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- Explains how energy healing works
- Exposes the unseen energy aspects of illness and disease
- Ties together diverse healing approaches under one umbrella
- Describes the four bodies that comprise our energy system
- Provides practical tools to sustain vitality and energy health
- Positions the energy bodies within a universal energy framework
- Includes powerful yet simple energy exercises that get results



Debra Greene, Ph.D., is an energy health specialist who has worked with thousands of clients and has taught hundreds of workshops. She is recognized for her ability to get to the core of energy imbalances and facilitate lasting improvement.

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Endless Energy Debra Greene, Ph.D.

Endless Energy

The Essential Guide to Energy Health

Debra Greene, Ph.D.

Endless Energy
Sample Chapters 1 & 2

Free downloads of facilitated exercises from the book are available at
www.EndlessEnergyBook.com.

*If you wish to understand the universe
Think of energy, frequency, and vibration.*

~ Nikola Tesla

Endless Energy

The Essential Guide to Energy Health

Debra Greene, Ph.D.

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To my students for being such good teachers.

To my clients for being such good healers.

To my teachers for being such good souls.

Author's Note

I have tried to present a smorgasbord of ideas, with something for everyone. There will be offerings that you savor and others you choose to pass up. Much has gone into the preparation and presentation. I invite you to partake as you choose. Please enjoy the feast.

I gratefully acknowledge
My parents because they don't know,
My friends because they do.

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Chapter One

Understanding Energy

Would you like to have more energy? More zest for life? Put that spring back in your step? The truth is lack of vitality affects everyone at times. You know the feeling. The alarm goes off and you struggle to wake up. Sometimes it seems like you could sleep forever. Life hands you a challenge and you feel too drained to deal with it. Dread seeps in. It's hard to get excited about anything. You try eating better and getting more rest but you still can't seem to bounce back. Where did your energy go?

You get home from work feeling exhausted after a long, intense week and can't wait to take a shower and relax for the evening. The thought of going to bed early sounds very appealing. But then the phone rings. It's a friend you're fond of and haven't seen in awhile. She's in the area for a meeting that ended earlier than expected and she wants to get together. Suddenly you perk up and have more energy than you've had all week. You stay up late talking and enjoying every moment. Where did that energy come from?

We've been told that energy comes from food. If you eat a good, healthy diet you will have more energy. But if energy comes from food then we should be able to eat more and have more energy. Unfortunately, it doesn't work that way. Eating more eventually brings on obesity so we end up overweight and fatigued.

We've also been told that energy comes from adequate exercise and good sleep. But the same logical extension applies. If energy comes from exercise, by exercising constantly we should

gain more energy. But we don't. Eventually we lose energy and get exhausted. If energy comes from sleep, by sleeping all the time we should have more energy. But we don't.

We are told it's a question of balancing a healthy diet with adequate exercise and good sleep. If these three factors are in harmony, the body will manufacture energy. But you can sleep, exercise and eat well, yet still feel depleted. Where does the energy go? At times, it's also possible to be deprived of sleep, food, or exercise, yet still feel great. Where does that energy come from?

We are told that energy derives from within our body's cells. A biochemical reaction takes place between the cell's mitochondria and a large molecule called ATP (adenosine triphosphate). ATP is considered the energy source of all living things. It is commonly referred to as the *energy currency* of the cell and is said to be responsible for powering all the activity of your entire system. ATP energy can be converted into electrical energy, into other chemical bonds, or into the power used for movement by the contraction of your muscle cells. This formula is well understood and heavily documented in medical textbooks. If you study any aspect of human health, from a basic high school biology class to becoming a full fledged medical doctor, you will find the same explanation for where energy comes from: a biochemical reaction involving ATP and the cell's mitochondria.

There's just one problem: it doesn't quite work that way. It turns out the ATP explanation is only half true. A new scientific understanding of human energy has emerged in the last few decades that overturned the long established wisdom about how your body works. Compelling research over a span of 15 years by biophysicists shows the energy necessary to power the human body must include some other source.

The Unaccounted For Energy

When Nobel Prize winning biophysicist A.V. Hill looked deeply into the workings of ATP he discovered something missing.¹

He found that the mitochondria/ATP explanation could not account for all of the energy necessary to power the human body. Although over 60% of the energy needed to function was due to that biochemical interaction, the rest was a mystery. That means almost 40% of the energy was unexplained and could not be attributed to any biological functioning whatsoever. Dr. Hill referred to this as the *unaccounted for* energy and called upon fellow scientists to address the issue.

Support for this invisible energy source has grown to the extent that in 1994 the National Institutes of Health (NIH) formally recognized the existence of a biofield, a *non-physical* energy that surrounds and permeates the human body.² This energy is not electromagnetic, infrared, or radio wave. It is something other. Researchers from a variety of fields keep encountering it and so it goes by many names. Sometimes called *subtle energy*, *etheric energy*, *zero point energy*, *epigenetic phenomena*, or *matrix energy*, the consensus is this energy is responsible for a great deal of our functioning.³ Much has been written about energy from these various perspectives. My goal is not to dispute or support their claims but to take them at face value and describe what this means for you and your energy health.

When energy is brought into the picture many mysteries of the human body find their answers. Although subtle energy greatly impacts health, most of us don't know about it. Somehow this key component has not found its way into mainstream medicine. Because conventional medicine is based solely in the physical sciences, it doesn't allow for anything other than what can be physically observed and measured. To understand the "unaccounted for" energy, we have to go outside the comfort zone of the familiar.

There is a story about a man who lost his keys. It was dark outside and he was frantically searching under a streetlight. A passerby happened upon him and asked, "What are you looking for?" The man replied that he had lost his keys. The passerby then asked, "Where is the last place you saw them?" to which the man replied, "Over there in the park." This prompted the passerby to ask,

“So why aren’t you looking over there?” The man replied, “Because the light is better here.”

So it is with conventional medical approaches. The keys to unlocking health problems are sought in the physical body because that is familiar and comfortable. When the answers are not to be found, the search continues in the same place and we are told there is simply no explanation. Of course, the answers will never be found if they are sought in the wrong place. The search must be expanded.

Looking at the unresolved issues that plague modern medicine, we can see the need for change. Of all countries in the world, the US ranks tops in health care spending, yet life expectancy is a dismally low forty-first.⁴ Health care expenses in 2006 accounted for over 15% of the US gross domestic product. Despite increased costs and advances in health care, more people are suffering from a variety of ailments that range from cancer, heart disease, stroke, autoimmune dysfunctions, and obesity to various forms of mental illness. Children are being medicated at increasingly younger ages for anxiety and attention disorders and the number of Americans with Alzheimer’s has doubled since 1980, affecting almost five million adults.⁵

Conflicting health advice has reached epidemic proportions. For every study that advocates a particular healthcare approach, there seems to be another cautioning against it. Mixed messages abound about everything from diet and sun exposure to medical treatments and their side effects. Frustrated and confused, people are responding by taking health matters into their own hands and doing so without medical guidance. A full 62% of participants in a National Institutes for Health survey use alternative approaches to improve their health and the majority do not consult a medical practitioner.⁶ Clearly, something is missing when it comes to mainstream health care options, and that “something” can be summed up in one word: energy.

The Vital Force

In spring of 2006 a class of 29 students went on a field trip to Fort Lauderdale Park for their forensics class. To help enhance their experience of doing investigative work, the teacher had planted crime scene clues in the park, including strategically placed individuals posing as dead bodies. But the students happened upon a body that to them seemed a little too dead. Imagine their surprise when they discovered it was the actual corpse of a homeless man who had died of natural causes. Without disturbing the body, how could they tell the difference between a real dead body and someone playing dead? The difference is energy. A living body has its vital force intact whereas a corpse does not.

The idea that living systems contain a vital force is not new. Vital energy has been recognized and actively worked with for thousands of years in various health systems. In traditional Chinese medicine the vital force plays a significant role. The energy channels flowing through the physical body are directly accessed by the careful placement of acupuncture needles. The needles act as tiny lightning rods attracting and redirecting the body's subtle energies. Acupressure, which utilizes the same channels without needles, also works with vital energy. Martial arts such as Kung Fu, Tai Chi, Qigong, Taekwondo, Karate, and Judo are all based in an understanding of the vital force. In Yoga and in Ayurveda, the Hindu science of life, energy is recognized as key to health. Across the spectrum from Tibetan medicine to Maori, Zulu, and Hawaiian healing methods energy plays a major role. In fact, in every indigenous system of medicine as well as in modern chiropractics, osteopathy, and homeopathy energy is a central concept.⁷

But when it comes to conventional Western medicine the energy aspect has been absent. If you go to the doctor and complain about feeling de-energized there is little to be done. Even when the situation becomes dire, as in the case of chronic fatigue, there is no treatment. Why has the vital force been overlooked? Most likely it's because Western medicine developed through the dissection and

study of cadavers. In other words, dead bodies. It's like examining a matchstick whose flame is already extinguished versus one that is actively burning. A dead body no longer has its vital force—its interactive energy—intact. Conventional Western medicine offers a highly sophisticated understanding of the physical components of maladies but the energy aspect is missing.

Energy Comes From Energy

It is energy itself—not diet, sleep, or exercise—that gives you energy. Energy comes from energy, flows into energy, and returns to energy of differing forms. To focus our investigation, we'll look into four basic energy bodies, one of which we've already mentioned. The vital force, or vital body, is responsible for your vitality, your “get-up-and-go” energy. The vital body animates you and brings you to life. It carries the vital force that is responsible for your overall health and your physical body's ability to heal. In fact, the vital body is so intimately coupled with the physical body that they must be understood together, as two aspects of the same body—a vital/physical body. You are a living being, not a dead corpse. Your vital body is intricately woven into your physical body. Despite that, for convenience sake, I refer to the vital body and physical body as though they are distinct, their dual aspect must be kept in mind: they are two sides of the same coin.

Your vital body is responsible for the proper intake and correct distribution of energy throughout your system. It is directly linked to physical health as well as to mental functioning and emotional wellbeing. In fact, your vital body is greatly affected by thoughts and emotions. In turn, it affects your physical body and provides the invisible link between your mind and your body. The seamless connection of your mind and body can no longer be denied. Although thoughts and feelings cannot be viewed under a microscope, newly developed biotechnologies now track their effects in the physical body. It's possible to watch a computer monitor and actually see a person's brain and body change in response to

stressful thoughts or feelings. Thoughts and emotions themselves act as powerful energy forces.

It's well known that stress, meaning *distress*, is the great destroyer of health and wellbeing. It's the common denominator in all ten of the top deadly diseases. That's because stress drains vitality. It depletes energy in stealthy ways since virtually anything can produce stress. Even happy events, such as a work promotion or a marriage ceremony, can be stressful.

One approach to stress reduction is to remove the stressors. If your distress comes from job related issues, relationship conflict, or traffic congestion the solution is to quit the job, end the conflicted relationship, and drive at a different time. In other words, change the external conditions. But this potentially creates even more stress and often doesn't solve the problem. Anyone who has frequently switched jobs, altered schedules, or ended relationships realizes that we can change the externals but we take our problems with us. Often, the external approach is not really a solution but an attempted quick fix. It's only a matter of time before the old stressors creep in again or new ones take their place. Our control of the external environment is limited. Plus, *any* situation is a potential stressor.

**It is energy
itself
that gives
you energy.**

On the way to work when traffic gets backed up, some people react by getting distressed but others don't. That means the stress is not out there in the traffic; it's inside the distressed person. By definition, stress is produced by an inability to adapt to change. Instead of adapting to a situation there is resistance. Thus, resistance is the true cause of stress. Your resistance or inability to adapt is determined by what goes on inside of you—what you are thinking and feeling at the time; your attitude toward the situation. Stress does not exist outside of you. Your reaction emerges out of your internal thoughts and feelings. Unlike the traffic, this is something you do have control over. The exercises in this book are designed to give you this kind of self-mastery.

In addition to vital energy, thoughts and feelings constitute two more types of energies we will investigate. Just as your vital body is responsible for your vitality, your emotional body is responsible for your feelings and your mental body for your thoughts. These energy bodies can be understood as distinct but overlapping channels of experience. Let's look at the simple act of drinking a glass of water. The physical aspect of drinking involves bodily processes. Your lips part to receive the glass, you taste the water as you swallow and feel it go down your esophagus. Your emotional experience refers to how you feel about it—sad, happy, anxious, grateful, etc. Then there are your thoughts; another simultaneous, yet distinct, aspect of your water-drinking experience. To put it all together, you can feel the physical sensation of the water going down while experiencing it as a happy thing and find yourself thinking about yesterday's rain shower that conveniently happened while you were inside a shop and then abruptly finished in time for you to get home completely dry. Your thoughts are distinguishable from your feelings, which are distinct from your bodily sensations; yet they all overlap.

So far we have accounted for your physical, emotional, and mental channels of experience. But there is something more. Although it's tempting to use the word *spiritual*, we'll avoid it. Too many people equate the spiritual with religion and we don't want to confuse the two. For lack of a better word, we'll use the term *universal* instead. If you think about it, any aspect of your internal experience can be seen as belonging to one of four arenas—the vital/physical, emotional, mental, or something beyond these (universal). You have four bodies in one.⁸ Your physical, emotional, mental, and universal bodies constitute the equipment needed to function in life and your vital body is their power supply. The vital body is responsible for the energy needed to charge your other bodies.

Your four bodies are not separate. On the contrary, they are overlapping and quite interconnected. But rarely are these four parts of you in agreement. That's why it's sometimes difficult to make decisions and, once you make them, it can be hard to follow through. Each one of your bodies has an agenda of its own and

can pull you in different directions, a big waste of energy. Each of the bodies is prone to certain conditions, which we will explore in depth, along with their solutions. The four bodies comprise your subtle energy make-up and are responsible for your overall energy health.

Energy is Inergy

Unfortunately, the word *energy* is confusing because it's used to refer to a wide variety of things. It tends to conjure up images of electricity, nuclear power, wind generators, and the like. The subtle energy we're concerned with has three distinct qualities that get missed by the generic term *energy*. Our energy is:

- Accessed *internally*
- Nonphysical *energy*
- Coupled with *information*

First, the energies of vitality, emotions, thoughts and so forth are found inside of you. Despite outward appearances or what you may display to the world, you—and only you—know what is going on inside of you at any given moment via the invisible energy bodies described above (vital, emotional, mental and universal). These subtle energy channels are unique to living humans. Machines cannot produce them. They are experienced subjectively, inside of you, and you have the capacity to be aware of them. Only you know what you are feeling, thinking and experiencing internally at any given moment.

Second, as already discussed, subtle energy is nonphysical.⁹ This means it is essentially not electromagnetic (although it may show up this way in the physical body) nor is it the energy produced by the cell's mitochondria/ATP interaction mentioned at the start of this chapter. It is beyond the perceptible range of ordinary physics and does not necessarily abide by physical laws.

At the turn of the 20th Century when scientists probed deeply into physical matter to discover what we are truly made of, they were stunned to find that dense material substance consists of mostly empty space. Further investigation revealed that so-called “empty” space is not so empty. Quite the opposite of a vacuum, space is a dynamic and absolute fullness of luminous infinite energy.¹⁰

- In one cubic centimeter of empty space, there is energy greater than the total amount of energy embedded in all matter in the known universe
- Matter is actually space itself in a crystallized, condensed energy form
- Space is efflorescent, radiating and consisting of woven light
- At a very short distance (10 to the minus 33cm) space and time as we know it break down into a dynamic froth, called the *quantum foam*
- If you took all the mass in the visible universe and fused it together into pure energy, and then took all that energy and compressed it into 1 cubic centimeter, you’d still have to add about *14 more orders of magnitude* to even come close to the potency of this foam
- You are this energy

Since quantum physics has been around for over a century, its application to our functioning seems long overdue. We must come to understand ourselves according to what is now known about the true nature of reality: energy in various forms is the core of everything, including us.

Third, this energy is laced with information.¹¹ Sometimes called *enformy* or *active information*, subtle energy is intelligent,

informed, and responsive. Thus, your bodily system is best understood as a communication system.¹² Subtle energy contains messages that impact us but often we don't know how to interpret them. It's as if we are living in a 3-D movie but we're not wearing the special glasses to really see what's going on. Because subtle energies are intimately coupled with information, they are meant to be interacted with. You can learn to encode and decode their messages. This book will teach you ways of doing that.

To help distinguish this type of subtle energy from other types of energy we'll use the term *inergy*, which translates as, *energy coupled with information and accessed inside* (energy + information + inside = inergy). It refers to the subtle energy/information channels accessible inside you. To serve as a reminder of the unique qualities of this type of energy, from now on I will be using the term *inergy* instead of *energy*.

Let's try a simple exercise to give you a hands-on experience of this inergy. ¹²The following exercise, like many in the remainder of the book, asks you to close your eyes and use your internal senses. This requires reading ahead in order to follow the instructions of the exercise. (To help free your hands and eyes from being tied to the book, go to www.EndlessEnergyBook.com for free audio downloads in which I facilitate many of the exercises.)

Exercise: Sensing Inergy

- Hold both of your hands in front of you, shoulder width apart with your palms facing up.
- Read ahead to the end of the exercise and then close your eyes to do the exercise. It's important to keep your eyes closed during the entire exercise because you are asked to feel and sense your hands but not look at them visually.

- Close your eyes and focus your awareness on your two hands. Pay particular attention to sensing the size of your hands. How do they feel? Does one hand feel larger or smaller than the other? Are they about the same size? If you're like most people, your two hands will feel very similar in size with your eyes closed.
- Then pick one of your hands; it doesn't matter which one. Keeping your eyes closed, focus your whole attention on the chosen hand. Send a clear message to the chosen hand that this hand is bigger than the other. Spend at least one full minute with focused attention sending that specific energy (energy/information) to the chosen hand. Tell your chosen hand that it is much longer than your other hand. Visualize that your fingers are longer, your palm is wider, and your overall hand is larger. Again, take at least a minute to sincerely do this.
- Then, keeping your eyes closed, recheck the size of your hands by sensing the hands. Do they feel different? How do they compare? Does one hand feel larger or smaller than the other?
- When the comparison feels complete, you can open your eyes.

If you're like most people, you will sense an important difference in the size of your hands after completing the exercise. When you have your eyes closed, the hand that you focused on will feel considerably larger than the other. It's as if your chosen hand received the message and responded accordingly. But what about

your physical hand? When you open your eyes you can see that your hand is not physically larger. Your eyes indicate that your hands are still the same size. So what difference does it make if you imagine your hand getting bigger? Or, put another way, what difference does it make if you use your intent to visualize your hand getting bigger and then sense it is so?

We know that we have five senses: vision, hearing, taste, touch, and smell. These senses extend out into the world and detect the sights, sounds, smells and stimuli of our external environment. What we are not told is that, in addition to those external senses, we also have internal senses. In the exercise above, five internal senses were used: attention, visualization, self-talk, self-sensing, and intent. These senses detect and influence the unseen world of inergies. When you focus your inergy/intent on your chosen hand to get bigger, believe it or not, the vital body of your chosen hand can actually respond by growing in size.¹³ Your internal senses are inergy tools designed to detect and interact with the inergy aspects of your system.

There's a fundamental difference between external and internal senses. External senses help us orient to the material world, giving us information about the physical environment. Internal senses help us orient to the unseen world of inergies. Just as we rely on our external senses to guide us as we navigate through the physical world, our internal senses are necessary in the world of inergies. We'll learn more about your internal senses and four bodies (vital, emotional, mental, and universal) in the next chapter.

How to Use This Guide

If you want to have a fit and healthy physical body, you may join a gym and consult with a personal trainer. The trainer acts as a health guide, assessing your particular needs, teaching you about aspects of your body, training you in various fitness methods, and coaching you along the way so that you can achieve your overall health goals. Changing unhealthy habits can be difficult and many

people don't stay the course. It requires support on the part of the trainer and commitment to change on the part of the participant. Although a training program can be sometimes arduous and challenging, the job of a trainer is to make it fun and exciting while achieving results.

If you'll allow me to act as your inergy trainer, I will guide you in a program to achieve optimal inergy health. The remainder of this book is organized as a training program for your four bodies. It starts with an assessment of your four bodies to find out their overall condition. Then we'll learn about each body individually, followed by exercises specific to that particular body. At the end, we'll bring the pieces back together and complete a final assessment. You may want to read the book through first to familiarize yourself with the program before engaging in the exercises. As your personal inergy health guide, I'll do my best to make the experience as enjoyable and easy as possible. Although we'll look at each of your bodies individually, this separation is done for the purpose of learning more about them. In day-to-day living, the bodies overlap and can be difficult to discern.

As with any training program, the approach used in this book is one of many. It is not meant to replace other resources but is meant to complement and be used in combination with them. Most importantly, the book does not make any claim that its contents are intended to treat or diagnose disease or psychiatric conditions. It does not advance or substitute for medical advice or psychotherapy. If you believe you have a physical, emotional, or mental health problem, please consult a health professional right away.

When you work with a coach and embark on a training program, you can enter at the beginning, intermediate or advanced level. The exercises described are organized according to level of difficulty, starting with beginners. Although it may be tempting to skip a level, the exercises build on each other, so it is advised that you start at the beginner level and advance from there. The same holds true for training each body. The chapters are arranged in sequential order—vital, emotional, mental, and universal—from lower to higher

frequency with each chapter building on the previous. Although it's possible to skip around, some of the concepts and terms may not make sense out of order.

This book is not meant to be an exhaustive exploration of the inergy bodies. Rather, the intent is to present an introductory guide with enough basic information to get you started on an inergy health program. The field of energy medicine is emergent with new discoveries and modalities being readily developed. This information is a starting point, not the definitive source. Appendix A at the end of the book contains a list of some key organizations and websites. Stay tuned for more exciting advances! In the meantime, the next step is to get an overview of your four inergy bodies.

Chapter Two

Your Four Bodies

You've just arrived at a gathering at a friend's house. You're standing near the door talking with an acquaintance when suddenly you get the distinct impression that someone is staring at you. You can feel the eyes. You turn around to find out who it is. Sure enough, there is your ex on the other side of the room eying you. You finish your conversation and walk across the room to the food table. On your way you see your best friend from work but something tells you not to stop and talk. You get the sense that she is in a bad mood so you keep going. Just when you are about to pick up a plate and help yourself to some appetizers you encounter a stranger who seems warm and friendly. You strike up a conversation, making appropriate small talk. As you're conversing he keeps inching closer. When he gets within about 12 inches, you feel uncomfortable and step back. He steps forward. He is encroaching on your space and you can feel it. You have to step back again. Thankfully the conversation ends abruptly and you can eat in peace.

In this scenario a lot of information was communicated without sound, visual cues, or touch contact. The palpable feeling of being stared at, the vibration given off by someone in a bad mood, the encroachment on your personal space; most of us sense and respond to the unseen world of inergy (energy/information) constantly without fully realizing what we are doing. Although these kinds of experiences are commonplace—and we are often correct in our sensibilities¹—conventional science has no explanation for how they happen. But when we bring the inergy bodies into the picture

everything comes into focus. The mysteries are solved. That's because your inergy bodies extend beyond your physical body for several feet creating an invisible, sensitive, multi-layered field of energy and information around you (see Figure 2.1).

Your inergy field consists of four layers of concentric forms that include your vital, emotional, mental, and universal bodies.² It accounts for the “eyes at the back of your head,” as well as your ability to sense other people’s emotions and moods. It also accounts for a variety of experiences commonly referred to as *psychic* or *paranormal*. The different dimensions of your inergy constitution are called *bodies* because if you could actually see inergies, you would be able to see that they have a particular form. Just as your physical body has its unique size and shape, so do your inergy bodies.

To better understand your inergy makeup we need to start with what we know about energy at a basic level. Namely, Albert Einstein’s famous equation: $E=mc^2$. You may have heard of this before, but what does it mean in terms of your day-to-day energy levels? With this simple equation Einstein proved the interrelationship between the world of energy and dense physical matter. The equation translates as: energy equals mass times the speed of light squared. In ordinary terms, it means that energy and matter are interchangeable. Put another way: matter is the concentration of energy. It means that, in essence, everything is energy of varying densities, vibrating at different speeds. Even material objects are an expression of energy.

The Energy Continuum

Everything exists on an energy continuum ranging from the dense physical on one end of the spectrum to the unseen “indefinable” on the other. When the vibration slows down enough, into an ultra-low range, energy solidifies into material substance and shows up on the physical plane. You can see it and touch it. When the energy vibrates fast enough, at an ultra-high frequency, the dense physical substance drops away and energy becomes invisible. Yet it is still

present. Energy changes forms but at its essence, everything is energy. We could say there is nothing but energy (or inergy as we have been calling it).

A similar kind of transformation process happens when water is heated or cooled. When water molecules are slowed down in low temperatures, the liquid water densifies into rock solid ice. When heated, the molecules vibrate faster and the hard ice transforms into a more liquid form. If the water is heated enough,

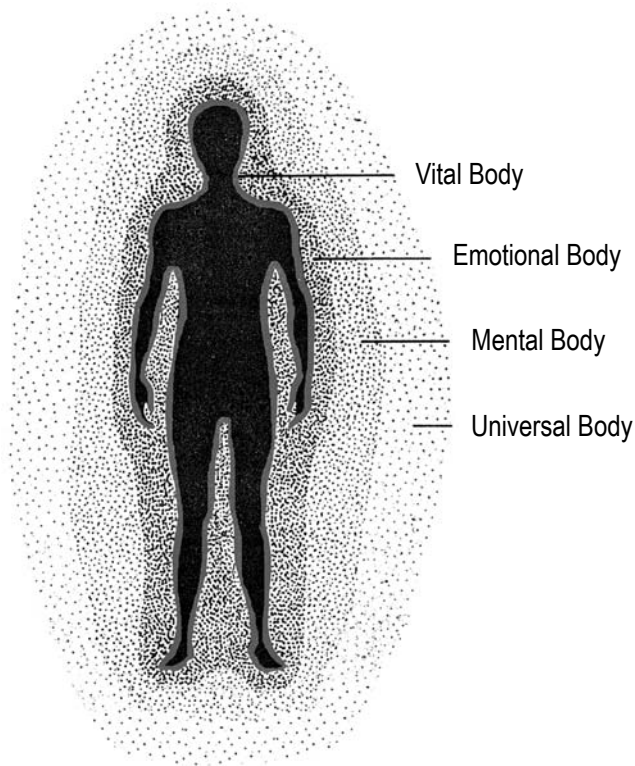


Figure 2.1 The human energy field with four layers: the vital, emotional, mental, and universal bodies.

the molecules continue to vibrate even faster and the water turns into vaporized steam that eventually evaporates. Water occupies a continuum of dense physical ice (low vibration) on one end of the spectrum and moist air (high vibration) on the other. Although the water changes form, its essence is still water.

Similarly, everything exists on an energy continuum with the lowest or slowest frequency, the world of solid substance, at one end of the spectrum. At the other end is fast/high frequency, ethereal vibration. Within these two extremes are several gradations. Each of us exists on this same continuum. Not only is everything energy but *everyone* is energy. At the lowest frequency end of the spectrum is your physical body. It comprises a relatively small fraction of your overall constitution. At the highest frequency end is your universal body. In between are your vital, emotional, and mental bodies.

Using words like *lowest* or *highest* is not meant to suggest that lower is worse and higher is better. Steam is not better than ice. It depends on what you want to use it for. *Lower* and *higher* may sound hierarchical but these are merely terms used to differentiate energy frequencies. The higher levels are not more valuable than the lower. These words just provide a way to label two differing frequency bands. If, for example, we were talking about musical notes and I referred to high C and low C, that wouldn't mean that high C is better than low C, it just helps distinguish between the two.

You exist on a gradated continuum that ranges from ultra-low to ultra-high frequency energy. This means you occupy multiple levels of experience simultaneously. The water lily has been used as an appropriate metaphor for understanding how this works. Just as the water lily takes root in a muddy lake bottom, you exist on the material plane with your vital/physical body. You have aspects extending beyond that (your emotional and mental bodies), much like the stem of the water lily extends up through the water forming a lily pad on the surface. When you develop your higher frequency aspects (universal body) you can fully blossom, just as the lily's flower transcends the water and blooms in the air and sunlight. Unlike other flowers, the water lily exists on four levels (earth, water, air, light) at the same time because it is equipped to experience these four distinct dimensions simultaneously. Similarly, you exist on four levels simultaneously (vital/physical, emotional, mental, and universal) because you are equipped with four bodies that enable you to do so.

If you are more technologically inclined, think about your inergy make-up in terms of a common household remote control. One button can turn on your television, one can activate your stereo, another can switch on your DVD player, and so forth. Each component's signal occupies a distinct frequency band. The signals emitted from the remote are invisible energy/information forces, yet they are all housed together in one unit, the physical hand-held remote control. When you press the television button only the television turns on or off, not the stereo or DVD. The signals are distinct but they also overlap because you can have all of the components—the TV, DVD and stereo—activated at once.

In terms of your inergy constitution, your physical body is akin to the remote control unit itself. Because everything is inergy, the physical remote control unit is also inergy, vibrating at an ultra-low frequency. Like the remote, your vital/physical body acts as a kind of receiver, or communication matrix, for the other frequencies.³ Your other bodies are similar to the invisible signals of the remote. Just as the signals occupy distinct frequency bands, so do your inergy bodies.

The lowest vibrational form that your inergy constitution takes is the physical level of material substance; this is evident by the fact that you have a physical body. I won't go into detail about the physical body because this book is about the rest of your inergy components. Numerous books and resources are available that focus on physical health alone. In fact, Western medicine has been exclusively devoted to studying and repairing the dense physical body. But there is much more to you than that.

One of the things that make humans so complex is that we occupy multiple channels of experience simultaneously. To continue with the remote control metaphor, the frequency bands of the remote are not tied to a specific component, individual, or location. They are universal frequency channels that exist invisibly in the ethers, readily available to be used by anyone. You can buy a universal remote at a store and program it to work with any television or electronic component that will calibrate to a remote.

So it is with your inergy bodies. They represent your uniquely calibrated signals that exist within larger, universally available frequency bands (see Figure 2.2).⁴ The frequency bands are like channels of experience. They consist of the vital, emotional, mental, and universal levels. The uniquely calibrated signal is called a *body* and is made up of a particular energy/information configuration. Essentially, your unique experiences on each of the corresponding channels of existence program your bodies. Thus, each body has a particular shape and condition.

To find out the current condition of your inergy bodies, we'll start with an assessment of each. Similar to an intake questionnaire and photo used by a personal trainer, this will give us a clearer picture of each of your inergy bodies to help assess their needs. It will also be used for "before and after" comparisons. (A copy of the assessment is provided at the end of the book in an Epilogue so you can retake it, if you choose, after you've had a chance to do some of the inergy exercises in the upcoming chapters.)

Your Internal Senses

To do the assessment you are asked to use your internal senses, a level of functioning you are constantly enacting but may not know by name. We have quite a few internal senses⁵ but we will focus on six to begin with.

- Attention
- Intention
- Visualization
- Self-Talk
- Self-Sensing
- Self-Observation

Your Inergy Constitution and the Four Main Channels of Experience

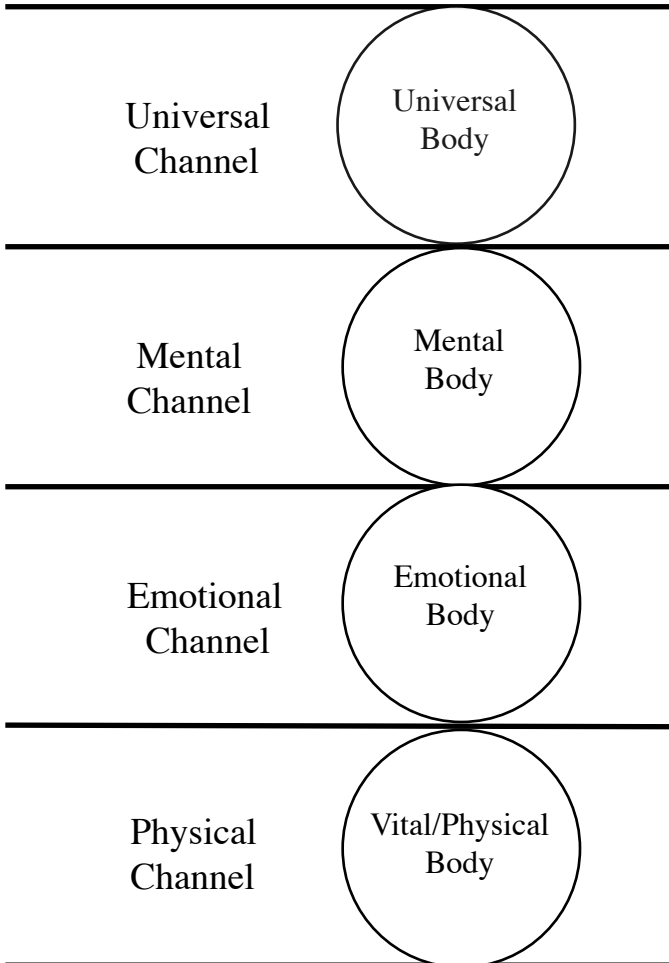


Figure 2.2 The four major channels of experience, also called the *planes of existence*, and the four inergy bodies that are formed upon those channels.

These senses are valuable internal resources. Just as the external senses of, say, seeing and hearing are vital to physical health, your internal senses are essential to your energy health.

Attention

Energy is responsive to attention. When you pay attention to something, you focus your external and internal senses on it. Your attention is like a spotlight that illuminates and brings to life that which it is directed upon. Simply put, energy follows attention. Your attention in and of itself has potency.⁶ What you focus your attention on receives energy and is changed at a fundamental level. Sometimes called the *observer effect*, the idea is that the very act of observing something alters it in some way.

This surprising aspect of reality was first touched on by Nobel Prize winning physicist Werner Heisenberg when he published the mathematics of the Uncertainty Principle around 1926. The notion was further substantiated by the Copenhagen Interpretation in which an unobserved object is said to exist as potential until the observer chooses what to observe. The mere act of observation, of bringing your attention to something, inevitably changes it. Your attention is a transformative energetic tool. We will discuss more about how this works in Chapter 9.

Intention

If attention is like a spotlight then intention is like a laser beam. Intention is attention infused with will (another internal sense). You are not just paying attention to something, you are willfully desiring a particular outcome. Energy is extremely responsive to intent.⁷ Intent can be used to mobilize your own energy and to direct energies to any place you choose at any time.

In Sao Paulo, Brazil, on June 3, 1998, three healers were directing healing intention to five volunteers who were over 6000 miles away in a research lab in Las Vegas, Nevada.⁸ The five volunteers were hooked up to various monitoring devices to measure their heart rates, blood volume, breathing, and skin activity. At the

exact timed intervals that the healers were sending their healing intent, the volunteers were registering the effects with monitor lights blinking and gauges fluctuating. During intervals when there was no intent, there were no effects, a clear demonstration of the precise power of intent.

Experiments such as this and hundreds of others confirm the effects of human intent on everything from fellow humans, to animals, insects, plants, bacteria, yeasts, cancer cells, and DNA.⁹ We will discuss more about how this works in Chapter 7.

Visualization

Visualization is the capacity to use your mind to form concepts. We all have this ability but some have developed it more than others. Unlike the name suggests visualization is not limited to the visual realm. Probably a better term would be *sensualization*, because more than just the visual sense is potentially involved. Some people orient visually and are able to conjure up clear, vivid mental pictures or movies. Some who are more auditory think in terms of sounds or words. Others, more kinesthetic, will experience bodily sensations and feelings, a felt-sense about something. Additional orientations include mathematical, spatial, and musical. Ideally, we would want to employ as many senses as possible. Still, the three primary processes are visual, auditory and kinesthetic, with one of the three typically more predominant. When I use the word *visualization* I am including the other orientations as well, not just the visual.

Visualization, or guided imagery, is a potent tool for mobilizing inergies that is often successfully used by athletes to improve performance.¹⁰ In one simple study participants were divided into three groups. One group was asked to go to a nearby gym every day for 20 minutes and practice making basketball free throws. A second group was asked to stay home and simply visualize completing successful free throws for 20 minutes each day. The third group, the control group, did nothing. After a month there was only one percent difference in the achievement level of those

who actually practiced free throws at the gym (24% improvement) versus those who stayed home and visualized (23% improvement). The control group showed no change. This experiment and others like it have been repeated with consistent results.

Visualization is imagination with intent. It is not day dreaming, brainstorming, or stream of consciousness thinking. It is not about opening your mind up to see what floats in. Visualization is purposeful imagining that involves holding a specific focus through the power of concentration. When you focus your sense of smell on a fragrant flower, for example, the invisible scent molecules waft toward your nose so you can take them in. Similarly, when you use your internal sense of visualization to focus on something, you attract corresponding energies from the surroundings to bring the changes you desire into existence. The more clear your concentration, the stronger your results. We will learn more about the mechanisms of this in Chapter 7.

Self-Talk

Just as we all visualize, we all talk to ourselves. Researchers refer to this as *explanatory style*, but most of us know it as the “tapes” playing inside our heads, the noisy mind, or the inner critic. Self-talk constitutes the messages you tell yourself about what you experience and it has profound effects on your health.¹¹ None of us perceives reality in its pure form. It is always subject to personal interpretation. The meaning you give to what you perceive, how you view it, what you feel about it, the pictures you envision, the words and phrases you tell yourself—this is your self-talk. Such internal dialogue may take various forms but it still qualifies as self-talk. For some people it’s more visual, for others more verbal, or even a felt-sense.

If you have visual self-talk you likely see pictures and images in your head, as if you are playing an internal movie that parallels your life experience. A person whose self-talk is more sensate will tend to feel subtle internal impressions and physical sensations in response to life. If your self-talk is verbal, you probably have a

running commentary going on. Your experience of the world would be primarily processed through words and sounds. You may also have a combination of these. The point is, we do interact with ourselves internally. We encourage, nag, inform, criticize, support and entertain ourselves through an inner channel of expression. This is the internal sense of self-talk.

Self-Sensing

While self-talk represents a relatively narrow channel of communication, you also have the capacity to expand your focus to fill your entire body. This is self-sensing. While self-talk is primarily a channel of internal expression, self-sensing is a mode of internal listening. It is an inner-focused, subjective stance of experiencing yourself from the “inside-out.” It occurs by shifting your attention away from an external focus and directing your attention toward an internal focus, then broadening your focus to include your whole body. Self-sensing can be used to sense into a selected organ, such as your lungs or liver. It can also be used to sense pain or to apprehend more subtle internal sensations. Because inergy follows attention, bringing your attention inside your body via self-sensing has proven therapeutic effects.¹² It allows you to experience a vast array of internal functioning including bodily sensations, feelings, thoughts, intentions, insights, dreams, imaginings, and so forth. It is a broad channel of internal receptivity that opens you up to a variety of inergies.

Self-Observation

Self-observation refers to the ability to observe what is going on inside of you. It includes the array of internal functioning mentioned above and may sound identical to self-sensing. However, there is a fundamental difference between the two. With self-sensing, you are actually *experiencing* the multitude—or specifically selected—internal functioning that you are focused upon. You are actively engaged with your inner landscape. In contrast, with self-observation you are *observing* it in a more detached way. You are

witnessing or watching what is going on inside of you, spectating, as it were, instead of actively participating. Sometimes this practice is called *mindfulness*. We will discover more about the importance of self-observation in Chapter 7.

Before and After Assessment

Now that you have a basic understanding of your internal senses, let's return to our Before and After assessment. Starting with your vital body, we'll look into the condition of each body through a series of simple questions. Keep the results of your inventory in a place where you can refer back to them as a useful reference for the remainder of the book in which we explore each of your bodies individually. The book ends with a re-take of the assessment in the Epilogue.

Your Vital Body

The four part Before and After assessment begins with your vital body, which requires a brief overview to help you complete the first step. We'll explore this body in more detail in the next chapter. Your vital body is woven into your physical body and extends beyond it for several inches. It constitutes your power-supply, responsible for distributing life-force energy throughout your system. When your vital body is healthy you have stamina and feel invigorated. You glow, radiating health and vitality. When your vital body is depleted, you feel de-energized and lethargic. Much effort is required to move through your day, as if you were somehow swimming against life's current.

Although the condition of your vital body may fluctuate throughout the day, the intention here is to get a general idea of it. Using the following exercise as a guide, answer the questions keeping in mind the overall condition of your vital body.

Exercise: Vital Body Assessment

- Find a quiet place in which you can focus without distraction.
- Be in a seated position, as comfortable as possible.
- Take a couple of slow, deep breaths.
- Gently close your eyes and intentionally shift your attention away from an external focus toward an internal focus, awakening your internal senses.
- Once you have made this shift, again using the power of your intent, consciously focus your attention on your vital body to the best of your ability. Using self-talk, tell yourself that you are now focusing on your vital body.
- Do your best to sense into your vitality, the substance of your vital body, using your capacity to self-sense. How does it feel? What is your vitality level? Energized or depleted? Focus your attention specifically on your vital body and allow yourself to get a palpable experience of it to the best of your ability. There is no right or wrong, just use an attitude of curiosity.
- Then shift to a self-observer mode, where you are looking at your vital body instead of experiencing it. Like a detached detective, examine your vital body, noticing everything you can about it.
- Ask yourself the following questions and jot down your answers on a sheet of paper.

- Spend 15-30 seconds with each question. If nothing comes up as you ask the question, leave it blank and move on to the next.
 - What does your vital body look like?
 - How big is it?
 - What color is it?
 - What shape is it?
 - How does it move?
 - What does it sound like?
 - What does it feel like?
 - If your vital body could speak, what would it say?
 - What is the overall condition of your vital body?
- Take a moment to draw a simple sketch of your vital body.

Your Emotional Body

Although your vital body plays an important role in your health and wellbeing, there is much more to you than that. In addition to having vitality and the power to move, you also have the capacity to experience emotions. Just as your physical body has its unique shape, so does your emotional body. It is formed by your experiences on the emotional plane. This channel of experience is quite vast and alluring with many tantalizing adventures available. The deepest, darkest lows to the most ecstatic highs—and everything in between—can be found on the emotional channel.

We know that colds and flu get passed around on the physical level but emotions, too, are extremely contagious. In fact,

research shows that within two minutes of being in the same room with someone who is experiencing a strong emotion—pleasant or unpleasant—you pick up on the emotion and begin to experience it yourself.¹³ In a vivid example of how invisible energies affect us, it doesn't matter what you've previously been feeling and it doesn't even matter if the person is a loved one or a complete stranger. This phenomenon is referred to as *emotional contagion*.¹⁴

Since many of us have unhealthy emotional bodies, it's easy to contract energetic pathogens and pass them around like a social virus. Fear and anger seem to have reached epidemic proportions, but there is no "vaccine." If you practice the exercises in this book, however, you can do a lot to boost your emotional body's immune system. We'll look further into your emotional body in Chapter 5.

Use the following exercise as a guide to assess the overall condition of your emotional body.

Exercise: Emotional Body Assessment

- Find a quiet place in which you can focus without distraction.
- Be in a seated position, as comfortable as possible.
- Take a couple of slow, deep breaths.
- Gently close your eyes and intentionally shift your attention away from an external focus toward an internal focus, awakening your internal senses.
- Once you have made this shift, again using the power of your intent, consciously focus your attention on your emotional body to the best of your ability.

Using self-talk, tell yourself you are now focusing on your emotional body.

- Do your best to sense into your feelings, the substance of your emotional body, using your capacity to self-sense. How does it feel? What is your emotional landscape like? Are you feeling irritated, disappointed, anxious, glad? Focus your attention specifically on your emotional body and allow yourself to get a palpable experience of it to the best of your ability. There is no right or wrong, just use an attitude of curiosity.
- Then shift to a self-observer mode, where you are looking at your emotional body instead of experiencing it. Like a detached detective, examine your emotional body, noticing everything you can about it.
- Ask yourself the following questions and jot down your answers on a sheet of paper.
- Spend 15-30 seconds with each question. If nothing comes up as you ask the question, leave it blank and move on to the next.
 - What does your emotional body look like?
 - How big is it?
 - What color is it?
 - What shape is it?
 - How does it move?
 - What does it sound like?
 - What does it feel like?

- If your emotional body could speak, what would it say?
- What is the overall condition of your emotional body?
- Take a moment to draw a sketch of your emotional body.

Your Mental Body

Your mental body is probably very familiar to you since most of our educational system is focused on developing it. Your mental body gives you the capacity to think thoughts, which is a frequency channel distinct from the emotional or vital. Concerned with facts, linear logic, reasoning, and opinions, it allows you to analyze and synthesize information. When you are engaged in problem-solving and trying to figure things out, you are exercising your mental body.

Your mental body also is capable of self-awareness and self-monitoring. A highly developed mental body has the power of concentration and capacity to hold a focus. It is concerned with wisdom and truths in addition to knowledge and facts. It can be used for thinking about the bigger picture and gaining insights. The mental body allows you to see behind things, to see the essence of things, and “connect the dots” of your experience. Because of its close proximity to your emotional body, your mental body can be heavily influenced by emotional concerns. We’ll explore your mental body further in Chapter 7.

Use the following exercise as a guide to assess the overall condition of your mental body.

Exercise: Mental Body Assessment

- Find a quiet place in which you can focus without distraction.
- Be in a seated position, as comfortable as possible.
- Take a couple of slow, deep breaths.
- Gently close your eyes and intentionally shift your attention away from an external focus toward an internal focus, awakening your internal senses.
- Once you have made this shift, again using the power of your intent, consciously focus your attention on your mental body to the best of your ability. Using self-talk, tell yourself that you are now focusing on your mental body.
- Do your best to sense into your thoughts, the substance of your mental body, using your capacity to self-sense. What kind of thoughts are there? What is your mental landscape like? Is it slow, spacious or quiet? Fast, noisy or crowded? Focus your attention specifically on your mental body and allow yourself to get a palpable experience of it to the best of your ability. There is no right or wrong, just use an attitude of curiosity.
- Then shift to a self-observer mode, where you are looking at your mental body instead of experiencing it. Like a detached detective, examine your mental body, noticing everything you can about it.
- Ask yourself the following questions and jot down your answers on a sheet of paper.

- Spend 15-30 seconds with each question. If nothing comes up as you ask the question, leave it blank and move on to the next.
 - What does your mental body look like?
 - How big is it?
 - What color is it?
 - What shape is it?
 - How does it move?
 - What does it sound like?
 - What does it feel like?
 - If your mental body could speak, what would it say?
 - What is the overall condition of your mental body?
- Take a moment to draw a sketch of your mental body.

Your Universal Body

In addition to your physical, emotional, and mental bodies you have a universal body. This body is concerned with awareness that is beyond the intellect, beyond the mind as we know it. It is associated with intuitive insights, right use of will, unity consciousness, and beingness itself. These may be hard concepts to grasp at first, especially since they are difficult to describe in words. It may be helpful to think about your universal body as occupying the space in between your thoughts and feelings. Since your actions, thoughts and emotions are always changing, can they be who you

are? When you are *not* thinking, doing, or feeling, you are still here, so there must be something more to you.

When physicists were splitting atoms over a hundred years ago to find the core of our existence, they discovered that, at its essence, matter is not fixed. It is open-ended energy. It is no-thing. Your universal body is no-thing: it is not physical substance, action, emotion or thought. We could say it is closer to the essence of who you are since you are not your physical body, actions, emotions, or thoughts. You are the one who initiates the actions, experiences the emotions, thinks the thoughts. These things come and go but you—the universal you—remain constant. To refer back to the remote control metaphor, the universal body is the operator of the remote, the one pressing the buttons and doing the channel surfing. For now, we just want to get a glimpse of your universal body. We will explore it in more depth in Chapter 9.

Use the following exercise as a guide to assess the overall condition of your universal body.

Exercise: Universal Body Assessment

- Find a quiet place in which you can focus without distraction.
- Be in a seated position, as comfortable as possible.
- Take a couple of slow, deep breaths.
- Gently close your eyes and intentionally shift your attention away from an external focus toward an internal focus, awakening your internal senses.
- Once you have made this shift, again using the power of your intent, consciously focus your attention on

your universal body to the best of your ability. Using self-talk, tell yourself that you are now focusing on your universal body.

- Do your best to sense into the space between your thoughts and feelings, the substance of your universal body, using your capacity to self-sense. How do you experience it? What is your universal landscape like? Can you be in the no-thingness? Focus your attention specifically on your universal body and allow yourself to get a palpable experience of it to the best of your ability. There is no right or wrong, just use an attitude of curiosity.
- Then shift to a self-observer mode, in which you look at your universal body instead of experiencing it. Like a detached detective, examine your universal body, noticing everything you can about it.
- Ask yourself the following questions and jot down your answers on a sheet of paper.
- Spend 15-30 seconds with each question. If nothing comes up as you ask the question, leave it blank and move on to the next.
 - What does your universal body look like?
 - How big is it?
 - What color is it?
 - What shape is it?
 - How does it move?
 - What does it sound like?

- What does it feel like?
- If your universal body could speak, what would it say?
- What is the overall condition of your universal body?
- Take a moment to draw a sketch of your universal body.

The vital/physical, emotional, mental and universal bodies make up your inergy constitution. They represent gradations of inergy on a continuum that ranges from ultra-low frequency dense physical matter at one end, to extreme-high frequency universal inergies at the other. Our four bodies give us four different channels of experience. But sometimes we limit ourselves to only a few channels. It's as if we own a four-story penthouse with a great view but we end up hanging out in the parking garage. We do not utilize all that is available to us.

When you look at the assessments of your bodies together you can get a sense of your overall inergy health. How do your bodies compare? You may find that one or more of your bodies is underweight and neglected. Conversely, you may also find that a particular body is demanding all of your attention. It may be overweight or over-trained. Ideally, we want all of the bodies to be fit, healthy, and working cooperatively together. The next step toward this goal is to take a look at each of your bodies individually, starting with your vital body.

This ends Sample Chapters 1 & 2.

Thank you for reading!

Notes and references follow.

To order your copy of *Endless Energy*,
please visit www.EndlessEnergyBook.com

Notes

Chapter 1: Understanding Energy

¹ A.V. Hill, “A Challenge to Biochemists” *Biochim Biophys Acta* 4 (1950): 4-11. Another of Dr. Hill’s works on this subject that may be useful: A.V. Hill, *Trails and Trials in Physiology* (London, England: Arnold, 1965).

² Beverly Rubik, “The Biofield Hypothesis: Its Biophysical Basis and Role in Medicine” *Journal of Alternative and Complementary Medicine* 8 (2002): 703-717.

³ Among the sources that describe these energies in various ways are: Dawson Church, *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention* (Santa Rosa, CA: Elite, 2007); Richard Gerber, *Vibrational Medicine: New Choices for Healing Ourselves* (Sante Fe, NM: Bear and Company, 1988/1996); Amit Goswami, Richard R. Reed, and Maggie Goswami, *The Self-Aware Universe: How Consciousness Creates the Material World* (New York: Jeremy P. Tarcher/Penguin Putnam, 1993); Charles Krebs, *A Revolutionary Way of Thinking* (Melbourne: Hill of Content, 1998); Bruce Lipton, *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles* (Santa Rosa, CA: Mountain of Love/Elite, 2005); Lynn McTaggart, *The Field: The Quest for the Secret Force of the Universe* (New York: Harper, 2002); James Oschman, *Energy Medicine: The Scientific Basis* (Philadelphia, PA: Churchill Livingstone, 2000); William Tiller, *Science and Human Transformation: Subtle Energies, Intentionality and Consciousness*

(Walnut Creek, CA: Pavior, 1997); William Tiller, Walter Dibble, and J. Gregory Fandel, *Some Science Adventures With Real Magic* (Walnut Creek, CA: Pavior, 2005).

⁴ Knight Kiplinger, *The Kiplinger Letter: Forecasts for Management Decisionmaking* [electronic newsletter] (21 December 2008): 85(51), www.kiplingerbiz.com.

⁵ L.E. Hebert, P.A. Scherr, J.L. Bienias, D.A. Bennett, and D.A. Evans, “Alzheimer Disease in the U.S. Population: Prevalence Estimates Using the 2000 Census” *Archives of Neurology* 60 (August 2003): 1119–1122.

⁶ Patricia M. Barnes, Eve Powell-Griner, Kim McFann and Richard L. Nahin, “Complementary and Alternative Medicine Use Among Adults: United States, 2002” *Seminars in Integrative Medicine* 2 (2004): 54-71.

⁷ Rubik, “The Biofield Hypothesis,” 708.

⁸ The four bodies model is adapted from the work of William Tiller who describes the four dimensions as conjugate/physical (what I refer to as vital/physical), emotional, mental, and spiritual (what I refer to as universal). See, for example, William Tiller, *Psychoenergetic Science: A Second Copernican-Scale Revolution* (Walnut Creek: Pavior, 2007) chapter 7; Tiller, Dibble, and Fandel, *Some Science Adventures With Real Magic*, chapter 3; Tiller, *Science and Human Transformation*, chapter 2. Gerber, *Vibrational Medicine*; and Krebs, *A Revolutionary Way of Thinking*, have expanded on Tiller’s work.

⁹ See, for example, Rubik, *The Biofield Hypothesis*; Mark Comings, “The Quantum Plenum: Energetics and Sentience” (presentation at the International Society for the Study of Subtle Energies and Energy Medicine conference, Colorado Springs, CO: June 24-30, 2004): www.issseem.org.

¹⁰ Mark Comings, “The Quantum Plenum: Energetics and Sentience” (presentation at the International Society for the Study of Subtle Energies and Energy Medicine conference, Colorado Springs, CO: June 24-30, 2004). This foam contains energy of a magnitude that is 10 to the 104th power. By comparison, the

number of atoms in the visible universe is only about 10 to the 80th power. This foam, when measured in mass, is about 10 to the 94th grams per cubic centimeter. By comparison, just 1 gram of mass includes hundreds of billions of atoms.

¹¹ See, for example, David Bohm, B.J. Hiley, *The Undivided Universe: An Ontological Interpretation of Quantum Theory* (London: Routledge: 1993); F. David Peat, “Active Information” [retrieved January 27, 2009] www.f davidpeat.com/ideas/activeinfo.htm; Candice Pert, *Molecules of Emotion: The Science Behind Mind-Body Medicine* (NY: Scribner, 1997); William Tiller, *Psychoenergetic Science and Science and Human Transformation*; J.A. Wheeler, “Information, Physics, Quantum: The Search For Links” *Complexity, Entropy, and the Physics of Information, SFI Studies in the Sciences of Complexity*, (Redwood City, CA: Addison-Wesley, 1990); Donald E. Watson, “The Theory of Enformed Gestalts: A Model of Life, Mind, Health” *Advances: The Journal of Mind-Body Health* 13 (1997): 32-36; Donald Watson, “The Enformy Page” [retrieved January 27, 2009] www.enformy.com.

¹² James Oschman, *Energy Medicine in Therapeutics and Human Performance* (Philadelphia, PA: Butterworth Heinemann, 2003); Oschman, *Energy Medicine*; Pert, *Molecules of Emotion*; Tiller, *Psychoenergetic Science*; Watson, “The Enformy Page” www.enformy.com.

¹³ Adapted from Amy Choi, “Qi-nesiology Balancing Procedure: Integrating Qigong and Kinesiology” (presentation at the Joint Energy Kinesiology and Touch for Health Conference in Salt Lake City, Utah, June 2007).

¹⁴ Effects such as this have been documented and explained by a number of scientists. See, for example, Valerie Hunt, *Infinite Mind: The Science of Human Vibrations* (Malibu, CA: Malibu Publishing, 1995); Oschman, *Energy Medicine*; Oschman, *Energy Medicine in Therapeutics*; Tiller, *Psychoenergetic Science*; Tiller, Dibble and Fandel, *Some Science Adventures With Real Magic*; Tiller, *Science and Human Transformation*.

Chapter 2: Your Four Bodies

¹ Two major contributors to research on the sense of being stared at are Dean Radin (www.DeanRadin.com) and Rupert Sheldrake (www.Sheldrake.org). You can participate in online experiments at Sheldrake's website. See also, Rupert Sheldrake, "The Sense of Being Stared At Does Not Depend on Known Sensory Cues" *Biology Forum* 93 (2000): 209-224; Dean Radin, "The Sense of Being Stared At: A Preliminary Meta-analysis" *Journal of Consciousness Studies* 12 (2005): 95-100; Dean Radin and Marilyn Schlitz, "Gut Feelings, Intuition, and Emotions: An Exploratory Study" *Journal of Alternative and Complementary Medicine* 11 (2005): 85-91; Dean Radin, "On the Sense of Being Stared At: An Analysis and Pilot Replication" *Journal of the Society for Psychical Research* 68 (2004): 246-253.

² Richard Gerber, *Vibrational Medicine: New Choices for Healing Ourselves* (Sante Fe, NM: Bear and Company, 1988/1996); Charles Krebs, *A Revolutionary Way of Thinking* (Melbourne: Hill of Content, 1998); William Tiller, *Psychoenergetic Science: A Second Copernican-Scale Revolution* (Walnut Creek, CA: Pavior, 2007); William Tiller, *Science and Human Transformation: Subtle Energies, Intentionality and Consciousness* (Walnut Creek, CA: Pavior, 1997).

³ Body cells are information-based and act as amplifiers of experience. For more on this see, for example, Dawson Church, *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention* (Santa Rosa, CA: Elite, 2007); Bruce Lipton, *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles* (Santa Rosa, CA: Mountain of Love/Elite, 2005); James Oschman, *Energy Medicine: The Scientific Basis* (Philadelphia, PA: Churchill Livingstone, 2000).

⁴ Gerber; *Vibrational Medicine*; Krebs, *A Revolutionary Way of Thinking*; Tiller, *Psychoenergetic Science*; Tiller, *Science and Human Transformation*.

⁵ James Oschman builds a strong case for this in *Energy Medicine: The Scientific Basis*. See especially Chapter 13.

⁶ See, for example, Dean Radin, “For Whom the Bell Tolls: A Question of Global Consciousness” *Noetic Sciences Review* 63 (2003): 8-13, 44-45; Dean Radin, “Exploratory Study of Relationships Between Physical Entropy and Global Human Attention” *Journal of International Society of Life Information Science* 20 (2002): 690-694; Dean Radin, “Exploring Relationships Between Random Physical Events and Mass Human Attention: Asking For Whom the Bell Tolls” *Journal of Scientific Exploration* 16 (2002): 533-548.

⁷ The research substantiating the power of intention has exploded, particularly in terms of its application to health. See, for example, Dean Radin, J. Stone, E. Levine, S. Eskandarnejad, Marilyn Schlitz, L. Kozak, D. Mandel, and G. Hayssen, “Compassionate Intention as a Therapeutic Intervention by Partners of Cancer Patients: Effects of Distant Intention on the Patients’ Autonomic Nervous System” *Explore: The Journal of Science and Healing* 4 (2008): 235-243; Dean Radin and Ronald Nelson, “Meta-Analysis of Mind-Matter Interaction Experiments: 1959 – 2000” in *Healing, Intention and Energy Medicine* (London: Harcourt Health Sciences, 2003).

⁸ Dean Radin, F. Machado and W. Zangari, “Effects of Distant Healing Intention Through Time and Space: Two Exploratory Studies” *Subtle Energies and Energy Medicine* 11 (2000): 207-240.

⁹ William Tiller, “Towards General Experimentation and Discovery in Conditioned Laboratory Spaces: Part I. Experimental pH Change Findings at Some Remote Sites” *The Journal of Alternative and Complementary Medicine* 10 (2004); William Tiller, “Towards General Experimentation and Discovery in Conditioned Laboratory Spaces: Part II, pH Change Experience at Four Remote Sites, 1 Year Later” *The Journal of Alternative and Complementary Medicine* 10 (2004); Dean Radin, R. Taft, and G. Yount, “Possible Effects of Healing Intention on Cell Cultures and Truly Random Events” *Journal of Alternative and Complementary Medicine* 10 (2004): 103-112; William Tiller, Walter Dibble and Michael Kohane, “Towards Objectifying Intention Via Electronic

Devices” *Subtle Energies and Energy Medicine* 8 (1999).

¹⁰ K.A. Martin, S. E. Moritz and C. Hall, “Imagery Use in Sport: A Literature Review and Applied Model” *Sports Psychologist* 13 (1999): 245-68.

¹¹ Brent Hafen, Keith Karren, Kathryn Frandsen and N. Lee Smith, *Mind Body Health: The Effects of Attitudes, Emotions, and Relationships* (Needham Heights, MA: Allyn and Bacon, 1996), 463-472.

¹² This is a foundational principle of the field of somatics and body-oriented psychotherapies. See, for example, Moshe Feldenkrais, *Awareness Through Movement* (New York, NY: Harper Collins, 1990); Moshe Feldenkrais, *Body Awareness as Healing Therapy* (Berkeley, CA: Frog Ltd. and Somatic Resources, 1997); Thomas Hanna, *Somatics: Reawakening the Mind’s Control of Movement, Flexibility, and Health* (Reading, MA: Addison Wesley, 1988).

¹³ C. Anderson, D. Keltner, and O. P. John, “Emotional Convergence Between People Over Time” *Journal of Personality and Social Psychology* 84 (May 2003): 1054-1068.

¹⁴ Daniel Goleman, *Emotional Intelligence: Why It Can Matter More Than I.Q.* (New York, NY: Bantam, 1995).

About the Author

Debra Greene, Ph.D., has long been interested in how the bodymind system communicates within itself and how we interact with it. Her background is in communication and somatics (bodymind integration), having earned her Ph.D. from Ohio State University. She is the founder of Inner Clarity (IC), a modality that uses energy-based techniques to enact significant progress quickly and efficiently.

IC is a consciousness-based approach in which energy kinesiology (muscle testing) is used to access information from the bodymind system. Questions are asked and answers derived in a way that disassembles defenses and easily reveals the core of the issue. An integrative approach, IC employs holistic counseling and a variety of energy balancing techniques to transform limitations in the vital/physical, emotional, mental and universal bodies. IC combines the art of energy testing with the science of subtle energies for *“the most amount of change in the least amount of time.”*

Debra is known for her ability to get to the core of energy imbalances and facilitate lasting improvement. An engaging and accessible speaker, she enjoys sharing her knowledge with others. She teaches and has a private practice on Maui, where she lives, and in the San Francisco Bay area, her second home. Please visit her on the web.

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