

## PART 2: THE UNIVERSAL ENERGY FIELD & THE HUMAN ENERGY BODY

### Chapter 4: ENERGY AWARENESS

You might be wondering what an energy body is. Where is this energy body? What is it like? Moreover, why have you never seen it?

The truth is that you *have* seen a human energy body, without any doubt. You just did not recognise what you were looking at.

The 'energy body' is a very ancient concept. While it may not sit comfortably with the modern day rational and logical worldview, abundant evidence shows that throughout human history, many cultures recognised the presence of visible energy around people.

One of the ways to see this evidence is through art.

For thousands of years and across the globe, artists depicted in various forms an oval of luminous radiance around human figures. Art historians call this radiance aureole or mandorla. If the radiance is limited to the head, it is called a halo.

Aureoles and halos can be seen in paintings, sculptures and carvings. Ancient Persians painted aureoles six thousand years ago. Ancient Greece and Ancient Rome, medieval Europe, Buddhism, Hinduism, Islam and Christianity all have strikingly similar depictions of aureole and halo.

Some historians say that depictions of human energy body can be seen even in prehistoric cave paintings, for example in Val Camonica in Italy, dating back to 10,000 BC.

Therefore, whatever cultural or religious tradition you come from, you must have seen a depiction of the human energy field, but just did not realise it at the time.

Further evidence of the fact that we are aware, although unconsciously, of our own energy, is to be found in our everyday language.

We often say, 'I feel no energy', 'He is full of energy', or 'She has bad energy', without understanding how correct these statements are, and how accurately they describe the state of our own or someone else's energy body.

You will see later in this book that the above statements that we use every day actually relate to specific processes that take place in our energy bodies.

We can also 'pick up energy' from other people and in various places. You know the feeling. For example, you walk into a room and sense that there has been an argument; or you love coming to a particular place where you find the energy is calming and soothing.

For thousands of years, the ability to sense energy was of utmost importance to the human race. The capacity to sense danger or peace, to pick a place with good energy to live in or to grow crops in, was a matter of life and death.

With the rise of industrialisation and urbanisation in the last couple of centuries, the ability to sense energy became less important, and we lost a significant part of it through lack of practice. It would take a major event, such as a flaming row or a serious illness, for us to know on an energy level that something was going on.

However, with increased awareness of what is actually happening, and with a bit of practice, we can train ourselves to feel the energy more accurately and consistently. This will give us an additional tool with which to understand ourselves, other people, and the world in general.

When you are aware of your energy, you can be in charge of it. You will then be able to influence how you experience the energy around you and, consequently, how you experience your life.

Most importantly, if you are not satisfied with your life experience, you will have the tools to change it.

*By being aware of your energy, you can take charge of it. This will allow you to influence and change your own life experiences.*

OK, you will say, this sounds great. I would like to be in charge of my own energy body. But how do I do it if I am not even sure that there is an energy body? If it is there, why can't I see it?

The reason for not seeing your energy body is very simple: your own point of view. If you change your point of view, you will be able to become fully aware of, and even learn to see, your energy body.

Have a look at the picture on the opposite page. Do you see a sculpture of a handsome man on the lawn? I do. There is a sculpture of man in full stride walking purposefully across the lawn.

You are probably looking at the picture and thinking: 'What is this all about? I do not see any sculpture. There does seem to be a bit of a shadow there all right, but there is no sculpture of a man.'

However, there is a man, I promise. You are looking at the famous sculpture by Julian Voss-Andreae called *Quantum Man*.



Julian Voss-Andreae is an experimental physics researcher, well known for his thought-provoking sculptures. Julian is very interested in our perception of the world around us. For this reason, he created this sculpture from multiple sheets of thin metal with spaces between them, to demonstrate how an object can seem to be both 'there' and 'not there' at the same time.

Imagine two friends who are approaching the lawn from two different directions. They are talking on their mobile phones.

'Oh, wow', says Friend A, 'what a sculpture!' You see, he is approaching *Quantum Man* from the direction where he can see the sheets of metal, and thus the sculpture.

'What sculpture?' asks Friend B in surprise. He is approaching *Quantum Man* from a direction where he only sees spaces between the metal sheets, and thus sees nothing.

'That huge sculpture of the man walking across the lawn', says Friend A, wondering if Friend B has suddenly gone blind.

When we look at the *Quantum Man* sculpture, either we see it, or we do not, depending quite literally on our point of view. Nevertheless, whether we see him or not, *Quantum Man* is certainly there.

It is exactly the same with our energy body. From where we currently stand, from our rational and mechanical point of view, we cannot see it. If we do not see it, we presume it is not there, and we ignore it.

However, if we just change our point of view, we will open ourselves to the understanding that there may be more to life than what we see. By changing your perspective, you will open yourself to the possibility of seeing your own *Quantum Man* or *Woman*.

I hope that changing your viewpoint will open your mind to a new reality, in which you will become aware of the Universal Energy and your own energy body, and help yourself to attain a healthier and happier life.

LANA O'FARRELL - 'How to Mind your Energy Body'



*To become aware of your energy body, all you need to do is to change your own point of view.*

LANA O'FARRELL - 'How to Mind your Energy Body'