

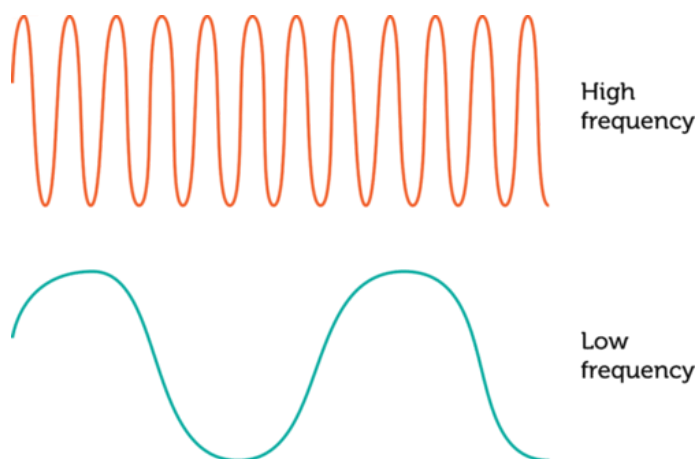
intro to  
**energy**  
**healing**

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## Your Electromagnetic Field

### What is energy?

Energy is the force that drives everything in the universe. Energy is, in essence, a wave and that wave can be characterized by its amplitude, frequency and wavelength. Frequency is the rate of vibration and oscillation measured over a specific time. When thinking about frequencies, it's helpful to use the analogy of music. Guitar strings, for example, come in varying diameters, each with their own sound. The lower, thicker strings will move more slowly, producing a lower frequency, while the higher, thinner strings move more quickly producing a higher overall frequency.



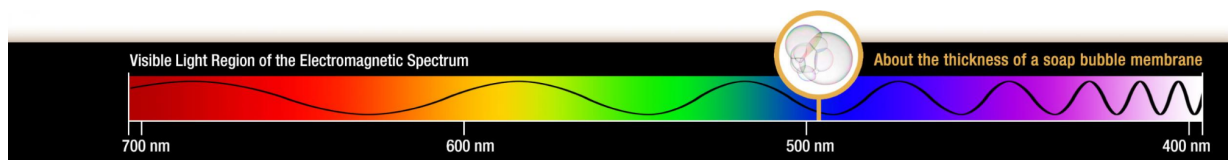
### States of Matter

- **Solid** - In a solid, particles are condensed and don't move around as much. Though the electrons are moving and creating a small vibration, this state allows particles to take on a form of density.
- **Liquid** - Particles in a liquid are more fluid than a solid, yet less kinetic than a gas.
- **Gas** - In a gas, particles have a great deal of room to move and therefore vibrate at a higher rate than a solid.

### The Visible Light Spectrum

Each color on the visible light spectrum corresponds to a unique wavelength of light. As we can see from the diagram below, the wavelengths are much longer towards the red light end of the spectrum and become more condensed as they move into blue light and above. If we take what we've already learned about frequency and bring this into perspective, we can begin to understand that the longer wavelengths equate to lower frequencies, and the shorter wavelengths equate to higher

frequencies. If you are familiar with the Chakra system, you may start to see what I am getting at here. If not, keep this in mind as we move forward through the chapters.



## The Human Energy Field

### The Chakras

There is an entire network of energy pathways in our bodies known as the nadis. The nadis feed into the energy epicenters known as the Chakras. The chakras function as wheels of light that are located along the center of the spine. There are seven of

them that run from the base of the spine up to the crown of the head. Each Chakra is defined by a color that is related to its frequency. As you remember from the first chapter, visible light can be determined by its wavelength and wavelength is important for wave frequency.



#### The Root Chakra

Starting from the base of the spine, we encounter the first chakra, the root chakra. The root chakra is associated with the color red (longer wavelength, lower frequency) and relates to our primal needs and physical existence. It is the chakra most closely associated with our physical survival and is very earthly.

#### The Sacral Chakra

From the root chakra, we meet the second chakra, the sacral chakra. The sacral chakra is associated with the color orange and is located in the lower abdomen, between the naval and the genitals. The sacral chakra initiates the expansion of one's own individuality. The watery nature of the sacral chakra encourages us to move with the rhythms and cycles of life and is associated with how we express ourselves.

### The Solar Plexus Chakra

Rising from the Sacral Chakra, we encounter the Solar Plexus chakra located between the naval and the base of the sternum. This chakra is associated with the element of fire, and like the sun, is categorized by the color yellow. This chakra rules our personal power.

### The Heart Chakra

The Heart Chakra is located in the center of the human body, and is represented by the color green. The heart chakra is devoted to love and compassion, and when unbalanced, grief may arise which can be felt in the mid back, directly behind the heart.

### The Throat Chakra

The Throat Chakra is associated with the color blue and is located in the throat. The throat chakra is the fifth chakra and is the center for communicating our truth to the world. When this chakra is aligned, we can reach our inner dreams and achieve meaningful lives

### The Third Eye Chakra

The third eye chakra is associated with the color purple and is located just above and between the eyebrows (the pineal gland). As you may remember from the first chapter, the color blue has a shorter wavelength and therefore a higher frequency. The Third Eye Chakra relates to our cognition and allows us to form higher thoughts.

### The Crown Chakra

The Crown Chakra is located just above our heads and is associated with the color white. White light is the purest light, with the shortest wavelength and thus the highest frequency. This Chakra can be activated while in meditation and allows us to reach the highest state of consciousness (the Divine).

## We are Energy in Motion

As living creatures, we are constantly enveloped in energy. Our hearts emit a frequency that can be picked up by an

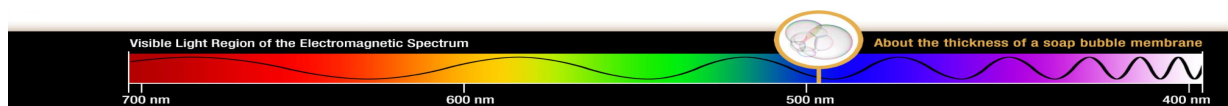


electrocardiogram (EKG), our brains emit a frequency that can be picked up by an electroencephalogram (EEG). These frequencies can also equate to the energy epicenters in the body, aka the Chakras. Our thoughts and feelings are translated through our chakras which in turn, generate a standing wave field or auric field that surrounds the body. This biofield is composed of electromagnetic forces that attract and repel other forces. Much like the visible light spectrum above, our aura can oscillate depending on our vibrational frequency. The frequencies that emanate from our bodies form what is called the human energy field, or the aura.

## Energy in our Environment

Just like how wifi can get interference, we can also experience interference. As those who are privy to astrology know, cosmic events such as geomagnetic solar storms, the lunar phases and planet movement have been found to impact humans and other animals. Interestingly enough, beached whale reports have been found to occur during solar storms or intense cosmic events. There have even been [reports](#) of man-made electromagnetic noise disrupting birds' flight patterns.

Being from the animal kingdom, humans are very similar in that we feel the effects of these events, though we may not be aware of them. During geomagnetic storms, many people report feeling tired, depleted, massive headaches, or not sleeping. The Schumann Resonance is one of these electromagnetic resonances that has been [found to affect humans](#). The Schumann resonance measures the ionosphere, which essentially equates to the heartbeat of the earth. Understanding and bringing awareness to the electromagnetic forces around us can help us become more in touch with ourselves and the world around us.



## Emotions and Energy

Looking at the visible light region of the electromagnetic spectrum, we can see that the color red is associated with longer wavelengths while blue and white light are associated with shorter wavelengths. Longer wavelengths equate to lower frequencies, while shorter wavelengths equate to higher frequencies. This concept can also be applied to emotions. Growing up, you may have seen those diagrams teaching kids to name their emotions - with emotions like anger associated with red, while emotions like peace were associated with blue. Truth be told, those diagrams weren't lying and emotions really

### SCALE OF SOME EMOTIONS WITH DIFFERENT ENERGIES

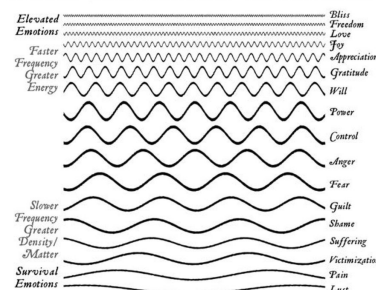


Figure 2.2

Emotions are energy in motion. All energy is frequency and all frequency carries information. Based on our own personal thoughts and feelings, we are always sending and receiving information.

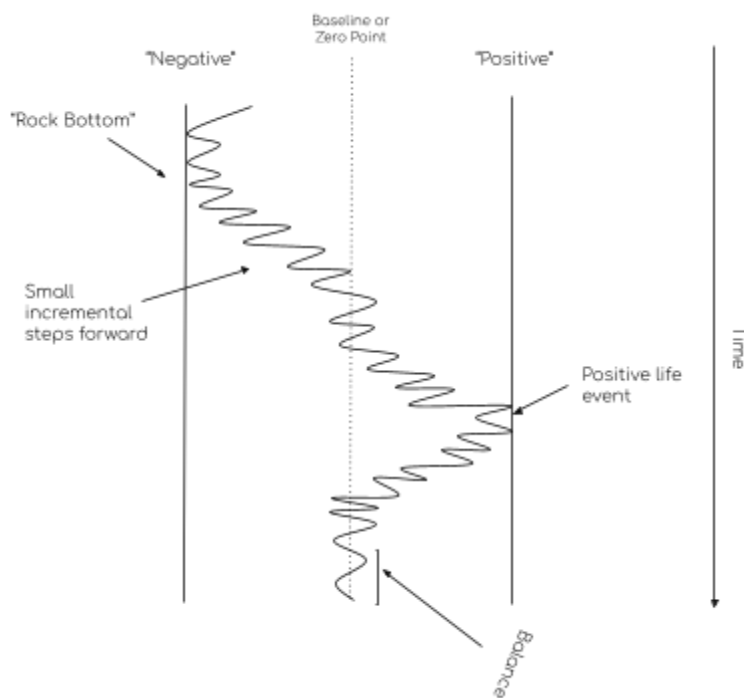
are just waves of light. Take a look at the diagram below, and start to name some of the emotions you have been feeling recently. Where do they reside on the graph? Are they at the top or are they at the bottom? This will help you determine your current vibrational frequency. Ideally, we want to live in the highest vibrational state. This allows us to be at the highest level of consciousness and it equates to feelings of joy, peace, love and enlightenment. But realistically, we probably gravitate more towards the middle and oscillate around there.

Using this analogy, we can then understand that emotions also have a frequency, with love being a high-frequency emotion and fear being a low-frequency emotion. Using your own emotions as a guide, I invite you to look at the diagram below and see where your most recent emotions have fallen on the scale.

## Emotions and the Laws of Attraction

Notice that bad things seem to follow you when you're in a bad mood? Or good things seem to follow you when you're in a good mood/open heart space. That's the law of attraction. You align with the reality that meets your vibration. If you're in a rut, stuck, you're not going to be given opportunities for the next level because you need to rise to meet yourself there. Once you're there, then the opportunities will come.

This diagram represents our mood/energy. We oscillate around our baseline which is represented by the dotted line in the middle. Ideally we will want to hover around that baseline. Because life is an ebb and flow of good moments and bad moments, trying to stay around baseline is key. The following diagram shows a representation of a person's mood/energy over time. Starting from the top of the diagram you can see that the person starts by going through something that propels them into a dark space (rock bottom). We oscillate there for a while, because as we all know, it can be hard to pick ourselves up after something truly devastating. Sometimes we must suffer so we can propel ourselves the hell out of there! And that's when you start to see the slow



incline back up to baseline, where it then begins to balance out into its natural ebb and flow.

### Practice: Feel your own energy

Begin by taking your palms together at your heart and feel the beat of your heart against your thumbs. Close your eyes and focus on centering yourself. Once you have centered yourself, rub your palms together creating heat in the hands. Bring your hands in front of your chest with your palms facing each other, but leaving them about a foot apart. Leaving your eyes closed, start by feeling the magnetism between your palms by bringing them closer and further away from each other, noticing the feeling in your hands. Once you begin to feel the magnetism, start wielding a ball of light between your hands, almost as if you are a sorcerer rubbing your hands around a magic ball. Focus intently on the energy in between your palms. Feel its guiding light, bring it to your heart, feel the magnetism. Play around with it if you like. If you don't feel the energy immediately or even after the first time, keep trying. You will eventually.

# I'm Going Through a Spiritual Awakening, Now What?

## Self-Care and Self-Compassion is Essential

Once you've become spiritually awakened, it's hard to go back to sleep. That being said, it is definitely achievable, but why would you let yourself fall back down to where you came? That is why it is of the utmost importance to take care of yourself and your growing lightbody! With crazy shit happening in the world, its important to be directly aligned with ourselves, at source.

## States of Consciousness

3D is the physical world as we see it. We are individuals and separate from others. The world is in density (low vibration) represented by chaos in world events and karma keeps us trapped here, allowing us to repeat cycles in order to finally break them.

4D is the astral plane and it is known as the gateway to the spiritual realm. This is where we go to dream, but it is also the realm that psychics and mediums access to connect with loved ones who have passed.

5D is Gaia, where humans come together to form one circular system and truly understand that we are **one**. In this state, we are able to bring down our "heaven on earth" through the power of the Law of Attraction.

## How energy healing can help

Energy healing works by sending light energy through the energy meridians of the body. The light energy works to break up any stagnant or dense energy allowing it to move effortlessly through the body. By doing so, it can affect your electromagnetic fields which is where your emotional body lies. When your electromagnetic field is clear (think heart, brain waves) then your emotions will be clear too.



## Conclusion

I hope you enjoyed this mini guide on esoteric spiritualism. As always, take what you need and leave the rest. Just because



this is my truth doesn't necessarily mean this is your truth, too. That's where the power of discernment comes in.

Please know that the topics covered in this book just skim the barrel of Quantum Energy Healing. I let out many important teachings in an effort to be brief and comprehensive. Take what you learned in this book and begin looking at your life in a new way. See it from the lens of a scientist, walking this earth for the first time. If you are feeling compelled to learn more, I invite you to research the topics mentioned in this book, but I will also provide a list of "keywords" to broaden your search.

- Ascension
- Galactic Federation of Light
- Merkaba
- Esoteric Spiritualism
- Kabbalah
- Akashic Records
- Spiritual Hygiene
- Vesica Pisces
- Energy Torus
- Marconics
- Lisa Renee

You will learn a lot on your spiritual journey. Take notes of your emotions and your triggers. Bring awareness to every moment of your life. Remember to move your body and listen to it. You do not need anyone else but yourself, no matter how much they promise positive results. You are your own best healer, now empower yourself to get there!

