

A 15 Point Guide to Understanding Subtle Energy

1. The electro-magnetic field of energy (aura) is on average, 60cm in radius from the body and held in a 'contained' state. This is a standard state of being for the energy field unless you consciously choose to change it.
2. Higher frequency energies cause the field to expand. These are the energies of joy, laughter, sharing, kinship, love, generosity, kindness, togetherness. In an 'expansive' state the field can be in excess of 1 metre in radius.
3. An expansive energy field is 'open to receive' and connects joyfully to the world. The energies of joy, prosperity, and good fortune are naturally attracted to the high frequencies of energy within such a field.
4. Low frequency energies within the field cause density and stagnation. These are the energies of fear, anxiety, anger, frustration, spite, hate. These energies diminish the potential for higher frequency opportunities to be attracted.
5. You should always pay attention to how you are feeling and the nature of the thoughts running through your mind. They are indications of your subtle energetic state of being.
6. A dense and heavily congested field will create low feelings, despondency, anxious thinking and irritability. Longer term it builds up within the field, creating stress and life chaos.
7. The more attention you give to keeping your energy clear, light and expansive, the more positive and loving will be your life activities. You will think with more clarity, feel greater emotional strength, and enact a more creative and meaningful life.
8. Energies reside within the subtle energy system as magnetic and electrical 'forms' and 'patterns'. On a daily basis you will absorb the forms and patterns of others and they too, will absorb the energies you transmit out to them. It is the nature and quality of those 'forms' and 'patterns' that is important.
9. All our actions, deeds, thoughts, intentions, feelings, emotions, words, communications, etc, exist as a continuous flow of energy waves and forms. We are all constantly transmitting and receiving these energies on a daily basis.

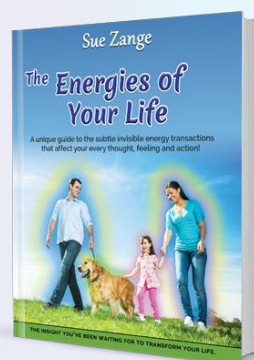


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10. Paying attention to the state of your energy requires you to be still and focused. Help yourself by learning some basic energy cleansing techniques. The 'Cleanse & Purify your Energy' is available on mp3 download at www.joaslight.com
11. You can develop and strengthen your ability to be in command of your energy, and enhance your intuitive sensing, by incorporating visualisation and meditation techniques into your weekly practise of self help.
12. Learn the basics of the structure of the energy field (available in 'The Energies of Your Life' Book by Sue Zange). Then, when you need to work to clear your energy, you will be able to correctly conceptualise this invisible field of consciousness around you and be more empowered to work with it.
13. It is much more difficult to bring in the higher frequencies of energy required to clear the field if you are already incapacitated with slower, dense energies. If you are struggling with a dense, slow and congested energy field – see an Energy Field Healer (more info at www.energyfieldhealing.com). Seek the help you need.
14. Learn the discipline of stillness, you only need 10 minutes! It allows the intelligent systems within the energy field to calm, process, and release any elements that are not relevant or serving.
15. Remember, all things are energy. If you are living in a manner which is not serving your well-being, not creating happiness and life fulfilment, then understand that these are energetic circumstances and environments, created by an energetic state. You should always look FIRST to the energies of any matter.

Transform the Energies, and you Change Your Life



Available at: www.energiesofyourlife.com

Guided Visualisations by Sue Zange are available at: www.Joaslight.com



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