only that world that you call earth, but also upon all that exists. You are a very sacred being. Your energy is very sacred. And it is sacred because it does connect, and it does influence all other energies. That is tremendous power if you think about it, that what you think, what you do, how you act, impacts upon all energies that exist. And the energies that exist are infinite. It is an amazing thing. It is a wondrous thing. And you can use it for the best purposes possible or you can use it for negative purposes. It is your choice. But if you choose to use it for negative purposes, if you choose to live in lower vibrations, then you are not only negatively impacting upon all the energies that exist outside of you, but you are negatively impacting upon your own energy. You are impacting upon yourself. So, when I have said that you should do to others as you would have them do to you, this is very true. For whatever you do to others you are doing to yourself in a very real way.

 So, think about that. Realize the harm that choosing lower vibrations causes to your own energy field, to your own soul, for your own soul contracts with those lower energies. And then think about how when you choose actions of love, kindness, compassion, inclusion, your energy expands, your energy speeds up to a higher vibration. As each new level of vibration is reached, new powers and new wonders appear. For it is at the high vibrations that you are able to manifest what you want. It is at the high vibrations that you are able to have a positive impact upon others. It is at the higher vibrations that you are able to raise those lower vibrations a bit and to stop them from spreading.

 As a higher vibrational being, you will find that you will be able to access the healing powers of your energy, you will be able to access the manifestation powers of your energy, that you will be able to access the peace and calmness of your energy, you will be able to access the happiness that you would not otherwise know. So that is why, when you do acts of selflessness, when you do acts of service, you are not just benefiting the person whom you are serving, you are benefiting yourself. Your own energy expands, your own soul expands. So, know that there is a dual purpose to everything you do. There is a purpose of influencing what is outside of you and there is a purpose of influencing what is inside of you. It is a dual purpose. That is why it is always so important to choose the light. When you have a choice about yourself you would always choose the light would you not? You would always choose happiness over darkness. So, you must choose the light, you must choose happiness for all others, for when you do your energy rises to that place of light and happiness.

 The continuum of energy is something that is difficult to understand when you are on that plane. It is indeed a connection in which all energies are connected and all energies are one. It is difficult in that world to comprehend that because your physical bodies are so separate and you do not see energy. But all energy is connected. All energy creates. Energy has all power. It is important to understand that the force that creates all that exists, the force that brings all power to all that exists, is this continuum of energy. You are all specks of energy in a much larger continuum. When your energy, your little speck of energy, combines with all the specks of energies of all the other entities that exist, an extremely powerful force is unleashed. And this powerful force can even create new energies. New energies can come from it. It is how your world came about. Your world was created by this continuum of energy. All worlds are created from this continuum of energy. All that exists is created by this continuum of energy. There is no one being who is the creator of all that exists. You are all part of the creation. You are all creators in all that exists.

 You cannot see this this continuum of energy. You cannot feel this continuum of energy, but you can know that it is there. Once you know that it is there then you are able to recognize its power, you are able to recognize how you fit in as a powerful being. Once you recognize this creative force behind all that has been create, you can realize that you have created in the past and you can create in the future.

You may not have thought of yourself as a creator. You have probably thought of yourself as a being who has been created by another. But you have created yourself. You have created the life that you are living now. You have created all that is around you. For nothing around you is as it appears. Everything around you is vibrating. Everything around you is part of this continuum. Everything, everything material in that world, all animals, all plants, all beings are vibrating as part of this continuum. Do not try to understand exactly how that works, for your conscious mind is not able to. Just accept that there is this infinite source of energy, this infinite existence of energy, that is out there. An important thing to know about this infinite energy is that it is love.

 You all come from a place of love. You all are beings of love. Now when you enter that physical world, you feel as though you are detached from the continuum of energy, so you may not feel that you are a being of love. You may not feel that you have come from love. For you have experiences, you have others around you who may make you feel as though you are not love. But know that you are, and the way that you know that you are is to connect to that inner spirit within you. For when you connect to your own inner spirit, you will connect to that love, and you will realize how that love permeates, not only you, but all that exists. So you see, your purpose is to bring all back to that higher vibration of love. Love is the highest vibration that exists. Love is the vibration that drives all other vibrations. Love is the vibration that can change all other vibrations. So your purpose is to enter your world of lower vibrations, to enter a world where your physical body is a very dense entity vibrating at a low level, a world where emotions may be vibrating at a very low level, and to raise your own vibration and therefore, the vibrations of all around you, back to that higher vibration of love. For you see when you reach that higher vibration, when you are at the highest vibration that is possible for you at this time, you will not only feel love, but you will recognize your own power. You will recognize that you are the creator. You are the creator of your own life. Recognize the fact that you can change the life what you may have thought was the life that you should have into the life that you want. We have talked about that. We have talked about how when you recognize that you are energy you unleash your healing abilities, you unleash your abilities to manifest, you unleash all sorts of miraculous abilities. And this comes when you realize that all is love.

 The only thing that is important on that plane is love. That is it. The only thing that can change that plane to benefit all, is to change that plane to a place of love. And it is transforming now. It is transforming to a higher vibration. It is getting a bit closer to being a place of love. But there is still much old darkness that needs to be cleared. There is still much of the old dense vibrations that need to be cleared. But there are many, like you, who have taken it upon themselves to be leaders in showing the way to love, to be leaders in showing the way to a higher vibration, to be leaders in bringing your world into the transformation that is meant to occur.

 So it is important for you to realize how glorious you are as an individual, how powerful you are as an individual, and how powerful the continuum of energy is. And when you connect to that continuum of energy you have endless power. You connect to that continuum of energy by connecting to your soul, for your soul is always connected to that continuum of energy. Your soul never loses its connection. So, all you need to do is to meditate and connect to the source of your soul. Connect to that which is true love, for, no matter how strenuous your physical life may be, within you is a place of quiet, a place of love, a place of peace. And when you connect to that place you find the incredible power that you are.

 There are many ways to meditate, and there are many ways to learn to meditate, and there are many schools of thought about how to meditate, but meditate. And meditate in silence with the intent of connecting to your own soul. That is the path to connecting to your soul. That is the path to finding your own energy. That is the path to connecting to the continuum of energy. That is the path to realizing that you are all one, and if you are all one, how could you not only do good for all. When you realize who you truly are, when you realize that you are a being of energy, when you realize that you are a being of energy that connects to all other beings of energy, when you realize that you are being of energy who is connected to the infinite continuum of energy, then you realize your power. Then you realize your ability to create the world that you want. So, connect to your soul. Connect to that spark of love within you. And then move forward on a path of love, and a path of service, and a path of teaching others how to connect to their own inner glow of love. For one of you who is connected to that center within you is very powerful, but when that multiplies and there are more and more and more of you connected to that center of power it becomes an unbeatable power to create whatever you wish, to create the world that your earth was meant to be. So, I urge you to spend a lot of time in meditation. It may seem that a lot of time is difficult. But it is not, for there is nothing that is more important in your life right now. It is far more important than your favorite TV show. It is far more important than your favorite entertainment. Spending time in the silence and connecting to your own inner wisdom, your own inner light, is the most important thing that you can do. Meditate at whatever rate is comfortable for you but meditate consistently.

CHAPTER 13: HOW DO YOU USE VISUALIZATIONS?

 You are now beginning to understand your power. You are now beginning to understand your power as a creator. And now we would like to speak about how much your imagination plays into that power. We have talked a bit about how words go out into the energy of the universe and being back energies that are attracted to them. That is a part of manifestation. But there is also a very important part that is played by your imagination visualizing that which you want to manifest. Visualizations and images have a very strong energy. Your mind creates these images, and these images are all energy. The energy of images goes out into the universe and the universe responds with the energies of what you had visualized.

 When you draw a picture, you make sure that it is very detailed. When you are visualizing you also need to make sure that it is very detailed. You need to fill in every little corner, every little edge. You need to make it a very clear, thorough, complete picture. And when you have it in your mind as exactly what you want and you see yourself with exactly what you want, then, you are free to send it out and say, “this is what I want.” And the energy will respond. You want to make sure that it is not a fuzzy picture for the universe does not know what you mean by fuzzy pictures. The universe is very exact. So, if you send out a fuzzy picture you are likely to get something you did not imagine back to you. For you will get energies that match that fuzziness. But when you send out a detailed clear picture and you send it out with the energy of love, then it will come to you. It does not matter if it is material things that you imagine. There is nothing wrong with wanting material things. You are in a world of material things, and if material things are of benefit to you on your path, then they should come to you. So do not feel that you should not manifest material things. You are creating them, so you see, there is plenty to go around.

 It is as though a child is molding clay. What he imagines, he puts into that mold and then he creates. He may create a little animal or a truck or whatever he is imagining. He is molding it into what he wants. When you visualize something, you are molding the energy that is part of your energy field into what you want, and you are sending it out to the greater continuum of energy. That energy is like your clay. It then molds what you want and sends it back to you.

 Now this does need a fairly high level of vibration for it to work. If you are at a very low vibration and you are thinking thoughts that are bringing forth that low vibration, that is what you are going to be manifesting. You are not going to manifest what you want. You are going to manifest energies that match what you are sending out. If you take the time to raise your vibration, and as we have spoken before there are many ways to raise your vibration particularly through acts of love, your vibration matches more closely the vibrations of the universe. The vibrations rise above that physical vibration that you are so much a part of. And when you send out an image from a higher vibration, that image is vibrating at a higher level, and it is vibrating at a level that is closer to the level of energy that is out in the continuum. Then the energy of the continuum can say “Ah, I recognize that, and I can send that back.”

 There is nothing mysterious about manifestation. It is a part of the normal energy exchanges that we have been speaking about. Everything is energy. And once you begin to realize that, once you begin to live your life from a position where you realize that you are creating things with your own energy and that you are very powerful in your own energy, then miraculous things happen. You find that things are just automatically coming to you.

 It is also important that when you put out an image or you put out a thought of what you want to manifest, and it is very detailed, that that is what you continue to think of. You think of only that and do not allow other thoughts to come in. You do not allow thoughts of a lesser vibration to come in and impact upon your visualization. For then your visualization changes and you will not get what you are asking for. You need always to maintain a high vibration and to focus on exactly what you want. This is something that will come easy to you with practice. For it takes practice. It takes practice to gain focus. It takes practice to raise your vibration. It takes practice to understand your own energy. And we are hoping that you give great thought to this for it is only when you understand your own energy that you can truly use manifestation in the way that you wish.

 We have tried to give you an understanding of your own energy. We have tried to tell you how to connect to your own energy. It is up to you to make that leap of thinking only of yourself not only as a physical being but recognizing that you are indeed an energetic being, that you are first and foremost an energetic being. You are first and foremost a very powerful being. And when you realize that then you realize the opportunities that await you.

 It may be possible to manifest things such as health. You may be wishing to manifest health for another yet finding that it is not successful. You cannot do it alone. You cannot change their energy unless their energy is open to being changed, unless their energy is going in the same direction, unless they are ready to receive the energies that will allow their energies to heal. This can be because of a conscious thought or an unconscious thought. But you cannot control that. When you are working with others, with their energy, you can visualize them as healed but you do not have the power to change their energy unless they are also visualizing themselves as healed. You have the power to assist their energy to be open to healing. There is nothing more you can do.

 So manifestation is a wonderful power but in some ways it is limited. You cannot manifest something into another's energy that they are not open to receive. You cannot manifest peace into an energy that is closed only in anger. You cannot manifest love into an energy where there is only hatred. However manifestation is different from affecting energies. You can slightly improve the energy for someone who is angry by being around them in an energy of love. You may slightly improve the energy around anger or slightly improve any of the lower vibrations by being around them and sending love. But sending love is a different activity than manifestation. Manifestation is very particular. Manifestation has a particular outcome. When you are sending love you are sending love knowing that the outcome will be the best that it can be in that situation. You are sending love without expectations. Manifestation has expectations. So there is a difference. But it is good for you to work towards the ability to manifest. You are meant to be creators. You would not have had power if you were not meant to use it. So use it. Use it for good. Use it for your own happiness. Use it only for things that bring you peace, that bring others peace. For to manifest anything less will only have outcomes that you do not desire.

CHAPTER 14: HOW DO YOU MANAGE ENERGIES THAT THE UNIVERSE SENDS TO YOU?

 We have spoken about how you manage your own energies, about how you use your energies to create, about how you use your energies to maintain your peace. There is much for you to learn about managing your own energies. And the next step we will take is to understand that you are but a speck of energy in a universe filled with energies, and that universal energy is impacting upon you at all times. You are feeling energies of planetary changes. You are feeling energy changes throughout the universe. You are feeling energetic changes from the physical world and from the energetic world. All of this is interacting with your own energy. Just as you send your energy out to the universe, the universe sends energies back to you.

 So first of all, let's talk about how you manage energies from other physical entities in the universe, from other galaxies, from other planets, from other moons, from other stars. All of them have energies that impact upon you. Many of you may have studied astrology and how all the energies of the alignment of the planets impacts upon the course of your life. But there is much more to it. The planets’ alignments affect you every single day. The energy of the stars effects you every single day. The energy of all that is in the universe affects you every single day. And indeed, your energy and your physical body reacts to this whether you are aware of it or not. You need not be concerned about all these energies that are coming at you. It is very natural. You are part of that energy, so it is nothing that is unnatural to you. It is always a very natural exchange. It is just that when you become aware of that exchange you become aware of the fact that you can use it in a much better way than perhaps you have been in the past. In the past an energetic influence from the universe from other physical beings in the universe may have caused your body to react and be a bit off balance. For these energies can be powerful. But there is no need for your body to ever be off balance from these energies once you are aware of them.

 Once you are aware of the fact that there are other energies coming at you, you can decide which energies you want to allow to come into and impact your own energy field and which you wish to stay outside of it. It is very easy, for energy does respond very much to your thoughts and your thoughts are the key to controlling much of what is around you. So when you make the intent that you will allow only high vibrations into your own energy field, that intent is very powerful in warding off lower vibrations. That energy of your intent radiates out into the universe and other energies know to stay away. It seems very simplistic and indeed it is, for it is all natural in the flow of energies. You may send an energy of protection, if you wish to call it that, of rejection if you wish to call it that, but an energy of just saying “I only allow high vibrational energies to enter my field. I do not allow any lower vibrations to enter.” And the key to making this intent come true is that your mind always follows your intent. For the moment your mind opens up to the lower vibrations that are coming at you, regardless of where they are coming, then you allow them in. When your mind and your intent are in alignment you need not ever experience lower vibrations from any other entity in the universe.

 It is not as though there is bad energy that is being directed at you. It is not as though you need to fear that there is someone or something out there that is targeting you. No, it does not work that way. It is just that there is energy of all vibrations out there and it is energy that has been formed throughout all of history that is out there in the universe. And it remains out there. It remains absorbed into the energies of other physical entities, other planets as you may say because that is what you are most aware of. But there are many other other entities out in the universe that may have absorbed lower vibration at some point and that is what they radiate. There is no intent of harm in it. It just is. It just exists. There is no reason for it to exist in your own energy field. It is very easy to just center your energy field in a high vibration. You need only to do so with your intent, with your thoughts constantly focused on receiving only higher vibration. There are many many high vibrational physical entities out there that have absorbed high vibrations. They are radiating high vibrations into your life, into your energy field. You want to remain open to that, for you always want to make sure that you are sending out the energy of love.

CHAPTER 15: DO YOU NOW REALIZE WHAT A POWERFUL CREATOR YOU ARE?

 We have given you a very brief introduction to the powers you have to create the life that you want, to create the life that will fulfill your life path, to create the life that will fulfill your life purpose, to create the life that will bring you peace and joy. For it is within your grasp. You have the power. And now you are beginning to access the knowledge of how use it. Once you recognize that you are energy, and that everything around you is energy, and that all that exists is energy, then you see how learning to use your energy is so very powerful. You see how your energy impacts upon all that is around you. You see how your energy creates the world that you live in.

 We have talked about your thoughts first and foremost. They are a very powerful source of creation. Your thoughts send out energies that attract what you are thinking about. So that is a very very powerful tool. Know that if you are living a life that you are not pleased with, that is not bringing you peace and joy, that changing your thoughts can bring great changes to the life that you are living. It is not that everything will be perfect in your life once you start thinking your life is perfect. You are also there to learn lessons and to face challenges. But if you change your thoughts to viewing what is going on from a spiritual perspective and change your thoughts to knowing that challenges are sources of learning and are opportunities rather than obstacles, then all will change. Those challenges become smaller. Those challenges become easily overcome. Those challenges become just a steppingstone in your growth. So how you think of them, what energy you send out as thoughts, greatly changes what you face in that lifetime.

 We have talked about how your body is energy and how your thoughts interact with the energy of your body, and your body can be changed through your thoughts. Isn’t that a wonderful thing to consider? You can change your body through your thoughts and also through your actions. For your actions follow your thoughts. Of course, there are things such as a path that your soul has laid out for you. And again, there are challenges that you must face even with your body. But when you realize it is energy, and when you realize that you have control over that energy, then you can change your body to be much more of a body that serves you well in that lifetime.

 It is also within your power to learn how to manipulate energy for healing. You know that another is energy. You know that your energies can affect their energies. And if they are open to it, only if they are open to it, then you can help them change their energies so that their body may heal. You do not do the healing. You do the soothing of the energies to put them in a place where the body can heal itself. Many of you are healers already. Many of you work with energy techniques where you feel energies of others. Many of you understand this deeply. It is very natural, and it happens all the time.

 We have talked about how you interact with the energies of the earth. The earth energies are very tumultuous at this time. There is much that is going on with the shifting of the energies of the earth and of the air around it, much that is happening in your climate, much that is happening with volcanoes and earthquakes. Much is happening with the energy changes that you are experiencing. The energy changes of the earth are reacting to the energy changes of the humans that occupy it at this time. The energy of the earth is impacted by your energy, it is impacted by the energy of all those who set foot on it. So imagine how wars impact upon the energy of the earth. Imagine how hatred and violence impact upon the energies of the earth. For all energies interact and your energies in that very life all impact upon the world that you are living in. So it is important for each one of you to move forward with love for your earth, to take time to let the earth know you appreciate it, for that energy of gratitude and energy of love will soothe the energy of the earth a bit. Now, you alone cannot change all the energies of the earth for there are so many energies that are interacting at the same time. But you can help, and you have a place in doing that. And it is not hard. You need only to care for the earth. You need only to love the earth. You need only to be thankful to the earth.

 It is important that when you interact with another that you understand your energies are intertwined. And the energy that you send out is received by their energy. Know that every interaction can be positive or negative depending upon how those energies interact. So it is important for you to always make sure that you are sending out the energy of love. For you would like to receive that back. It is not always possible for another individual may be sending out a different energy and you will feel that. But you must send out the energy of love for that is the only energy that can overcome all the other energies that you may encounter. Realize that throughout your history those individuals who faced difficulties with love, who faced challenges with love, who faced hatred with love, were the individuals who changed the world for the better. Be one of those individuals. Walk forward looking at everyone with love. It seems like it is impossible at times, but it is not. You need only to withdraw into the spiritual perspective that you now have. For you have spent a great deal of time reading this book. Now you have a whole new perspective on what interactions mean and why you feel the way you feel when you have an interaction because you feel the energy exchange that is taking place.

 There is so much that is available to you as a creator. There is so much that you can do once you understand the power of your energies. There is so much that you can attract into your world. But be careful. Once you understand the energies things will begin to happen quickly. Be careful that you are using your energies only in love. Be careful that you are using your energies only to further your soul's path. Be careful that you are using your energies only to assist others in their path even if their path is very different from yours, even if it is very difficult for you to understand their path. For being a creator takes much responsibility, responsibility to create things that are not only good for you but also good for the world. For when you create something that is negative it is negative not only for you but for the world. It is all intertwined. It is all energy. And you are all one, connected through this energy. It is a huge concept to fully understand, and we do not expect that you will understand it fully. For, until you come back to us, your physical body is not able to fully understand how powerful your energy is. It is important for you on that plane now to begin to work towards understanding your energy, to begin to work towards creating the world that you want, a world of love. For when you create the world that you want. a world of love, then you are creating that world for all who exist. And you are creating an energy that expands not only throughout that world but throughout the universe. And it assists all beings everywhere for love is eternal.

 You now have a much better understanding of your own power. You now have a much better understanding of what you are able to do. What you were able to do is much more comprehensive than what you had thought before. You have learned new things about how to use your energies. You have learned new things about how to deal with the energies that you receive from others. You have learned new things about staying centered in your own energies so that you can bring about the world that you want, the world that you all need. So you now have this very important information. You now have an understanding of what is possible. And now it only remains for you to begin to experiment with the information you have been given, to begin to practice, to begin to try to create things as you would like to have them. But you see, it does take practice. It does take conscientiousness. It does take intent. And it does take a pureness of heart. For all those things are necessary for your energies to be used effectively. And, my dear ones, I trust that you have all of those. I trust that now you will move forward as the creator that you are meant to be. I trust that now you will all be creating the wonderful world that your world is meant to transition into. For you see, you are the ones who can bring this transition about. You are the ones who will bring about the new consciousness, the new world of love. You are the ones who will raise the vibration of that world so that you will be easily to connect to the vibrations of other dimensions. All of this lies ahead of you. You may have all that you ever desired. For you can find the peace and love that is waiting for you when you learn to use your energies to create a world where it is all possible. Everything is possible for you. Everything lies open to you. It is an exciting time, for all of you who now have this information are able to move forward to bring about the higher consciousness, the world of love that you all deserve, the world of love that your earth was meant to be. You are the ones, my dears. You are the ones with the power. You are the ones to create this new reality. Move forward with much joy for the possibilities. Everything is possible and open to you now.