



Energy

is literally the biggest subject in the whole universe yet the smallest thing to be measured.

It is generally agreed, whether scientific, religious or spiritual that the underlying fabric that connects everything in the universe is Energy (or whatever you may wish to call it).

The universe itself as a whole is a collective of all the things we see (and don't see) like the moon and the sun, gravity, light, mountains, grass, the ocean, heat, trees, the stars, the Earth, even us, are all connected at some level tangible or intangible. This Universal energy has a flow, patterns and cycles which can be detected, observed, measured, e.g. night and day, birth and death, winter and summer, sleep and awake etc.

There is another aspect to energy; the influence it has on us and our influence/manipulation of it.

"I am a student of the patterns of the universe"
Will Smith

What did Will Smith mean, was it some metaphysical principal? I suppose in a way it was. When asked "are you a risk taker?" he said

"When I first came to Hollywood, I told my manager that I wanted to be the biggest movie star in the world." So he watched the top ten movies and he noticed that ten out of those ten films were special effects movies. Nine out of ten were special effects movies with creatures. Eight out of ten were special effects movies with creatures and a love story."



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So now Will Smith has made some of the highest grossing movies in Hollywood. Independence Day, Men in Black and I am Legend. He is also one of Hollywood's biggest stars by studying the patterns of the universe and following that flow of success and using that information to create what will happen in a down to earth and practical way.

Whilst nearly everyone may accept that energy exists many of us don't believe that we are equipped with the senses to detect the more subtle flows of energy.

Have you ever walked into a room and sensed a tense atmosphere? Or turned down a street that didn't feel right and then go a different way? Or even a strong sense of something you should or should not do, have ignored that feeling and in hindsight kicked yourself because you knew all along what you needed to do?

Sometimes you just get the feeling that you need to speak to someone or something is wrong and when you call your intuitive sense was right and your thoughts confirmed?

Think about forms or energy like sound and light waves. Then remember a time when you put some music on and it changed your mood to be optimistic, relaxed or energised. Sound, light, thoughts are all vibrations of energy.