

do too many things at the same time, and it helps us sustain a high level of intensity. We can get attracted to the intensity and lose ourselves in the process.

Indian pink essence creates a new center of strength. This remedy makes us self-contained. It trains us to work from positions of strength rather than weakness. Indian pink essence stretches the ability to live gracefully under fire while eliminating the stress of intensity.

To Be More Present and Authentic

Star of Bethlehem is our shock-and-trauma essence. As I have stated, there are little traumas and big traumas. Our energy fields still register trauma,



and we can hold on to little and big incidents for a lifetime. This essence helps us heal where we're stuck. It gives new conversations to old patterns.

Star of Bethlehem essence reorients our perceptions of old wounds. This remedy dissolves old psychotoxins so that we can be present and authentic. We are no longer limited by the default mechanisms of our pasts. Star of Bethlehem essence stretches us by reducing the impact of shock and helping us overcome the stresses of traumatic situations.

Most of our current and historical situations are a combination of being stretched and stressed. We do what we can with the effects of

shock and trauma. Sometimes new observations or different perceptions or definitions can be exactly what we need to move us beyond our stuck places. Sometimes all that's needed is a recognition of where we have been and where we are. Stretching and straining go hand in hand. We thrive by finding the balance. We thrive by stretching.

Mary Ann Antenucci is a life coach, internationally acclaimed intuitive, certified spiritual counselor, hypnotherapist, and columnist. Through her many years of experience with various healing modalities, flower essences, and martial arts, she can quickly and effectively intuit patterns of imbalance and uncover core issues. Her gift is to assist you in clarity, insight, personal healing, and positive growth. To learn more, visit 5thElementEssences.com or MaryAnnAntenucci.com, or email Fifthelementessences@msn.com.



Human Energy Systems

Charles Shahar

Use Energy for Protection

Sometimes energy protections are necessary to protect the body from harm or to make the ego feel secure. If you know how to manipulate energy and channel your thoughts effectively, you can create protections around you that are every bit as effective as physical ones, and in some cases more so.

For example, you can create a wall of energy that might seem too ephemeral to change the physical environment or guard you from physical harm, but it can affect the thoughts and emotions of someone who wants to harm you. It does not matter if this person is in touch with their spirituality; your energy projections have a powerful influence.

If you are a refined and subtle soul, it is important to keep your aura healthy and strong and develop your solar plexus — the power chakra. It is interesting that spiritual

people generally don't develop this chakra, because they are not interested in worldly power. But if you know how to focus your mind and will, you can deal with unpleasant situations in ways that come from deeper understanding. Knowledge is power, especially in the case of energy protection.

Protect Yourself from Aggression

You might want to avoid certain undesirable people or animals or block them from appearing. For example, you might be afraid of spiders and want to prevent them from crawling on you while you sleep. You can create an energy block that stops them from invading your space. If you find yourself in a situation where various creepy creatures are around, be aware that fear attracts their attention. Calmly



close your eyes after going to bed and create an energy block in your mind's eye.

The energy block can take the form of an energy wall. Seal it around the bed. You can sweep your hands to delineate its boundaries. You can also use a repelling wall. Tell yourself: "All creatures will bounce off this wall. All creatures will respect my space." The wall should be strong in your mind and of vivid light. Your intention must be focused and intense.

In the case of spiders, you can say a prayer to the "spider gods" — the intelligence that governs the minds and wills of spiders. It is a kind of elemental consciousness that governs the dynamics of the

natural world. By tapping into the consciousness of spiders, you communicate with them on their level, sending them telepathic signals they can understand. Whenever you make such a prayer, do so with the greatest sincerity.

Fear of an animal can attract its aggression. A good example is bees. If you stay still and remain calm and settled, the bee will also remain calm. You can supplement calmness with a mild, nonthreatening energy block. Picture this block as a kind of energy screen of low intensity surrounding your body. The bee will respond to it, usually by departing. If you experience strong fear, your aura will send out prickly and sharp vibrations that agitate the bee. Of course, wildly waving your hands will also unsettle the bee, as you transmit sparks of threatening energy. Try to control your fear and picture a repellent wall instead. If your thoughts are focused enough, the bee will quickly leave you alone.

In situations where grave danger is imminent, your primal instincts take over, and you should trust them. Your instincts tell you whether to run or to fight. But there are a number of things you should know from an energy perspective.

A dog that growls and charges you relies on extreme energy vibrations to intimidate you. By the time that energy reaches you, the dog has softened you up with fear sufficiently to make the attack more effective. What can you do to stop such an attack? Sometimes a good defense is a good offense. If you are absolutely sure that the animal will not respond to calming vibrations, and creating energetic blocks won't work, then you have to counter such extreme energy with your astral force.

As the dog charges, take a deep breath and thrust your upper body forward as you yell very loudly. You are directing the full force of your kundalini energy toward the dog.

This will likely startle and frighten the dog, and it will quickly retreat. Yell a second time if you have to. Whatever you do, don't hold back when you yell. If you are totally convinced of your power, you can easily reverse the situation.

The yell I am speaking of comes from deep within your solar plexus or power chakra. It is a primal yell; you are communicating with the dog at a very basic level, in a way that even a crazed animal can understand. The strong vibrations you transmit stop it dead in its tracks.

A friend of mine once worked in Kamchatka, in far-east Russia, filming bears in their natural habitats. When charged by an angry grizzly, the inclination is to run. But a grizzly can outrun any human. They have poor peripheral vision, so standing to the side while throwing your jacket might give you a little time. My friend suggests that if you have little time to react, yelling in a violent way can startle a bear into retreating.

I don't mean to dispense advice about how to deal with charging animals, but to acknowledge the subtle energy vibrations all living beings emit. Hissing and spitting cats send prickly vibrations that frighten and repel their adversaries. Dogs that menacingly growl and bark send shock waves of energy. The subtle energy behind the sound of a growl aggravates the solar-plexus chakra in humans and arouses fear.

Raise Your Vibration

You can protect yourself from unpleasant and potentially threatening people. I remember sitting in a downtown café with a friend. An agitated man, either drunk or high, headed in our direction. We could not see him, but we heard him shout and curse loudly at passersby. His vibrations were extremely coarse and disturbing. They sent convulsions through the subtle field, making everyone uneasy.

He came closer. I still couldn't see him, but my solar plexus felt strongly agitated; this man had a potential for violence. He kicked something and shouted incoherently. As protection, I first called my spirit guides to help. With my palms facing upward, I called for love and protection. I then created an energy wall of completely impenetrable white light around me and my friend.

I shut my eyes and raised my vibration and my friend's vibration further. I raised my Kundalini energy to the ajna chakra — the third eye. At that level of vibration, the mind dwells in a very ethereal plane, and people with grosser energies cannot pick up this resonance. In other words, when you raise your vibration, you become invisible to those vibrating at a lower frequency. (Please do not take this literally; it is a very subtle mechanism.) Raising your vibration is a very powerful protection.

Sure enough, the man walked by and didn't see us. We were invisible, because our vibrations were so subtle and his was so gross. Moreover, I saw him through my ajna chakra and recognized the living hell he was experiencing. He was a tortured soul with so much fear and rage. His subtle body looked shriveled, dark, and obscure, with waves of scarlet radiating through it.

I should mention that, as a precaution, I used my ethereal vision and never looked directly at the man. If our eyes had met, he would have had an opening through the energetic barriers I had created — a point of contact — and the consequences could have been unpleasant.

Raising your vibration is one way of protecting yourself. It has taken me many years of practice to raise my Kundalini simply by focusing on it. I can do this without closing my eyes. After a strong session at the local meditation center, I have sometimes walked home and noticed that people do not seem

to see me. Or perhaps they notice me, but do so unconsciously. I feel light and ethereal, basically floating through space. Unless people live in my frequency, I appear transparent to them.

The Power of Prayer

It is a good idea to strengthen and fortify your energy field when you wake up in the morning to meet the challenges of the day ahead. I often meditate in the morning, but sometimes this can raise my vibration to the point where it is difficult to function in the world. It is hard to be spiritually transcendent and concentrate on doing mundane work at the same time. If you are going to your job, shorter meditations might be more desirable, because you don't feel as detached.

Why am I bringing up the subject of meditation? It has the effect of centering your mind. If you come from a centered space throughout the day, you attract more helpful and supportive vibrations. Your aura is stronger and brighter. You also raise the vibrations of the people around you, who then respond more positively. You can experiment with this. Meditate some days and not others. See what vibrations you attract.

I often say a prayer before I leave for work in the morning. I call on my spirit guides to help me deal with the challenges ahead. I ask for my heart to stay open and for wisdom and awareness to prevail in me. As I pray for their blessings, I hold my arms out to the sides, palms upward, to receive energy from beyond. This is a most receptive posture. If you try this, you will see how quickly you connect to higher consciousness.

Sometimes I anticipate a challenging day at work. While walking toward my office building, I briefly close my eyes and picture a strong, white light surrounding me. I continue to focus on this light even as I walk into the elevator and greet people. While part of me interacts

with others, another part engages in fortifying my energy field. Throughout the day, I reinforce this energy field by briefly closing my eyes and picturing the white light surrounding me.

Before a meeting or presentation, or if I anticipate a particularly intense encounter, I say a little prayer for help and assurance. I might do this in the bathroom, but the setting doesn't matter as long as I can focus and channel my higher mind. I stretch out my arms to the sides, elbows slightly bent, and palms upward. I close my eyes and ask for understanding and support and for love to flow during the meeting.

I can't overemphasize how beneficial such prayers are. As soon as I turn my attention to a higher resonance, my energy field energizes, and people notice that love and warmth. It is interesting that as I do this prayer, I can feel my vibrational frequency rise. I might feel a bit light headed, and my third eye tingles.

When I walk into a room for my meeting or presentation, I raise the resonance of the room. The encounter takes on a special dimension, way beyond my job-related tasks. I touch people's souls, and they touch mine. My encounters seem richer and more vibrant. I am sure that people respond to my energy field, because they also seem clearer and more settled and grounded.

Keep Your Energy Field Strong

The best protection you have is to keep your energy field strong and healthy. The best way to maintain a healthy field is to promote positive thoughts, avoid self-doubts, and keep your heart open to the universe. You might think that the more open you are, the greater your possibility of being hurt and maligned, but the opposite is true.

Love is your best protection, as long as it is borne of strength and not neediness. Love might not stop

a raging dog or fend off a hostile drunk, but in the day-to-day journey of your life, a positive and open attitude will attract higher vibrations and more positive experiences.

How do you react when a bank teller or a cashier at the supermarket is in a dreadful mood? Do you feel their prickly vibrations in your solar plexus? If you walk to the bank feeling high and strong in yourself, you can literally change that person's space by raising their vibration.

You can help pull up the space of anyone you encounter by keeping yourself high and happy. A good-natured person has a bright and expanded aura. People around them smile more and feel lighter. We all act as mirrors for each other. You just have to make your reflection strong.

When your field is weak, you feel sensitive and vulnerable, and vibrations can easily penetrate it. You can tell when this happens, because you feel "off." You overreact to things people say, and you feel edgy and irritable. This might happen when you are sleep deprived, badly in need of food, stressed-out, or experiencing some illness.

A weak energy field is usually thin, pale, and porous. Negative energy can easily embed in such an aura, affecting its color, shape, and texture. Negative thoughts and anxiety can weaken the field further, fraying its very fabric. If your energy field is weak, it is best to avoid certain activities, such as visiting a sick relative in the hospital. An ill person can drain what little vital energy you have, and you will not have sufficient "juice" to help charge them.

You can also pick up illnesses from sick people when your aura is weak, because a weak aura resonates with the stronger energy of the illness. People can transmit sickness vibrations over time. Adult children who live with their sick parents, for instance, can become sick themselves and burn out their

energy. Burnout is just a symptom of a chronically weak energy field, which is porous to negative energies.

The best protection you have in the energetic environment is to keep your life-spark strong and vital. Keeping your aura healthy and

clear has a lot to do with a number of factors: what you eat, how you think, and your lifestyle and habits. You also need to develop discrimination about the people you interact with and the places you frequent. Finally, have energetic defenses in

your repertoire that shield you from unpleasant or untoward vibrations.

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.



Traditional Insights into Yoga

Mally Paquette

Upavistha Konasana

Upa means to go near, *vistha* means life, and *kona* means angle. This asana offers the ego, symbolized by the head, to go near the earth in a gesture of humility. The solar plexus, representing the will, is also offered, and your deep surrender begins a forward journey led by the heart.

A key focus of this pose is the bindu, which every pose has. This is a seed space in which the energy of a pose is rooted. Stillness births from here and connects to the expansion of consciousness. In this asana, the still point is between the pubic bone and the navel. From this deep space within, you offer your heart as the third eye meets the earth in its full expression. Your arms outstretch, creating an open heart. If you are able to reach to bind the big toe with the thumb and first finger, the pituitary is stimulated, connecting you into deeper states of meditation.

Upavistha Konasana helps maintain flexible hips and strengthens the nervous system. Keep your breath calm and steady as you discover the personal edge of the posture. Be careful not to strain or push too much into this pose; instead, allow your body to relax and release. Maintain a focused gaze to the earth, accepting wherever you are in this asana. It is a journey, not a destination! The gaze to Mother Earth guides you into *dhyana*, or meditation, one of the eight limbs of yoga.

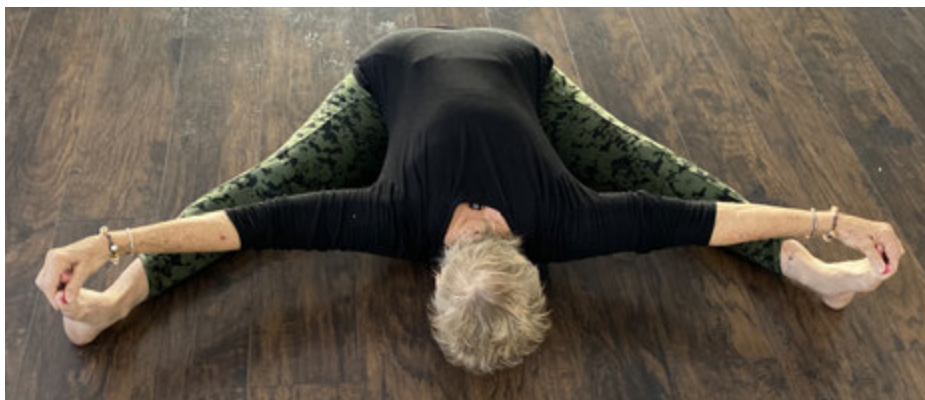
A Devotional Pose to Surrender the Heart

This devotional pose is an opportunity to center and empty your heart with calm generosity, entering into the spirit of giving. You journey between the legs, which form a triangle, through an energy field of



transformation. The human body creates its own sacred geometry.

- From seated *dandasana*, bring your legs into an angle of equal distance.
- Sit tall from your sitz bones, with the pelvis slightly tilted forward.
- Anchor your feet and breathe into the stretch from this seated position, focusing on the bindu point, centering inside your body.
- As your breath moves inward, see your internal spine, and relax the landscape within.
- Lengthen your spine and focus on complete surrender.
- As the sacred breath and body relax, tip your pelvis forward with a straight spine, finding length.
- Continue to your edge with no judgment.



Upavistha Konasana

Mally Paquette, a certified Yoga Therapist, lives in Sedona, Arizona. She has practiced yoga her entire life, and she founded Awakenings Yoga Studio and Wellness Center in Sedona. Her extensive work with Native Americans and the Kogi in South America expanded her teachings. She offers individual and group retreats that deliver deep shifts in consciousness and transformations to wellness. For more information, visit BestSedonaYoga.com.