

The Power Behind “YOU” is Your Energy

Everything we do is based on an exchange of energy. This is demonstrated through things such as eating food (as the body converts food into energy it can use), conversations (sharing ideas or experiences, offering advice, expressing emotions), activities in the work place (it takes mental and physical energy to be able to follow through on projects and assignments), and running a family.

We use expressions such as “I have a lot of energy today”, “My energy is really low today,” or “I just don’t have enough energy”. The interesting fact is that we are aware of energy already and we know that we have a lot of it or not enough of it. Yet we only think of it in terms of completing projects or dealing with people. Seldom do we realize that if we strengthen our Energetic Health that it will affect our approach and the outcome of various situations in our lives.

All this being said one can understand why some people are sluggish while others are high energy converters. Energy or life was not meant to be still or resting unless it is in the uncreative state in which case it just means it is waiting for a conduit or road to travel so to say, to express itself. So because we have energy all around us that is expressing or waiting to express itself, we have an unlimited supply around us to help us shape our life experiences. The type of energy you draw from will shape and mold your experiences as it creates an energetic grid of expression that now becomes a pattern of energy in your subconscious that will repeatedly play itself out until a new system is created. The system is made up on crystal grids of energy that connect you to all ways of life that communicate amongst themselves. Call it the language of the universe if you will. The language of the universe is directed by energetic impressions and expressions and when not consciously directed by the mind of the individual, goes on the program or system already at hand or default programming in other words.

With all of the above taken into consideration, it is easy to see that the human body was not made to simply “hold” energy but to transmute, circulate, and distribute energy. Emotions are the compilation of energies we receive from internal and external environments that we must learn how to fuse and harmonize so as to have a balanced experience.

Energy Wellness is living in the awareness of the innate intelligence and wisdom of the body that is directed by God. It is walking in the knowledge and power of your multidimensional self that interacts with all life, seen and unseen, in harmony so as to assist evolution of self, family, friends, and the planet.

There are many states of being. In this sense, "being" has everything to do with your belief as to what exists in the world around you and how things are done in that world and how you must function in order to live in that world. We call this "consciousness" as well. One's level of conscious awareness has everything to do with the state of being they came into when they were born and how they evolve from that state.

In order to shift or evolve states of being or consciousness, one has to be introduced to something new or receive an elaboration of something they were made aware of. Once new information is received, one must decide if they will hold onto what they were told or whether to release it into the ethers. If they should decide to hold on, a domino effect takes place within the thought structure or belief system of that person that triggers a mass duplication of energy waves from the new information that soon covers ones energy body and spreads throughout the multidimensional (emotional, mental, physical, spiritual/energetic) self of that person. This is the LEARNING stage.

When people learn new information and hold on to this information, a spark of excitement occurs where they begin to test this newfound knowledge to see if it is indeed true. Conversations are born, questioning the new information against the old, further inspiring self-reflection, world views, and societal motivations. This is often a very important stage as now, the old self or old ways of thinking and believing must die away for the new truth to take form. Old friends are lost while new friends are gained. When new friends are gained, new experiences take place that encourage the IMPLEMENTATION of the information. This stage consists of many trials and errors as the old way of thinking or ego is fighting to remain in existence in the person's life. This is a time where a lot of inner turmoil appears to exist as the person has to decide if they will move forward or stay in their place of comfort.

Once a decision is made to move forward, the person has become very serious about their journey of self evolution. It is now a way of living. Many see you as changed, different, hard to understand, interesting, or intriguing. It is a newfound space and in this space lies an inner knowing so that even if you can't express in words what you feel or have experienced, nothing and no one can move you or get you to change your mind. This is where you learn to remain centered and grounded in the truth of whom you are and what your purpose on this planet is, beyond opinions and ideals of others - you know who you are. You are in the DEVELOPING stages of being and as you develop more and more, you begin to unfold into newer and higher states of awareness that project a life you never knew existed.

Learn, implement, and develop is the foundation of Eternalkween. Eternalkween is the Spirit of Wisdom or Grandmother Wisdom as I like to call her. It is through the guidance of Grandmother Wisdom that we are able to accept the newness and beauty that life has to offer. She directs our steps as we clean out what no longer serves us, bring in that which will assist and fulfill us, and maintain the Divine Order necessary to grow into our optimum human potential. Let Eternalkween be your home away from home as you begin the process of living a life you may have thought was impossible. Now is the time for newness, now is a time for change.

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