THE ENERGIES OF YOUR LIFE

A unique guide to the subtle invisible energy transactions
that affect your every thought, feeling and action.



A selection of extracts from five chapters

Exploring the human energy field, everyday energy transactions,
personal awareness and our energetic relationships.

Sue Zange

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Excerpt from Chapter 3
The Human Energy Field

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Continued from Book page 19...

I refer to this as the 'central channel'. All other aspects of the energy system flow into, or outwards from this central axis.

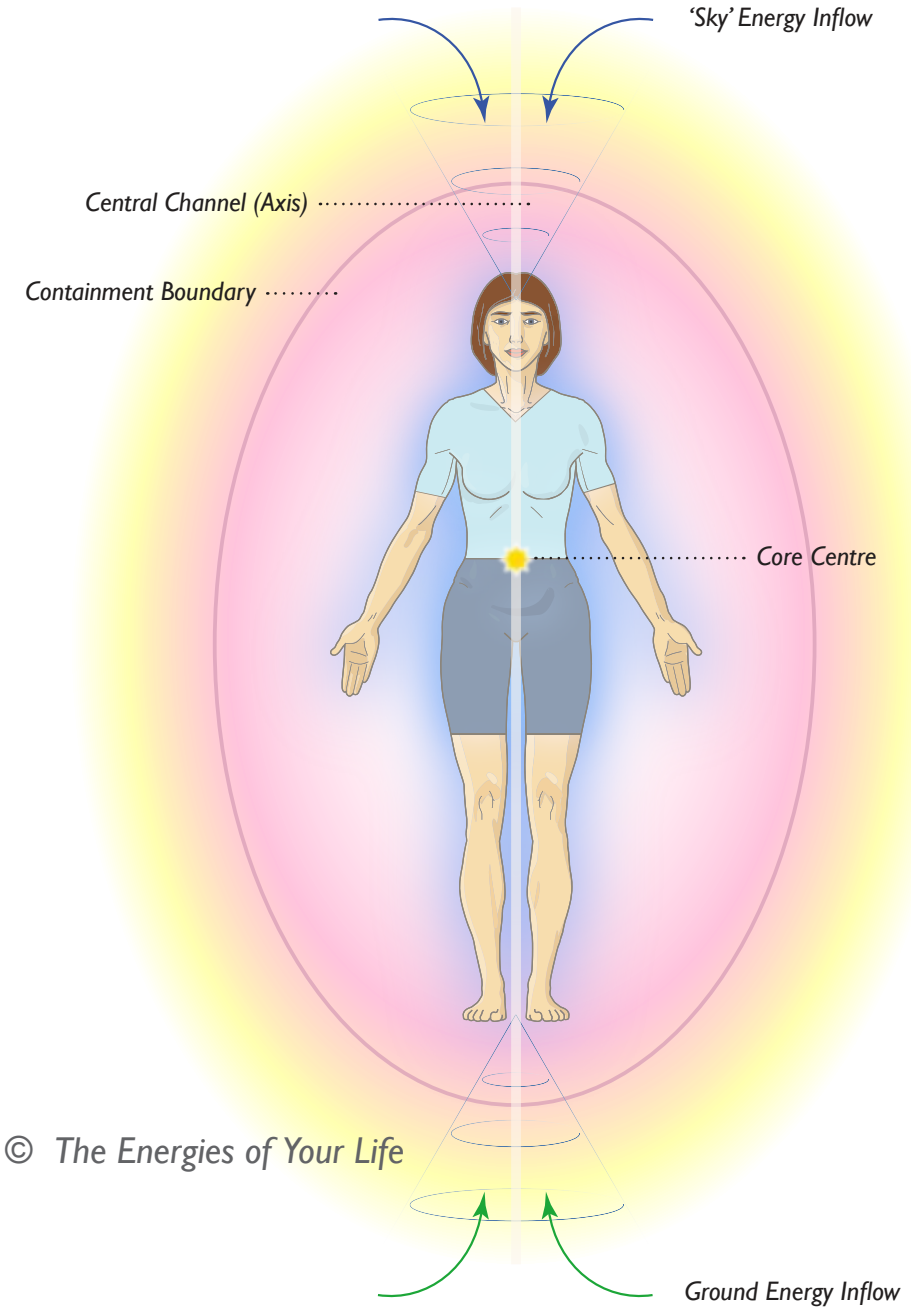
Secondly, the field needs all its many layers of resonance (its outward radiance) to be clear and resonating at as high a vibration as is possible for that person. The vibration (resonance) of the energy field is affected by the emotional and mental energy 'forms' and 'patterns' that are present within it. I call this the 'current energetic state'. I shall explain more on that as we move through the book, because the first point of understanding your energy is to know how to recognise and assess your current energetic state.

Thirdly, the energy field requires a continual supply of fresh source energy to maintain and sustain its functions. The field draws in fresh natural resources of universal energy in two key places. Firstly, from the ground (Earth energy), drawing in a supply from nature. Secondly, from above the head, commonly referred to as the 'crown', where it draws in higher frequencies of energy, referred to as 'sky' or 'cosmic' energies.

The two parts of the energy field which naturally draw in source energies must be clear, open and functioning correctly. If the access points for drawing in source energy are not flowing correctly, people can become dependent upon the alternative of drawing their resources from other people. If you have people around you who you find draining to be with, it is possible they are consuming some of your energy as you 'engage' with them, because they are in need.

It is the access points of the field which become lessened or even blocked, when someone withdraws and inwardly 'contains' their field. As I explained earlier, this can occur when someone is in pain or distress, in fear or feeling vulnerable. In such a state, not only does the outside world get 'shut out', but the inner world also becomes diminished, due to an inability to connect to fresh flowing outer energy sources. **Picture 1** shows you the central channel of energy and

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Picture 1 - Structure Of The Energy Field

how natural source energies enter both at the top and the bottom. Your core centre point, is the energy field's structural centre and its place of optimum stability. It is this point that is being referred to when we say you are 'centred'.

This field of energy, which traditionally has been referred to as an 'aura', radiates out from the core centre of your physical body and the main central channel (axis). As the field radiates outwards the energies become finer in resonance and higher in frequency, and it presents as different 'layers' of energy. When we feel these with our hands, the layers close to the body are more dense and with more substance than the layers at say, one metre radius from the body. The outermost layers feel like soft fine gossamer threads when the field is balanced and clear. In such a clear state, the hand moves through all the layers in a silken softness. A well cleansed and balanced energy field feels light and softly flowing, having had any dense energy forms released or transformed by the healer.

The energy layer closest to the physical body is the most dense in resonance. This layer is only one level up in energy frequency from the physical body and is therefore the easiest to sense or 'see'.

Coming outward from the body through different layers of subtle energy resonance, you would reach the point of containment I mentioned earlier. In the field, this layer of energy actually feels bouncy like applying gentle pressure to the surface of an inflated balloon. It is an energetic boundary. When teaching my students, they are all hugely entertained by feeling the presence of that 'bouncy boundary'. It creates a profound shift in their perspective when they realise they are feeling something on their physical hand which actually exists in the invisible space some 50-60 cm from the body.

Continuing further out away from the body and beyond the containment boundary, the energies are finer and lighter. People sometimes refer to this as 'higher self' or 'soul energies'. Indeed, the energies at this outer level are very

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high in frequency and relate to the higher frequency feelings of love, joy, compassion and kindness. Someone who is open, joyous and lovingly involved with life, will have an expansive and radiant energy field and will therefore, be more engaged with their higher energies.

I think it's particularly important to understand that the higher frequencies of love, joy and compassion are abundantly accessible in the outermost layers of the field and they filter inwards to sustain our physical presence. It is therefore in our best interest for our own wellness and enjoyment of life that we do not 'contain' or limit the openness of our field. If we do, then we are limiting our access to those higher aspects of joyous living.

...End of excerpt.

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Excerpt from Chapter 6
Viewing Through Energy Eyes

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Viewing Through Energy Eyes | 6

"Seeing life through an alternate perspective offers you options to change and improve life beyond measure."

At any given point of your waking day, you are receiving emotional and mental transmissions from others. Personal interactions, phone calls, conversations, communications... all providing raw energetic data that is flowing into your personal energy field. Both the emotional content and the mental intent of those interactions, is arriving in your energetic space.

You will be listening, absorbing, formulating, contemplating, investigating, concluding or acting, in response to the transmissions received from others. Whether you have realised it or not, these transmissions will be activating or generating an emotional response within you, because everything that happens to you, all experience, is designed to engage with you on that primary level of feeling.

In addition to all that you receive, you are energetically transmitting out your thoughts, feelings, intentions, ideas, creative flows and so on, to others. You are continuously energetically busy in your daily life activities. I refer to these transmissions and receipts as energy transactions.

So imagine your field as an ongoing process factory, dealing with the incoming and outgoing transactions, and actively working towards an outcome of creative and valuable expression in life.

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Each and every day you will process masses of energy transactions, but depending on how busy you are, you will also have some transactions left unprocessed. The unfulfilled or uncleared residues of each day's activity will remain in your field. These forms will join with all the pre-existing emotional and mental energies already in your field from previous activities and experiences. These include feelings you have never dealt with, all the emotional 'baggage' you carry, everything you have never been able to forgive, release, or let go of. It all becomes compounded with your own vague thoughts, snippets of others' thoughts and ideas, bits of conversation, the words, the sounds, every thread of energy data that you have not fully processed. I refer to unprocessed forms of energy data as 'energy debris'.

If you've ever wondered why you got so very upset over something minor or trivial, it's because the energy of that situation joined with pre-existing patterns and grew larger and more impacting. You would have no understanding of that without subtle energy awareness, because seeing life through 'energy eyes' offers a different perspective. It is a unique and empowering way of viewing all of life's activities and experiences. It is an insight that offers you a broader understanding of everything you are involved in.

If you come to understand that the majority of life processing and activity is taking place unknown to you, on the invisible subtle energetic level, then the real issue is how to discover what is really going on. How do you discover the degree of influence and the key driving factors which are currently outside your understanding? This book is about helping you discover that.

The processing of which you are mentally and emotionally aware in your conscious mind, is only a fraction of what is actually occurring. There are multiple layers of complex functioning taking place, of which you are currently consciously unaware. It's an invisible world. Until you purposely direct your attention towards it, the activity will remain unknown to you. ***...End excerpt***

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Excerpt from Chapter 7
Energy Skills to Manage Life

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Energy Skills to Manage Life | 7

"Apply some simple skills to transform the essence and vibration of your energy… your presence. Then you will be living your light."

You can only truly be empowered from the moment you choose to be in command of your own life. From the moment you acknowledge that you are responsible for your own life, your own creations, and your own responses.

An empowered life is that of a creator, an originator of ideas, someone who is aware of the feelings that drive those ideas.

So, time to assess the content of your life:

1. How many aspects of your daily life activities are your own true creations, originating from within your own creative thought process?

2. Of those creations, can you identify the feelings that brought them into form? Do you recognise and understand your inner motivation?

3. How many aspects of your daily life are in response to or reacting to, the needs, demands, wants, instructions or expectations of others?

4. Of those aspects you collude in, do you know the true motivations of the originator and do you agree with and align to, those motivations?

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Take the time you need to consider these four points right now. What you discover may surprise you. Remember what we're talking about here - all your life transactions are aspects in which you have invested your energy. They are either enriching you or consuming you. It's time to take account of the situation.

Those aspects that are enriching you will be generating joy, fun and pleasure. Whenever you are engaged with things you like to do, enjoy, or love, your energy naturally expands and becomes a self-generating entity. You will literally be re-sourcing yourself and your energy will remain buoyant and light, and will be flowing at a high frequency. You will feel good about doing such activities and will gain enrichment.

Those activities you do not enjoy are consuming the energy system, they will fatigue and bore you. You may feel resentment at having to do them. You will evade or avoid them whenever possible and may actually use more energy resources to achieve such avoidance than to actually do them! Such activity may make you feel dull and despondent, because it is draining your energy resources and lowering the vibration within the field. These activities will lessen and devalue you - emotionally, mentally and spiritually.

Your first course of action, wherever possible, should be to withdraw from all creations, intentions and collusions for which you do not feel true, joyful motivation. That will include those which are not in accord with your values. I fully appreciate that withdrawal from these activities may take a little time. You may have to replan and rethink the strategy for your life. You also need to understand your responsibilities to others for all that you have been involved with. So do consider carefully the effect that your corrective choices will have on others and deal with it kindly, compassionately and considerately.

That clearing action will likely release a good 40% of the non-serving activities out of your energy system. When you contemplate the nature of your activities,

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you may be surprised to discover just how much you are involved with, which you really would prefer not to be. When we make choices without awareness, we may become involved in things and discover our unhappiness with the choice a little way into it, but then feel obligated to continue. You may also realise what you are not involved with, which you would like to be.

You then need to make your life-stress analysis. You need to start to really take notice when you are beginning to feel stressed and overloaded as you experience each day/week/month. This is a simple development in raising your own self-awareness. Bring on board a new rule for you - when such stresses arise, STOP. You need to retreat from or lessen, the life activities which you know will consume and damage your energy system. In a state of stress, the only rightful course of action is to stop the inflow of energetic data, thereby giving your energy time to clear, release and re-balance.

There is a reason that spiritual practices such as meditation and yoga are growing ever more popular. They are an ideal way in which to stop the busy activity of your life. When I train my students in energy life-management skills, I encourage them to take 10 minutes away from all activity and action three or four times a day. In those 10 minutes, they just stop and focus on being still, allowing the processing of the mind to clear its backlog and become quiet. They learn how to discharge the energetic debris from their field by command. They return to feeling centred, focused and ready to continue.

There are some very simple energy techniques that will help you manage your energy flows.

...End of excerpt.

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Excerpt from Chapter 8
In Clear Space, We See More

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In Clear Space, We See More | *8*

"With the creating of space comes a focus of vision. Be wise, do not move forward until you see."

So now we've brought some higher awareness to the flow of your energy transactions. You've made some choices about disconnecting and clearing out the energy forms and resonance that you do not wish to carry or absorb any longer. You have a little more space, which will be creating a clearer flow in your energy system and you will be more calm and focused.

Let's give a little more attention now to how we prepare that energy space for its best application in life, because surely, you want your next actions and ideas to be as empowered as possible, yes?

You can only ever be the highest potential of what is possible, based on your current energetic state.

It's important to understand that, because there is a mass of self-development material out in the world that states you can have "all you want" by just affirming, or demanding it, or willing it into the manifest world. That simply isn't true.

The only aspects of life that can manifest for you are those that can be attracted by your energetic state and condition. All life is based on the Law of Attraction and that law functions in consciousness, in energy, as like attracts like.

So, to achieve your desires, to live your passion, to acquire the success and wealth, or well-being that you desire, your starting point must be your current

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state of being - the condition of your own personal energy. If you do not address, heal and empower that, you cannot attract what you truly desire.

For the Law of Attraction to work in line with your will and desires, your current energetic state must be resonating at a matching frequency - the same energy resonance. That's the real secret... you can only ever be the highest potential of what is possible based on your current energetic state.

The filters of your perception

Your current energetic state dictates your perceptions, your processing ability, your filters and bias, your motivation and drive, your ability to feel and know truth. Your energy field is all around you, fully encompassing, so you see through it, you receive through it, you are always experiencing its essence.

You know the scenarios when you are feeling low and sad... everything you see in the world passes through that filter and you perceive the world with a low and sad bias. The opposite is also true. You will recognise the difference in your view of the world when you are bright, joyful and happy. We all recognise that we have bad days and good days. Surely though, we want to strive for the majority to be good days. Here's how to do it.

Raising your self-awareness of you the Being, of your life's experiences and circumstances, will inevitably bring to light your wounds. Everyone, at some stage in life, encounters emotional wound, pain, disappointment, humiliation, sadness or despair. It's part of the life process and we grow in consciousness as much from our pains as we do from our triumphs. As soul consciousness we are a continuing evolution of enhancement. From every facet of life experience, we will extract a lesson by which to grow.

One of two things has occurred with each life wound - either you have gained the value and knowledge, released the essence of it and moved on, or you are

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still carrying the energy forms within your energy field. These are either live and active, or dormant and waiting to erupt when triggered. Here are some indications that such a wound is present in your system:-

- If you find your thoughts often moving back in time and remembering hurtful circumstances and experiences of the past.
- If you can still hear the words someone said, or see the visions in your mind of how something painfully played out.
- If you still feel a powerful emotional response when you are reminded of something that happened years ago.
- If you still get an emotional surge when you see someone being affected by a similar painful experience that has happened to you.

In these scenarios, the 'wound' energies are still live and active and you are living under their influence. Whilst you carry such energies, your life's potential will be limited by their presence and your energy capacity will be lessened by the resonance of such wounds.

Wound energies are dense and within the field of energy, they lower the resonance of all other energies. The direct consequence is that even when you feel happiness, the shine of it soon fades, and even when a wholesome life experience occurs, it still leaves you feeling incomplete.

The presence of lower, dense energies within your field will always impact and influence your daily experiences. It has to be so - it is the only way the wounds can get your attention to their existence, in the hope you will heal them.

As a consciousness, you are always seeking to fulfil your highest potential. That is not possible if you are carrying aspects of life which lessen you. As a soul, you will endeavour to seek out life experiences which will bring your attention to that which needs transforming. ***...End of excerpt.***

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Excerpt from Chapter 14
Them... Other People

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Them… Other People | *14*

"We are designed to be in relationship. We cannot thrive without our primal connection to each other."

Our relationship with others is the most powerful influence we have present in our energy system. We are designed to be in relationship with other people, and we naturally connect on multiple energetic levels, without any conscious awareness.

Anyone that you share consistent and regular time with will have open pathways of energy connections with you. These connections behave like energetic highways. Transmissions and receipts of energy travel along these subtle connections, both whilst you are with the person and when you are physically away from them. It is important therefore, to consider the nature of your relationships and which ones nurture you well and of course, which ones lessen and diminish you.

In my experience, people are rarely aware of just how much others influence feelings, thoughts, actions and potentials. It is very obvious if someone is 'in with the wrong crowd' and behaving in a less virtuous manner than is truly their nature. However, you wouldn't stop to assess your situation if you are generally surrounded by fairly decent, friendly and approachable people.

By human nature, we weave intricate connections with people that are designed to meet inner needs, perhaps reveal or heal wounds, and drive forward our

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personal agendas and intentions for life. As such, the energetic tone and essence that we pour into each connection with another is powerful and influential. You are affecting the people you are in relationship with and they are affecting you.

Relationships that enhance our spirit, bring joy, kinship, shared caring and nurturing, will always feed and strengthen your energy system. Laughing and sharing together, in friendship and love, is always good for the soul.

In the subtle energy system there are two primary ways we connect to each other. The first is through fine threads of energetic light that appear like cords connecting between two people. I refer to these as 'energy cordings' and they usually connect to the energy system of each person by way of the energy centres (chakras).

The second way, is through dynamics, which I have outlined in the previous chapter. Dynamic connections are very powerful and the primary ones exist where we share common purpose with others. In the energy system, dynamics connect into the Core Centre of your energy as direct flowing lines of energy.

The primary dynamic you reside within is the family dynamic, which consists of you, parents, siblings, your children and further extended close family members. You extend that family dynamic when you marry and energetically, marriage actually brings two family dynamics together. Some of the most difficult dynamics are created when parents separate and then join with a new partner who already has their own children. Step families are complex energy dynamics.

Further secondary dynamics will build within your energy whenever you join in shared purpose with others and invest your time and resources with them to fulfil that purpose. Such dynamics may include your close circle of friends, work colleagues who work on projects with you, and any other team environment that is driven by a motivating purpose or cause.

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Those two ways of connecting - cording and dynamic - provide fine communication threads of invisible subtle information and data about each other's feelings, intentions, needs and difficulties. On a subtle level, we are constantly communicating with each other.

...End of excerpt.

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THE ENERGIES OF YOUR LIFE

Continue exploring

This preview has offered a glimpse into the subtle energy patterns and transactions that shape everyday experience.

There is much more to discover in the book and through Sue Zange's wider teaching in Subtle Energy Awareness, meditation and visualisation.

Explore further

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