



# BEGINNERS GUIDE TO

# Energy





# ENERGY

It all starts with Energy.

Energy is all there is.

Every single thing on our planet consists of energy.

Cast your mind back to your physics class at school (sorry!).

Every atom vibrates. The vibration is energy. The vibration of a solid material is slower than that of something that is living like a plant, animal or human. The chair that you are sitting on, holds a vibration. The device or paper you are reading this on holds a vibration.

Energy is all there is.

Each cell in our body carries an electromagnetic field. It's own energy.

You can imagine how much energy we have in our body.

What you hear, is a vibrational frequency.

What you speak has a vibrational frequency.

Each emotion has a vibrational frequency.

Each thought.

How positive would you say your thoughts are?

Your emotions?

What you say and what you hear?

It's quite staggering at how easily our human conditioning can lead to negative thoughts and behaviour.

Take a look at this short video which is an experiment at how intentional energy can affect the molecular structure of water. This shows how energy can change the physical structure of a molecule.

<https://www.youtube.com/watch?v=1qQUFvufXp4>



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## **The Energy Bodies**

We have 4 (that we know of!) energy bodies.  
Physical, Emotional, Mental and Spiritual.

The four energy bodies are linked to each other. The ideal is to achieve peace, serenity and balance to each of these bodies, then in turn to balance them as one.

**Physical:** Our physical body refers to our skin, organs, hair. The matter we are made of, susceptible to the toll of time and passing of ages. We usually know if our physical body is well or not, hurt or healthy, because it gives us signs.

**Emotional:** Our feelings. It is the bridge between the physical and the mental; comprised of our nervous system, hormones and the tide of waters in our body. If this is balanced, you will be less judging of others, more honest and generous.

**Mental:** Our prejudice. Our thoughts and our attitude. This is how we perceive the outside world to be, and how we value ourselves. Unbalanced will feel unstable and obsessive. The aim to understand empathy towards most things.

**Spiritual:** Your connection to spirituality. Connections to all other things that exist. To the divine, to a higher being and to other states of self. Balanced with this body can be highly creative, and can operate without limits. They can create actions and objects from ideas. If unbalanced, the spiritual body can bring a lack of connection with others and a feeling of entitlement.



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## Frequency & Vibration

As mentioned before, the energy relates to vibrational frequency.

Simply put, when we feel good, our frequency is higher.

When we feel bad – we have a lower frequency.

This will be explained further in the manifesting module later on in the course but for now, just think of a period of time, when you felt good, consistently. I bet when you were feeling good, good things happened? Things you wanted were easily attainable.

Relationships were good and life good in general.

When things are bad – more bad news, circumstances come our way. One after another and it seems to be an endless cycle,

Thoughts and things have a vibration and our energies act like a magnet.

When you feel good, you attract things to you, like a magnet, on the same frequency.

When things are bad, you attract the same things on that frequency.

We live a human existence and it can be tricky to stay 'high vibe' all the time, but the key here is to recognise when you are about to slip into a low vibe.

When you recognise that, acknowledge that you have a choice. The power lies within you to carry on down the path of low vibe and inevitably end up with more low vibe things coming your way, OR you can in that moment, realise you have a choice to choose something high vibe.

In this instance, you pick something available to you that feels good.

Something you like,

It could be:

Putting your favourite song on.

Making yourself something nice to eat.

Taking a step outside.

Taking a moment to think of someone or something that makes you laugh

Buying a coffee.

A bath with a book.

Playing a game with your kids

Watching your favourite film.

The simple things that make you happy – They raise your vibe.

Make a list of all the little things you like to do that make you feel good.

This will be a great thing to look at  
when something happens and you need to  
raise your vibe quickly.

You can pick which one you feel like.



# ENERGY

## **Keeping your energy protected.**

As you progress and start to know and understand your own energy, you will notice how responsive it can be to other energies.

You may already know that you can pick up on other people's energies or vibes from a place or event. As you saw in the video, intensity behind energy is powerful and can be felt, from others or from yourself.

Practicing grounding and protection will really help you stay in your own lane and not get too affected by other energies.

Use the meditation provided in the portal to help you with this. It's great if you are going to meet someone you know can be difficult or you are going to a function or event that may be emotional or hard.



