



It is my belief that if we are aware and open to it, we have the ability to use our subtle senses to detect energy flows whether positive, negative or neutral. Some energies are very subtle requiring a more acute sensitivity of the senses to detect its influence on us. These senses are sometimes described as intuition, spirit guides, sixth sense, etc.

Whether we believe in these senses or not, what is important to remember is that all things are made of energy and have an influence on us externally and internally, our happiness and wellbeing is determined by our ability to know how they are affecting us and when to make choices about those things.

We are at our best when we are most energised. We may still have the same issues and challenges, but there is a sense of being more resourceful and having a stronger more positive attitude.

So where does this increase of energy and optimism come from? Polishing my aura, cleansing my Chakras, hugging trees? Whilst these may have a positive effect on our energy, there are far easier ways to draw energy from the universe into our bodies.

Breathing - fresh air is probably the most simplistic and basic form to re-energise our bodies. Although it's often taken for granted, we may learn how to do it properly!

Water - could be considered the elixir of life, replenishing our cells, detoxifying the body and helping the running of our internal systems.

Fresh food - Nature provides us with nearly all the energy we need to survive (proteins, fibre, vitamins and minerals for growth, protection and rejuvenation.)

Thought and words - Positive, inspiring, reassuring and shared thoughts and words can motivate to attain our dreams, change our lives and influence whole nations.

Behaviours - Our activities exercising, rest, study, creative work (writing, drawing etc) can leave us feeling more energised and optimistic especially when our goals or outcomes have been achieved.

Environment - You maybe aware sometimes how a walk in the park, a swim in the sea, a view from the top of a mountain can help lighten you of a burden or dissolve your woes. Not to mention what the influences of a beautiful sunset, a star filled sky or watching snow falling can have on us.

Relationships - Friends, family, role models, pets; Strong relationships based on trust, integrity, respect, etc can be invaluable especially in difficult times or when sharing pleasurable experiences.

If the above seems like "common sense" or natural why is it that so many people get it so wrong? Many of us choose to ignore these senses, or preoccupy ourselves with external stimulants or intoxicate ourselves with substances that weaken these senses.

The real trick is to be be aware of how positive thoughts, behaviours and environments can stimulate and keep our senses keen and alert, helping to create and sustain the cycles for a healthier and happier life.



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