

is about nine years young and is experiencing moderate arthritis in her spine. She would love to be on a combination all-natural supplement for arthritis for cats and dogs. It will help her immensely. One more thing she mentions is that she would love her all-natural wet food twice a day instead of once a day, and perhaps a teaspoon more in each feeding would be wonderful. Otherwise, everything is awesome;

there are no complaints from her. She's a wonderful friend.

Well, I think I'd better go now, as I've said a lot and I'm getting kind of tired. I think it's time for my nap. Thank you so much for all you do, Mom. I really appreciate you from the bottom of my heart, more than you'll ever know. You truly are an animal lover and an inspiration!

Namaste, your wee friend,
Chicken Little.

Kim Malonie is a natural born Animal Communicator/Animal Whisperer. She has been communicating with animals for over 30 years. She has consulted thousands of animals worldwide and made radio and media appearances. Kim helps all animals resolve their physical, emotional, and behavioral issues. Long-distance consultations are available. Kim is the author of *The Secret Wisdom of Animals Revised on Amazon (tinyurl.com/y6ctmsx7)* and *Kobo (distribution to be expanded)*. "What is your pet trying to tell you?" Visit her website to see how she can help you: TheSecretWisdomofAnimals.com. Contact Kim at kmalonie@eagle.ca or 905-342-5312.



Human Energy Systems

Charles Shahar

Sexuality and Subtle Energies

When a couple engages in sexual intimacy, tremendous streams of energy pass between them. Their energy fields mingle and merge. Their chakras open and connect. Powerful bonding occurs on many levels. As they orgasm, their auric energy fields burst into multicolored hues with sparks and flashes of light emanating from their auras. It is like a fireworks display. It is not surprising that people see curlicues and stars when they climax.

Stroking and kissing can be great ways to initiate sexual activity. Aside from the seven major chakras, there are also lesser energy centers. These are usually implicated in sexual foreplay. There are small chakras in the lips, tongue, earlobes, nipples, tips of the penis and clitoris, anus, fingertips, palms, toes, knees, and middle of the feet. These chakras are stimulated when they are touched and stroked, and just as importantly, they stimulate the other person.

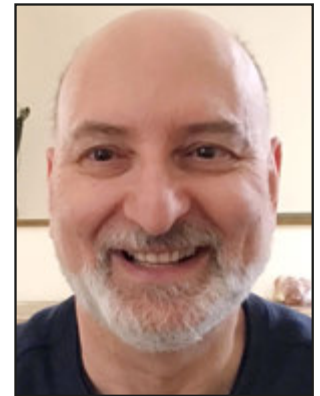
People often have insensitive sexual organs or nipples because these small chakras are blocked or closed; however, in the case of the sex organs, an inactive second chakra might also be involved. For

women who have difficulty experiencing orgasm through the clitoris, the chakra in that organ might be weak or blocked. Women feel a more satisfying sexual experience when the chakra at the tip of the penis is dynamic and, in the case of oral sex, when the tongue chakra is vibrant.

Some people have powerfully active chakras in their hands (palms and fingertips). A man I knew was able to induce orgasm in women simply by placing a hand gently on their lower abdomens. He rarely needed to stimulate them more directly. Interestingly, he was also an energy healer and a carpenter by trade, occupations that developed his ability to manipulate energy through his hands.

Appreciate the Thrill of Energy Currents

When a person kisses a partner, the lip chakras send stimulating sparks of energy. Much of the sexual thrill felt when getting stroked or kissed has to do with the currents of energy that pass from the little, or lesser, chakras stimulating chakra points in the partner. When the tongue touches the body, little sparks emanate from this



little energy center and send ripples across the auric field of the partner.

In terms of the sexual act, as the partners become more excited, their breathing gets heavier. They perform a primitive type of pranayama, the breathing exercises of the yogis. The breathing has the effect of raising the heat in their bodies and stirring the kundalini fire, which in most other situations remains dormant and passive. The heat generated in the body is overwhelming; it can be likened to a fever.

As consciousness sinks to the lower chakras, reason becomes clouded, and the senses take over the mind. The second chakra brims and aches for release. The kundalini, now stirred, contributes more heat to the body. The fever is intense. If the couple must separate at this stage, it will be painful.

Revel in the Powerful Experience of Oneness

In addition to the second chakra, the other major chakras are

implicated. The chakras themselves vivify, enlarge, and become luminous as climax approaches. The partners are joined through streamers of energy that run between their chakras. The exchange is powerful and constitutes the most intense oneness two people can experience in the physical field. The effect is less pronounced when the man is behind the woman, as the chakras are not quite aligned.

The chakra exchange depends on the type of relationship the partners have. Ideally, the sexual act is a profound physical, emotional, and spiritual interchange. If it is only physical, the second and third chakras will be implicated but the heart chakra will be closed; the experience will not be as whole and powerful as it could be. If there is no warmth exchanged between them, the experience of climax will be one-dimensional, and once it is over, there will be no closeness or oneness experienced on an emotional level.

The main feature of the sexual act is surrender or letting go. It is one of the most powerful releases a person can experience. If some of the chakras are closed or feeble, that release will not be complete. It might result in sexual dysfunctions for the man, woman, or both. Sometimes the chakras close for psychological reasons such as feeling pressure about sexual performance. Interestingly, fantasies during sex often have the effect of opening up the chakras and facilitating release.

Just before climax, the kundalini begins to rise. There is a tremendous shot of energy as it surges upward. Consciousness rises to the top of the head and breaks through the crown chakra, or *sahasrara*. For a brief moment, the person will experience transcendence and bliss. The kundalini will then sink back down to the base chakra and become dormant again. That is why there is a feeling of letdown right after orgasm.

Sometimes the experience is too intense. If the heart chakra opens abruptly as the kundalini rises, the person risks a heart attack. Usually, in such cases, the heart chakra is blocked, and its sudden opening creates a rupture in its core. But this is not a common occurrence and should not be a concern for most people. Nature, in its wisdom, has made the sexual experience supremely pleasurable so that people will want to repeat the act as often as possible, thus ensuring the perpetuation of the human species.

Become Aware of Vitality

There are many ways to initiate transcendence through orgasm. Tantric yoga, for instance, emphasizes the union of the sexes and the bliss they attain through the sexual act. However, although sexual transcendence is a pleasurable experience and involves a brief surrender of mind and ego, it does little to initiate true transformations in consciousness. People who engage in a lot of sex don't necessarily become any wiser or more aware through such experiences.

Ojaz is the seminal energy described in the Hindu scriptures. *Ojaz*, or *mojo* as it is sometimes called in the West, is thought to give a man vigor and stamina. It is lost when a man "spills his seed," thereby compromising his vital force. Although *ojaz* is a subtle (non-physical) energy; it is literally contained in the seminal fluid of a man. This fluid glows and is permeated with life energy. It is the *ojaz* that provides the impetus for the sperm and egg to unite and form new life in this world.

Ojaz was seen by the yogis of India as important to preserve and sustain in order to build stamina for their spiritual practice. They believed that when a man lost his *ojaz*, he became tired, depleted, and less able to maintain the alertness required for meditation and other

spiritual practices. They had formulas that specified the consequences on their yogic practice of losing *ojaz*.

For a man, *ojaz* is a powerful yet subtle force. The consequences of losing *ojaz* are not apparent unless there is an equally subtle awareness of how an imbalanced sexual life can affect clarity of mind, lightness of being, and the ability to remain detached from the world and the senses. Most spiritually inclined people have such awareness.

Keep Up the Energy

As a meditator, I can speak about how the loss of *ojaz* affects my spiritual focus and stamina. A meditator who has to sit in a cross-legged position with an erect spine and a certain level of alertness knows that if he feels depleted, it is almost impossible to do so. Firstly, it is difficult to maintain the requisite physical posture when tired. Loss of *ojaz* will make the meditations seem lethargic and heavy. The spirit can't soar. The more *ojaz* is conserved, the lighter, more subtle and ethereal meditations become. The difference in the quality of meditations is more apparent the longer you have been doing the practice. To me, it is incredibly apparent.

What does this have to do with modern living, particularly if you are not engaged in meditation or spiritual practices? For anyone interested in maintaining a certain level of alertness and vitality, conserving *ojaz* is important. This does not mean that you have to stop sexual activity entirely. Keep a balanced and moderate lifestyle without being overactive in your sex life or even in masturbation.

The effects of a chronically over-sexed life on some men are striking. There is a profound dullness in consciousness. Their auras seem washed-out, and their minds are slow to react. A movie star I saw interviewed on television boasted about bedding countless women, and he has a reputation for this. It is

instructive to watch him speak. His words come out slowly, his manner is sluggish, and he doesn't seem to be quite awake. This all points to a severe depletion of his *ojaz*.

It is interesting that after sexual climax, women seem much less depleted than men. Women also have life energy, but it is not necessarily depleted through sexual activity. Rather, they lose it through excessive menstrual bleeding as well as during pregnancy and birth. There is another way they can lose it. A partner can deplete them of their life force if sexually overbearing or emotionally needy and unbalanced.

I have seen an example of this type of relationship. In it, a man used a woman sexually and dominated the relationship because she was passive and fearful. She always looked pale and emaciated while she was with him. He was sucking the life blood right out of her. At some point, a couple of friends and I rescued her from her ordeal. Interestingly, she suffered from a urinary tract disorder for several months afterward. Her second chakra was

mangled and twisted. She slowly recovered and gained weight, as she was no longer a victim of abuse, but her energy field seemed weak and jangled for quite some time. A woman can suck the life energy from a man as well. This is a kind of energy vampirism.

Maintain Healthy Habits

Some lifestyle habits burn a person's *ojaz*. Smoking and drinking coffee depletes it, as do stress and tiredness. Drinking alcohol is especially undesirable. Young people have strong bodies and plenty of enthusiasm, but they think nothing about overindulging in sexual activity and pandering to their senses. They blow their energy by drinking, taking drugs, and attending late-night parties. Such accumulated experiences do harm to the subtle nervous system. It can take years to get over the effects.

Given all this information about stamina and seminal energy, celibacy might be considered beneficial. It depends on the person. In the long run, people who lead a spiritual

lifestyle will benefit from celibacy. By preserving their *ojasic* energy, they are able to sublimate this force into higher channels, raising their kundalini to lofty spaces. People with much of this spiritual force are literally aglow. It is not a physical intensity but a kind of shimmer that even someone without a particularly subtle consciousness will notice.

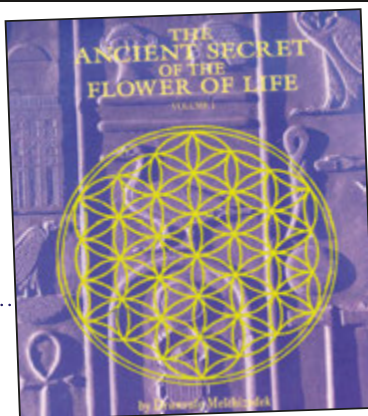
Monks and nuns practice celibacy for a reason. It becomes a means of attaining a higher pleasure, a state of sublime bliss and serenity. On the other hand, not all monks or nuns seem particularly vital or transcendent. Some turn out to be bitter and ill-tempered. They end up seeming like dried-out old prunes. It seems celibacy has had the opposite effect on them; they are blocked and repressed.

Their energy is sublimated into negative states of mind. Sexual activity would probably release them and reconnect them to their original joy. Pleasure brings joy; although it is not the highest form of satisfaction, for some it is the only means of psychological surrender they experience.

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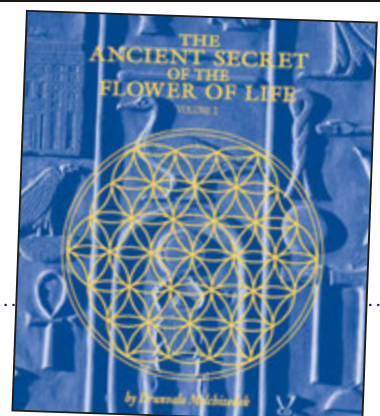


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Once, all life in the universe knew the Flower of Life as the creation pattern, the geometrical design leading us into and out of physical existence. Then, from a very high state of consciousness, we fell into darkness. Melchizedek presents in text and graphics the Flower of Life workshop, illuminating the mysteries of how we came to be.

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It is unfortunate that celibate priests are not always able to channel their energy appropriately. Some are still stuck in the lower chakras. They might engage in sexual activity surreptitiously and in some cases abuse others to fulfill their desires. This can have profound karmic consequences particularly for those who abuse their positions of power and authority. On the other hand, those who channel their energy appropriately have an intense spiritual ardor about them and attract many congregants who sense their purity.

Openness Is Beneficial

There are many societies in which sexuality is repressed. In some countries, women must cover

their bodies and faces as a demonstration of modesty. There are prescribed modes of behavior that each sex must observe, and the burden of most restrictions falling on women. These societies offer a stark contrast to the Western emphasis on individual freedom and overt sexual expression.

In terms of repressed societies and cultures, restrictions on sexual expression often have the opposite effect from what is intended. A good example is an ultra-Orthodox synagogue I once attended where the men and women sat in separate areas. I noticed that the subtle field between them was very busy. There were etheric cords running between them pulling at their minds and causing them to long for one

another. This longing definitely distracted their attention.

In societies where sexuality is repressed, it is brimming just below the surface, particularly for teens and young adults. This is the opposite of the effect that repression was intended to have. Younger people need to channel their excess energy, and denying them an avenue is not healthy. On the other hand, I am not condoning sexual activity willy-nilly. I am just saying that freedom is better than repression. People can then make choices as to what directions they want their attention to go.

Charles Shahar has lived in India where he studied Vedanta philosophy. He has taught meditation and yoga to diverse populations for more than seventeen years. To learn more, visit his website, LightFigures.com.



The Crystal Garden

Margaret Ann Lembo

Lead a Life of Passion and Purpose

You have the power to realize your unlimited potential. Give yourself permission to reveal your unique life path or career. You choose your life path. Have you chosen it? If not, choose something. Start where you are. You always have the option to change your path or allow it to unfold and branch out in various directions.

Expand your horizons, and be open to opportunities and new doors that open. Have the courage to practice your life's work. Remember, practice your work. Practicing your work allows you the freedom to improve, change, expand, and grow. Maintain an intention to be a little better at living life than you were the day before.

How can you make a lasting contribution toward harmony and peace? How will you make this a better world for all in large or small

ways? Choose to live this lifetime in a way that you can fulfill that purpose. You can experience a life of passion and purpose.

Give yourself permission to live in ease and comfort while also giving you the ability to help and share with others through employment, philanthropy, or other manners of support. When you practice your life's work in alignment with your soul's purpose, work doesn't feel like work.

Find pleasure in your work, and be driven by the life you lead. In this way, you are fulfilling the agreement you made before you came to Earth. When work is fun, financial success comes easier. You have the ability to make plenty of money with plenty to share. When you approach the work you do with the mindset of helping others succeed, your life is a success!



Activate your creative mind. Allow your inner excitement to be stimulated. You can experience a life of passion and purpose filled with joy, happiness, and fulfillment. Spiritual focus is a key to this experience as you allow inspired thought to flow through you. Give yourself permission to be a creative genius.

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals, and Stones; Angels & Gemstone Guardians Cards; Color Your Life with Crystals; The Essential Guide to Aromatherapy and Vibrational Healing; and more. Margaret Ann is a spiritual entrepreneur, aromatherapist, and the owner of the Crystal Garden — a bookstore, gift store, and spiritual center in southeast Florida. To learn more, go to MargaretAnnLembo.com or theCrystalGarden.com.