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Energy Awareness

Creating Reality
Energy and Consciousness
Experience and Responsibility
Energy Patterns
Two States of Consciousness
Descent into Ego
Yearning for Wholeness
Archetypes
Energy Follows Awareness
Re-Directing Energy
Observation
Healing Is an Experience

CREATING REALITY

Imagine being able to heal challenging issues and create experiences that are desirable as opposed to always feeling at the mercy of other people and difficult circumstances. The only aspect that needs to change within you in order to experience this creative power and freedom is a change in your perspective or way of looking at things.

It is the way we look at life that determines how we experience life. Every day we encounter different people with different beliefs, habits and life perspectives. If someone else's beliefs or ways of doing something do not coincide with our beliefs, we are apt to judge that person or be confused about their behaviour. Other times we feel people are judging our way of doing things. We are impressionable to the many influences that surround us from birth onward. Our values and beliefs are shaped by our experiences and we progress through life trying to figure out how to get what we want.

Our level of success in achieving control over our life circumstances ultimately corresponds with our beliefs about our own power to effect change. There are two distinct perspectives that dictate how we experience life: we either believe that we create our own reality by the choices that we make, as in cause and effect; or, we feel controlled by other people and by our environment and believe we are powerless to effect change for ourselves.

Are you in the driver's seat of your life experiences or are you a passenger being carried along by the beliefs and agendas of those around you? In the same way that you have a choice about whether or not you will sit or stand in any given moment, you are faced with choices all day long that immediately affect how you feel about yourself.

This book offers a step-by-step process of self-examination and healing that allows you to take control of your life. You can learn to determine what experiences you would like to have and set about to create them. First, you must learn that this is indeed possible. Liking the sound of an idea such as creating your own reality and knowing it is possible are two different realities. This book offers you a series of experiences that can bring you to this level of knowing.

ENERGY AND CONSCIOUSNESS

There is a current or force that runs through everything that we perceive and experience in our daily lives. Whether we are experiencing feelings in our body or sensing things—seeing, hearing, smelling, tasting or touching, everything has an energy presence. Whether a rock, a person or a feeling, the common link in everything is energy. This is what is meant by the physics term Quantum Theory—energy is both particle and wave. In other words, matter and consciousness are manifestations of the same energy.

This energy presence can be defined and distinguished in different forms by its vibration. Everything vibrates ... sound, colour, objects and people. The vibration is the expression of the energy inherent within, and each vibration translates into varying experiences. When the vibration of something changes, it automatically changes the form in how we experience it. For example, within the spectrum of colour, each