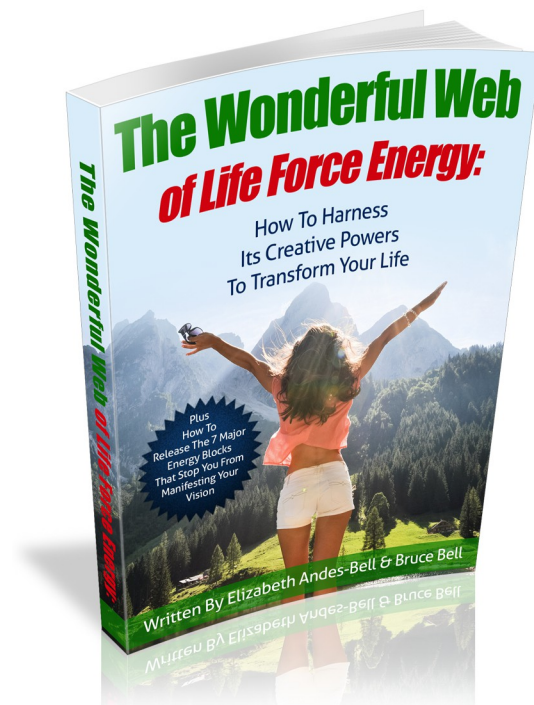


# **The Wonderful Web** ***Of Life Force Energy***

**How To Harness Its Creative Powers To Transform  
Your Life**



**Plus How To Remove the 7 Major Energy Blocks That Stop  
You From Living The Life Of Your Dreams**

*Written by*

***Elizabeth Andes-Bell & Bruce Bell***

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## INTRODUCTION

We have all heard stories of heroic acts and amazing feats of strength in desperate situations. Stories of blind people locating and rescuing someone from a burning building or a person lifting a car to release someone trapped beneath it, actions which are beyond their physical capabilities at any other time, and most of us will have asked; 'How did they do it?'

The answer is **LIFE FORCE ENERGY**.

These individuals did not just develop a unique, temporary power. In their desperate need they momentarily, and subconsciously, rejected the bodily constraints we have been taught to accept. In the moment their self constructed shackles fell away they connected their full being to the energies of the universe and they focused that combined energy on achieving one specific goal.

The simple truth is that every single one of us can do this and we don't need to be in desperate circumstances to achieve it. You can learn to access your own energies and those of the universe at will. The aim of this book is to show you how.

You are not simply mind and body; those are simply tools to help you. You are a miracle of energetic forces. These forces need to be harnessed together and focused so you can evolve and open your mind to your full potential. To begin to transform both yourself and your mind you must learn to focus your energies and direct the combined forces towards your goals, but how do you focus energy if you do not truly understand what that energy is?

To understand this try picking up a stone, any stone will do. Now relax your mind, try to ignore for a few minutes the stresses of daily life and just concentrate on your breathing and the feel of the stone cupped in your hand. If you have relaxed sufficiently you should feel a light pulsing from the stone, this is the stones energy. Alternatively, think of the last time there was a storm; Before it started the air outdoors began to feel pressurized, like static, this built until the storm started and continued till the storm had passed. Again, this is energy. You may be thinking that what you have felt is concerned with nature and not you but that energy you felt is the same energy that runs through all of us. We are all connected and part of it but most people don't realize they can become Masters of their own Energy.

For many centuries we have been taught to believe we are only able to achieve things within our mental and physical capabilities. We imagine ourselves as unchanging – in much the way a building is made of stone, we can't just press a button and change the fabric of the building to wood. In this way we see ourselves as flesh and blood. In reality our bodies are simply clothing or armor used to house our

inner self and it is our inner self that we need to access to reach our potential. Unfortunately we are no longer taught by our peers to do this.

Centuries ago the Ancient Egyptians knew how to master their energies and freely taught seekers from all over the world. This knowledge was passed through the ages and taught through generations and through the Egyptian Mystery Schools. It may surprise you to know that it is reported these practices were studied by such people as Leonardo DaVinci, Kepler & Isaac Newton. As this area is now considered a form of spirituality it begs the question, why would a scientist study it? But science encompasses the universe and how and why it works the way it does. In using our energies we are also using and understanding the energies of the universe. As time passed the study of science, and organized religion, pushed this knowledge aside and for centuries the histories books have been changed to show the results of these accomplishments as outdated tradition or myth. The teachings survived by becoming secretive, hidden within Christian, Vedic and Hebrew Wisdom Schools (to name just a few) and 33<sup>rd</sup> Degree Masonry. Thankfully there have always been some schools of teaching and these are becoming more prominent in modern day life. One needs look only towards Hinduism to see the truth of this. The most obvious example is of the yoga master who, after years of study, is able to disengage from his physical body so he feels no pain.

Mastering our own energies involves a huge energetic shift but the results can be life-changing. Solo study is rarely successful as we are limited by our own indoctrinated perceptions of life so if you are serious about changing your life for the better I would advise you to read and absorb the teachings within this book then seek the help of someone experienced to aid you in putting the knowledge into practice. I am not telling you it is easy and that you can achieve this overnight, it requires practice and instruction and, most importantly – patience, however, when you have mastered the art you will never look back. This little book will teach you how to take hold of your own Life Force Energy and use it to improve your life.

When you raise and stabilize your vibrations to the correct level they will move through all levels of Universal Energy and merge with it to change your own energies. This energy can then be utilized and directed toward your goals.

It's not about wealth or any other specific results at this level, although you will receive it if that is what you desire. (At this point it would be prudent to note that any changes you make to your own life with the utilization of your energy will cause ripples throughout the universal energies, so you should be mindful of what you desire.) It is about having FREEDOM – the freedom to have your full self available, to have vibrant health, ease of financial worries, loving supportive relationships, a fulfilling and rewarding career and fully expressed creativity. In short, it is about having a way to LIVE rather than merely exist.



## CHAPTER 1

### CONSCIOUS CREATION

The conflicts that arise within ourselves develop from a common root cause: - Our desire to be more than we are, to express more of who we are and the search for happiness and fulfillment in all aspects of our lives.

This stems from life's need to replicate itself, to grow and flourish. We see it every day in nature, leave your garden unmaintained for a short while and it flourishes with new life which then spreads and grows. We are the expression of this natural order of creation. We are one force with billions of faces which all desire to expand fully into our own unique flowers. As a race, humankind represses this desire because we have lost the art of communicating with our inner nature. This causes conflict and emotional instability within us as something inside of you longs for expansion. This is the true impulse of life, the Arc of Life.

Try sitting quietly in a place where you won't be disturbed by others. Clear your mind and relax, let go of everything. If you have not meditated previously you may find it easier to accomplish letting go by making your breathing a focus point so you don't get distracted. Take long, slow, deep breaths in through your nose and slowly release through your mouth. Concentrate on this to the exclusion of everything else. As you exhale feel your everyday stresses being released. Try to find the inner calm within you and feel it, listen to your inner voice, explore and get to know the feel of the energy you contain. This may take several attempts but with practice it will become second nature and you will slip into a meditative state at will.

Your desire for more, your longing to express, expand, be and do more is life's most basic, natural drive. The Arc of Life is like a firework. Energy shoots out and up into the sky and wants to fulfill itself in a flowering of light by releasing that energy. It falls, slowly and gracefully back to earth. We all have that desire as the essence within us is constantly trying to fulfill its basic urges of life expressing life. This is the natural spark of creative fire.

That spark is the voice of your spirit; it is the essence of your being communicating with you about love. It speaks about doing what you love, having what you love, being what you love and giving what you love. When you come from a place of love you are endlessly creative. This is because our essence is expressed through our creativity. We can create health just as easily as we create disease. We can create loving partnerships with as much ease as loveless, energy draining ones. We can attain wealth as easily as financial hardship and we can have the most fulfilling professional life as easily as a dead-end corporate job.

WE CAN – BUT WE DON'T – instead we choose to continue to suffer.

We are all endlessly creative. Everything which has been made by humans was once someone's creative desire. We create unconsciously all the time and now it is time to learn the secrets of consciously creating.

You have probably heard this many times and it is likely that many of you will have tried to make these life shifts without much success. To achieve these life changes permanently it is essential for you to understand how to clear your current energy structure enough to break free of its gravitational pull. Achieving this will allow you to raise yourself to a higher level of energy and stabilize it, you can then access your true potential.

***This is where the science comes in.....***

This involves learning a bit about High Energy Frequencies, (HEF), and how we weave these higher frequencies into our experience. This is not as difficult as it sounds, it is just not well understood by our cultural bias. All our lives we are trained to reason our way through everything and discount the existence of anything we do not already 'see'. We exclude our other senses because of the ingrained arrogance of our rational minds.

Reason-biased orientation to reality is a function of our current structure of consciousness. This mindset is slowly shifting but is still not fully understood by the majority of society and that hinders our collective progress to evolve. There are some fundamental tenants to understand about the nature of energy evolving into forms which can provide us with both a context and a map for our transformation.



## CHAPTER 2

### CREATIVE LIFE CYCLE

#### **Everything is Energy Appearing as Frequency and Pattern**

Perhaps you have seen a famous quote making the rounds on Facebook and other social media sites. It has been attributed to Albert Einstein although there is some disagreement that he is the author.

***‘Everything is Energy and that is all there is to it! Match the frequency of the reality you want and you cannot help but get that reality. There can be no other way. This is not philosophy, its physics.’***

The problem with this quote is not just the speculation as to the origin of its author, but that it is only half true. It is, in fact, the combination of the right frequency and the right pattern which needs to be matched. It appears that whoever said it understood only half of the equation, which leads me to believe it wasn't Einstein after all, though he could just have been simplifying things. Despite that it is still a good quote.

The power of the idea is that everything is Energy. This means that we, and all things within the universe, come from one common energetic origin. Furthermore, this common origin seeks to reunite in wholeness be at one with itself. That journey to wholeness must first involve separating from the merged state of existence we live in today. Sadly, though we see ourselves as evolved, the human race was a lot further forward in this process many centuries ago, modern day man has regressed. We again need to find our own individuality and become a one-of-a-kind unique essence. Essence then demands all encompassing expression before once again seeking to reunite with the one source. This is the Creative Life Cycle.

On a smaller scale, every time you suffer a part of you is longing for expression and reintegration back into the wholeness. Humanity is driven to seek unity and unison rather than division and separation because we, and all things, come from and seek reunion with a common energetic origin.

Everything within the universe is interconnected and everything matters. There is no closed grid of chemistry, neurological signals, visceral signals etc. that separates our body and mind from our environment. Our environment is the mirror of our inner integration. You will no doubt have heard the saying, tidy house = tidy mind. A little basic perhaps but a good analogy nevertheless. Our environment reflects back to us the areas where we have not aligned ourselves with our essence. It sparks, driving us to our fullest, most liberated expression. Our neurons are sparks of cosmic fire, our nervous systems speak the language of the cosmos into our blood, organs and finest filaments.

Furthermore, our body and mind understand this language as the Mother Tongue and are called home by it because, they too, are the same substance – ENERGY!

## **BIOELECTRIC ENERGY FIELDS**

*'I sing the body electric,*

*The armies of those I love engirth me and I engirth them,*

*They will not let me off till I go with them, respond to them,*

*And discorrupt them, and charge them full with the charge of the soul.*

*Was it doubted that those who corrupt their own bodies conceal themselves?*

*And if those who defile the living are as bad as those who defile the dead?*

*And if the body does not do fully as much as the soul?*

*And if the body were not the soul, what is the soul?'*

*I Sing the Body Electric*

*Walt Whitman, Leaves of Grass*

Whitman speaks of us as physical, subtle and causal powerhouses of electromagnetic, conscious, enfleshed souls. We are intimately connected in a vast web that is interwoven into the fabric of our bodies as much as it surrounds us all.

First, we are bioelectric organisms capable of operating at different frequencies appearing in different patterns.

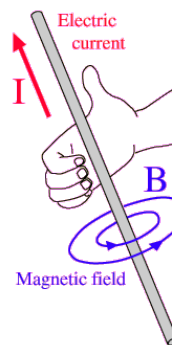
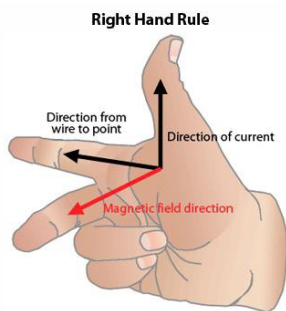
Second, these frequencies have been roughly divided into three major categories of physical, subtle and causal with each category further subdivided into multiple levels. Trying to change your thoughts and beliefs focuses on only two of the physical frequencies. Backing them up with actions is crucial but, often, the rest of our energy system is obstructing the change. In the same way as if a car needs 3 new spark plugs and we give it 2 but merely clean the 3<sup>rd</sup>, it will work for a while then fail, this is what happens when we try to make changes in our own lives, we neglect the third element so the changes only last for a short period of time.

Let's take a deeper look at how this works as energy:

**Electromagnetic Fields**, or EM Fields, exist in ALL biological life.

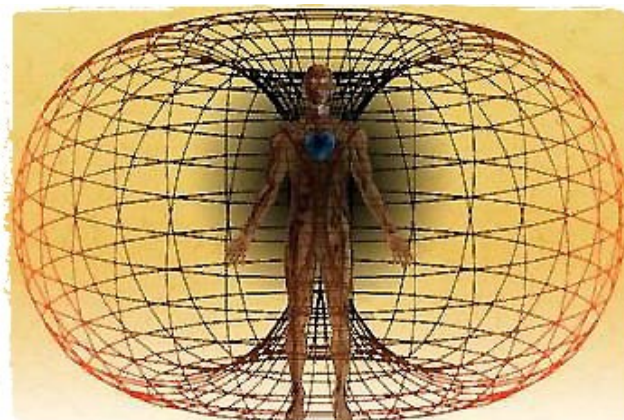
Electric fields are pure prana, (life–force energy or chi). They radiate like the sun. Energy radiates outwards from a positively charged point and inwards towards a negatively charged point. When we feel happy we radiate that happiness outwards towards others, when we feel depressed, stressed or any other negative emotion then we close ourselves off.

Magnetic Fields: Electric fields are surrounded by magnetic fields. All living things, including the Earth, have magnetic fields. (Earth's is like a bar tilted 11 degrees from its spin axis. A magnetic field behaves differently and can be remembered by the Lorentz Law, (Right Hand Rule).



A bioelectric charge comes from two complimentary spirals moving in opposite directions toward a pole. Right hand spirals down and forward, (thumb to palm), to a south pole. Right hand spirals up and backward, (thumb to back of hand), to a north pole.

The flow of life demands that energy moves through a form, like a spiraling wave. When energy moves it brings healing, resolution and integration. When it gets stuck the opposite occurs.

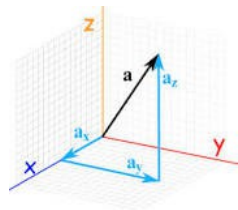


To enable us to evolve into the vision we hold for ourselves we must combine energy with structure. New habits and a new alignment that comes from the old structure of your body and mind will not shift the pattern that caused the problem in the first place. The old structure is too contracted or dense to allow the required shift to occur. Leaking and dissipating energy from previous behaviors, such as being too busy or distracted, will not create enough of an energetic charge to shift the field into resonance with a new, healthy pattern. Our evolution depends on the right balance of energy and form.

The other key ingredient for creating sustainable change is intention. When that structure aligns itself with our intention, the intention becomes a focal point that can unfold a new pattern. The problem is that most of us do not understand that the level of resolve that is required does not come from our personality or emotions. It comes from a deeper place within us, a place of impersonal power. This will be much clearer to understand later when we discuss the anatomy of the human energy field.

At this point we are also aligned with a holographic, geometric blueprint that is the sacred geometric code that Nature uses to manifest form. Keeping this form fed with moving energy while keeping the energy stable enough to not implode or explode, gives rise to a higher, more coherent structure.

If you are reading this and thinking to yourself that it takes stress to change a system then you are correct. Take a closer look at EM fields. We can compare Vectors to stress. (A **vector** is a set of instructions for moving from one point to another in three dimensions. A line which has both magnitude and direction can represent

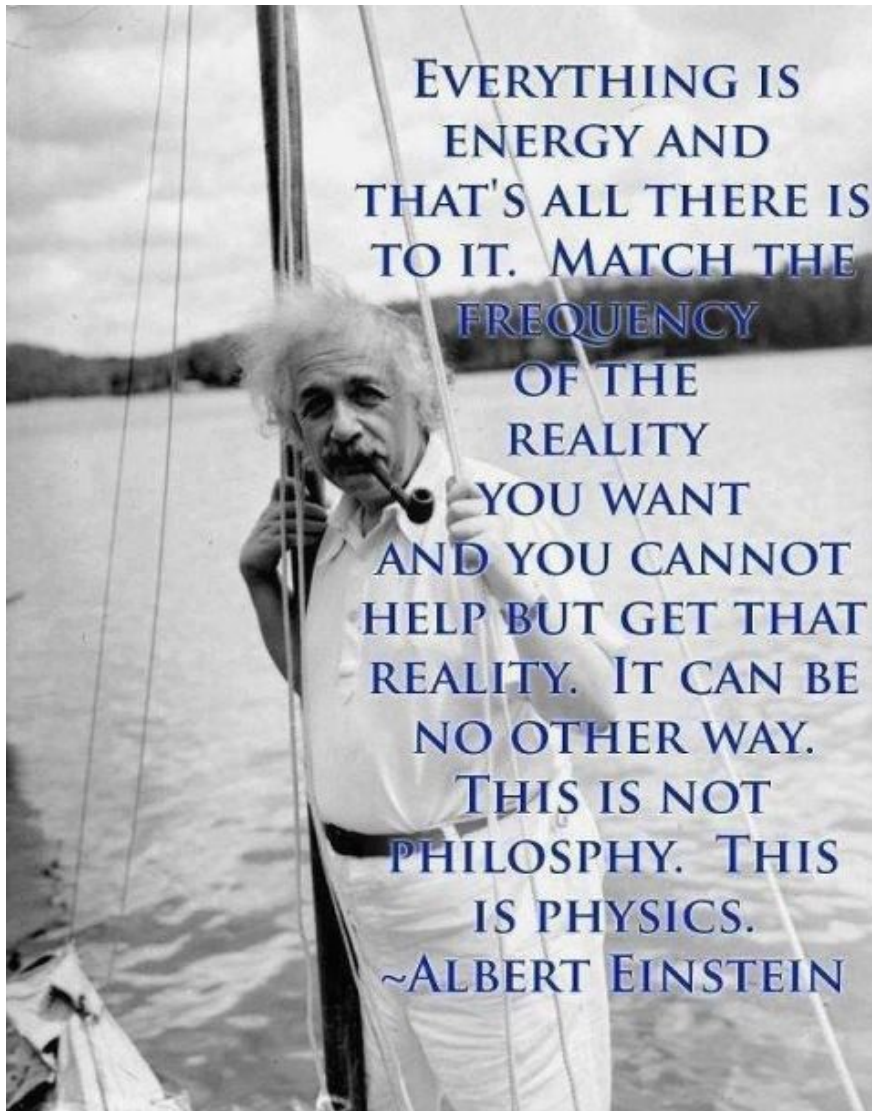


this **vector**.)

Vectors are forces that have both direction and length. As they move they exert their force of the position and magnitude of particular points in space. When you have a magnetic force, and the torque it exerts on a moving wave of electrical charge then the vectors are pulling the charge off axis and off center. At first the opposite is happening because electromagnetic fields hold atoms and molecules together. Electric attraction and repulsion of the electrical charges exert the major force. Magnetic fields operate in and through this to create a rhythmic flow. As the form dissipates it becomes like a spinning top that has reached the end of its spin. It will start to wobble then fall over.

Like the moody ocean reveals, there are many types of waves. There are sets of waves of various sizes that repeat for a while then become irregular before returning to their pattern, there are choppy waves which respond to a steady gale or get whipped up by a distant storm and there is one type of wave which is not so

apparent, the Scalar Wave. We will touch a bit more on this later but for now know that Scalar Waves, (also known as standing waves), have a peak equal to its trough, meaning – they balance each other out. Their meeting point is Zero Point Energy. When the magnetic field is aligned to the poles the energy output is at its lowest. There is a natural gravity and buoyancy. We experience ease, flow and effortless unfolding. This is known as the Scalar Experience. It is the difference between energetic alignment and misalignment. It is a place of energy mastery.



## CHAPTER 3

### THE WONDERFUL WEB OF ENERGY

#### The Wonderful Web of Energy, Interconnectedness and Emptiness

**'...particles are dynamically composed of one another in a self-conscious way, and in that sense can be said to 'contain' one another'**

The Tao of Physics

By Fritjof Capra, 1975

Capra refers to the theory that everything is not only woven into a web of interconnection to everything but also that everything contained in that web is reflected into everything else.

The story of Indra's Net is set twenty five thousand years ago. It is an ancient Hindu Myth about this phenomenon of particle physics.

Indra, who is Lord of the Heavens and King of the Gods, has created a net that stretches throughout heaven. At each node where the threads of interconnectivity connect, is a multifaceted jewel that reflects all the other gems in the net's infinite expanse. Every living organism in the universe is one of those gems, therefore, you also reflect every other gem. You cannot make clear boundaries between you and what and whom you are reflecting.

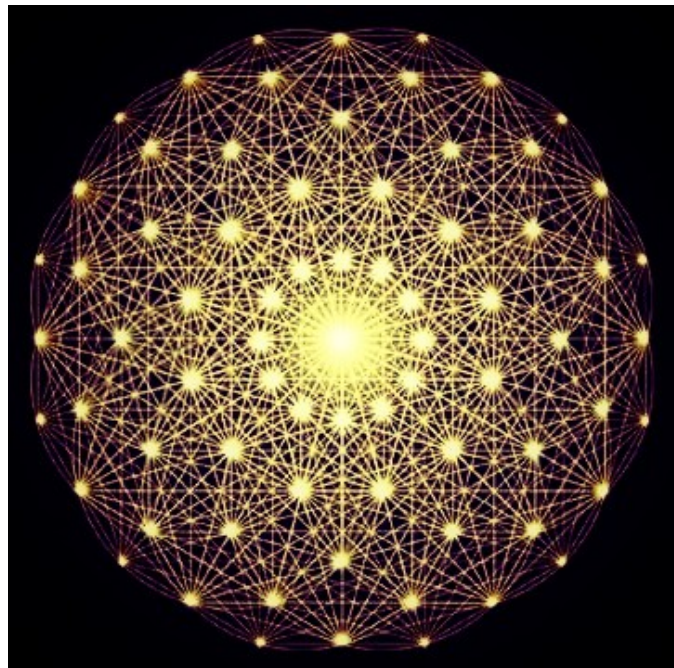
The threads of the net are like superconductors passing information through infinite space.

In general use nets are for catching things but Indra's Net was a multidimensional web that knit the entire cosmos together and out of this the entire created universe as well as the unmanifest potential arose. A sparkling eye-like jewel hanging at every intersection of this cosmic cobweb represents the cosmic yoni, (the womb of the universe). Within this is the potential for all things to manifest.

This is such a powerful image that it is easy to become distracted by it and fascinated with the replicating geometry of form, so much so that we miss the power that is driving it to unfold and refold into existence. But, what causes a potential reflection to manifest and what brings about the desired outcome?

There is an equally powerful story in the so-called empty spaces in between the lines of the net but before we explore that, let's review what we have learned so far:

1. All life is made up of energy, in fact, everything is energy.
2. Life force energy is conscious, vibrating and alive. (Aristotle called it Ether, Yogis called it Prana and Chinese Sages called it Chi).
3. Energy moves in waves and spirals as electromagnetic waves.
4. High frequency bio-electric energy fields which are aligned are Scalar Waves, (standing waves).



A group of Scalar Waves becomes a Scalar Field which acts like a superconductor. They send encoded pictographs of life force and information through any medium, 10 billion times faster than the speed of light.

According to American Physicist, Richard Feynman.....

**'The energy in a single cubic foot of perceived empty space is enough to boil all the oceans in the world.'**

**Spontaneous Evolution**

**Bruce Lipton, page 104**

The Buddhist concept of Sunyata, (emptiness), teaches us of a shining emptiness of impermanence more than lack. Kashmir Shaivism speaks of the potential that is present but not yet manifest. \*(Wikipedia)

This understanding seems to dovetail with the recent scientific discoveries relating to the plenum within dark matter. Empty space is not really empty at all. Planets are not floating alone in empty space. We are never truly solitary. We are woven into a web of not only what has manifested but also of that which is possible.

All possibilities exist within this fertile emptiness. Visualize a world where we are consciously able to participate in deliberately creating an advanced state of well being, a consciousness that is invigorating, vigorous and inspired. Where we are able to expand our thinking beyond a relationship with what has already evolved to a relationship with that which is yet to be. We are able to experience the full range of emotions and respond creatively as needed while still being in contact with ourselves, each other, the situation, the wave of energy and the divine context in which this is arising and dissolving. Imagine that we are still able to guide the ship of our lives without getting lost in circumstances or sunk by a storm of emotion. Envision we can consciously call forth the possible future we choose by consistently matching the right vibrations at enough of the levels of our physical, subtle and causal beings to create a tipping point.

Within this world the opportunities for happiness and well-being are not only infinite, they are well within all our capabilities to achieve.

You may remember that we spoke about intention being the other key ingredient for creating change that sticks. It is the power of your steady intention that calls the desired possibility into form.

Certain triggers set off specific patterns of the desired possibility. It is not about the patterns or the behaviors, it's about the interconnections. Activate the correct interconnection and that can set in motion all sorts of new patterns that have not previously appeared. New patterns rise out of a different causal commitment supported by different conditions.

To understand this fully you must first understand the Human Energy Field.

## CHAPTER 4

### THE ANATOMY OF THE HUMAN ENERGY FIELD

**'Life must express its energetic nature first,  
It encloses itself in a membrane second,  
Its job is to transpose from energy to matter to energy etc.'**

**Wilhelm Reich**

Think of the Human Energy Field, (HEF), as an onion. It has many layers of both thick and gossamer thin substance. These layers are divided into four sections:

#### **Physical, Aura, Hara & Spirit.**

A dysfunctional pattern in one level simultaneously exists on all levels. It cannot be otherwise. This is the second universal law, (discussed later in the book), The Law of Correspondence, (as above so below, as below so above).

#### **The Physical Level**

This level consists of your physical body in its entirety, including your organs, respiratory, cardiovascular, muscular, skeletal, endocrine, fluid, nervous, digestive, reproductive and fascial systems, including your cells and DNA. It also consists of patterns of alignment, actions and physical responses on both a conscious and unconscious level.

#### **The Aura**

The Aura is made up of the seven major Chakra's and their energy field, around and throughout the body. Your energy, emotions, thoughts and beliefs, both conscious and unconscious, are on this level. (There are more than seven Chakra's but for the sake of simplicity we will limit our discussion to the seven major ones).



## CHAKRA'S

### **Chakra One:**

This is the Root Chakra, (represented by the color red).

Located in the pelvis this nourishes physical life, grounds our experiences in our bodies, our lives and our sense of home. Safety is its number one purpose.

### **Chakra Two:**

The Sacral Center, (sometimes called the Womb Chakra. It is represented by the color orange).

Located just below the navel, it governs our pleasure, creativity, sensuality and sexuality. The energy that has found a home in Chakra One now extends the comforts of home to the immediate environment and life experience. Sexuality and Reproduction are its driving purpose.

### **Chakra Three:**

The Solar Plexus Chakra, (represented by the color yellow).

This Chakra is concerned with the mental processes, the ego's sense of self, meaning-making and identity. Its purpose is identity-building, control and power.

### **Chakra Four:**

The Heart Chakra, (represented by the color green).

This Chakra is the turning point in our evolution. It is about the giving and receiving of love and support, at the level of getting our needs met but also on a more advanced level. Its purpose is service and compassion.

### **Chakra Five:**

The Throat Chakra, (represented by the color blue).

This chakra is concerned with speaking your truth, finding your true vocation and being a leader in service and through your profession. At the higher level the fifth Chakra is the place of wisdom.

### **Chakra Six:**

The Third Eye Chakra, (represented by the color purple).

Located near the Pituitary Gland this chakra functions as a centre of envisioning, imagination and the ability to oversee the execution of a vision. When this centre awakens to higher frequencies the subtle worlds become tangible.

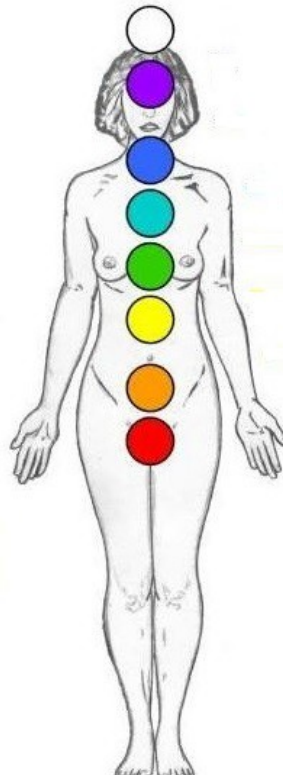
### **Chakra Seven:**

The Crown Chakra, (represented by the color white).

This chakra is located near the Pineal Gland. It opens our awareness to order, purpose and (at the higher levels) Divine mind.

The chakras run along the vertical axis of the body near the spine and root into a central current known as the 'Sushumna'. The Sushumna is the main energy channel of the body. Yogis have identified as many as 72,000 minor currents of energy, (known as the Nadis), branching off the Sushumna.

One important point about the chakra's and their corresponding layers around and through the body, is that they form patterns and responses by closing, opening and distorting based on our emotional responses. The auric field is constantly changing, highly reactive and rarely trained to function in ways that can support our well-being. The good news is that learning how to manage our energy fields is fast and simple – anyone can do it.



## **The Hara**

The Hara level is a deeper impersonal stream of energy based around presence, steadiness, soul guidance and intention. Think of the unwavering resolve of a master of martial arts. Hara taps into the energy of your mission/goal and helps to keep you focused by aligning your actions with your intention. Aligning with hara is a wonderful way to stay focused, on target and on message. It is robotic to just abide within your Hara though. What makes us human is that all of us have physical and emotional challenges. Working with this impersonal level of strength and in the service of something higher while understanding our challenges is the raw material of awakening to the potential within us .

## **The Spirit**

The spirit is the higher level which your body, by working with these other energies, has become a vessel for. Its essence flows through your very presence and touches other people like a healing balm. It radiates from every pore, every cell, every chakra, and every hara point. It is the highest, purest frequency, the frequency of love.

## CHAPTER 5

### WHY PEOPLE FAIL TO CHANGE

**'Everything we experience is rooted in the vibrational pattern of our body/mind'**

**Thomas Huebl**

In his book, **Spontaneous Evolution**, Bruce Lipton describes protein molecules as the structure and function of all biological organisms. He defines the primary characteristic of life as movement.

When your proteins stop moving, your body is breaking down. Chemicals triggered by nerve impulses get things moving BUT..... lifestyle, diet, thinking, social and physical environment and especially your choices, when activated by **witness** and **will** are the primary determining factor.

According to Lipton, when energy stops moving through a cell, it is not because it was a genetically exploding time bomb. It happens because the cell, (specifically a receptor protein within the cell), can no longer connect with a protein outside of the cells membrane than can nourish it. It cannot perceive, (take-in), it's precisely matched mate because either the protein is defective or the signals which tell it to hook up are off.

**(Spontaneous Evolution Part 1)** Perceptions drive our behaviour at all levels, from the behavior of protein within cells to thinking that we are aligned when we are not. Only about 5% of the human population is born with birth defects. For the other 95% of us there are three primary triggers of dysfunction and disease; trauma, (physical, emotional etc.), toxicity and thought.

When energy stops moving through the subtle levels of chakra's, hara's and spirit we become stuck in dysfunctional patterns and suffering. As above so below/ As below so above. This is where science and metaphysics come together.

**You could say that the expression of life is the movement of energy, and that this is true from a macrocosmic to a microscopic level. This pulsating matrix of conscious energy is forever transposing itself from unmanifest energy to manifest matter and back again, and again, and again.**

Therefore, when Lipton's book names the new science of **Epigenetics**, he is really talking about the biological understanding of energies' urge to move. Epigenetics tells us that environment, not solely our DNA, can determine the actions of a cell. The environment of a cell, a glandular system or an individual can determine which latent tendency unfolds, (i.e. the tendency to develop or not develop breast cancer). What unfolds is a resonant match between the core and the environment.

Epigenetics and new discoveries in our brains' plasticity are telling us that we can change outcomes. We do NOT have to become stuck in negative patterns. However, just as epigenetics looks at health and disease as an outcome of a system, changing the way we think and behave must not only be about the brain. We need to address the entire mind and body systems of the Human Energy Field.

Systems are groups of related parts that move or work together. They are interacting, interrelated or interdependent elements forming a complex whole, i.e., the human cell, circulatory system, body, family, cultural or ethnic group, country, planet, solar system and, of course, human life.

Systems behave in certain interesting ways. They are programmed to be self-perpetuating and protect their own survival; in other words, a system will consistently repeat its behavior. This is why you can't change a system, instead you must replace it with a higher functioning system. A caterpillar doesn't change into a butterfly, it first must ingest bitter milk thistle that allows it to secrete a fluid which will become a hardened pod, (chrysalis). Inside the pod the milk thistle fluid breaks down the caterpillar's body, out of the soupy remains of the caterpillar the butterfly begins to grow, thereby turning the original system which was a caterpillar into a completely new system. The butterfly's emergence is the transformation.

Just as we don't want to waste time fighting off the ravages of stress-induced diseases (from the constant adrenaline/cortisol overload), neither do we want to waste our energies on the wrong solutions because our perceptions are off.

Your Human Energy Field is your blueprint to the hidden issues in your way as much as it is to your highest self. However, you won't succeed in awakening your higher potential if one or more of these three conditions exist:-

ONE: Energy is blocked in one or more chakras.

TWO: Energy is not integrated into Hara and Spirit Levels.

THREE: You are trying to effect transformation from either the mental level, (3<sup>rd</sup> Chakra), or the physical level, (1<sup>st</sup> Chakra).

The majority of people will choose their goal, pick an image to use to visualise that goal then focus that image on the 1<sup>st</sup> or 3<sup>rd</sup> level, the result being that the goals work stems from an unintegrated place.

**Western civilisation teaches us to reason. Reason has no effect on the subconscious, unconscious or body patterns. By using the 1<sup>st</sup> or 3<sup>rd</sup> levels we are trying to transform without changing the structure that created the problem in the beginning.**

## CHAPTER 6

### MIND AND SPIRIT

#### **'You can't connect to spirit by thinking alone'**

For more than 2000 years the mind or spirit debate, (more commonly known as the science or religion debate) has been raging. Are we made of matter and is it ONLY our brains which direct what we do OR is there a higher power that leads us? As we stated earlier, it is a sad fact that thousands of years ago many of these ancient mysteries were part of a standard education. Plato and Socrates believed that the study of geometry was necessary to understanding the workings of the universe. In fact, inscribed over the door of Plato's academy were the words "Let no man ignorant of geometry enter." Science was understood as the out picturing of a numinous cosmos. Science and religion were polar opposites, two sides of one coin. The introduction of organized religion, and the subsequent outlawing of so called heathen beliefs, caused rifts in the fabric of our understanding of the universe. The punishment of any practises which were in opposition to religious laws caused those who still believed in the old ways to go into hiding or practice in secret, thereby ensuring most of our previous knowledge was lost.

So, is mind and spirit the same thing? The simple answer is NO! Our mind is a physical attribute of the human body, it is susceptible to damage, it can die, it can cease to function correctly, become ill, and most importantly, it can become infected with negative thought processes. The spirit is not physical. You can't touch it in the way you can with your leg or face, you can't feel it in the way you feel massage or pain. It doesn't smell or taste of anything and you can't hear it with your ears. But still you are aware that it is there. It shows itself in your unconscious thought, that gut feeling you get when you know something is right or wrong, the little voice that whispers in your ear when you are confused and don't know what to do – spirit is tangible, just not physically.

The body is simply a physical vessel our spirit uses as a tool to enable it to grow and experience things. When our bodies fail and we die, it is only our physical body, the outside shell that has housed us, that dies and is cremated, our spirit detaches from the physical and is free to find a new vessel to dwell in for a while.

**'Mind and Spirit is not the same thing. The spirit and the mind are two different things entirely and should not be confused together. The mind is an instrumental entity or instrumental consciousness, this function is to think and perceive. The spirit is an essential entity or consciousness which does not need to think and perceive either in the mental, or the sensory way, because whatever knowledge it has is direct or essential knowledge.'**

Sri Aurobino (1872-1950)  
Philosopher, Guru, Yogi,

Poet

## 7 UNIVERSAL LAWS

There is one more piece of information you require to become masterful at working with your energy and creating the transformation you seek. How does spirit manifest form? Creation is a collaboration with the Divine Source.

**The Seven Universal Laws**, made famous by **The Secret**, is taken from these mystical principles handed down from the Egyptian Mystery Schools to the great wisdom traditions who then shared them with their initiates for centuries. This knowledge is now freely disseminated but unless you understand the energy of the creative principle, and how to work with it, the code will remain unbroken to you.

Here is a brief review of the Laws, as taken from The **Kyballion** by **Hermes Trimestigus**. We have included some of our own explanations as the translation is a little misleading.

### LAW ONE – ALL IN ONE/ALL IS MIND

As Sri Aurobindo states in the quote above, mind and spirit are not the same thing. We prefer the translation: **All is Spirit**. Perhaps the cleanest way to think about creation at this level is geometrically. Maybe this is why Muslims only allow geometric forms in their sacred places rather than the face of God/Allah. If nature uses geometry as her blueprint for creation, why shouldn't we?

### LAW TWO – AS ABOVE SO BELOW/AS BELOW SO ABOVE

This is the Law of Correspondence, the origin of the concept of Mirrored Consciousness. Think of fractals and the way geometry divides and subdivides into infinity. The patterns in your body (soma), reflect the patterns in your psyche. There is balance in everything. Without white there would be no black. Without hate there would be no love.

### **'For every action there is an equal and opposite reaction'**

Newton's Third Law of Motion

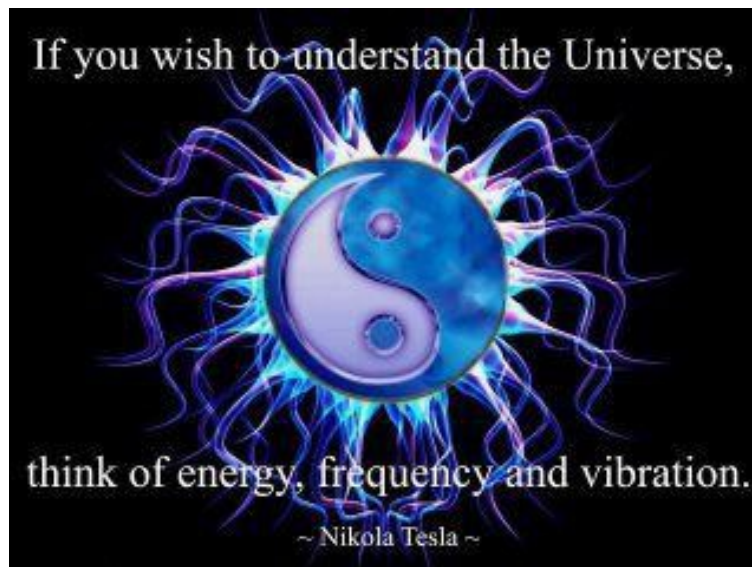
Where you feel stuck or blocked in your body are the best places to start investigating. Look at these places, befriend them instead of pushing them away. What color, texture and shape are they? Drop in deeper and see if they are saying anything to you. They probably think they are protecting you. Consider when and where in your life did you stop the flow and contract.

We guarantee you, there is a wealth of information locked in those areas. This information exists on all levels (physical, energetic, emotional, mental and spiritual).

### LAW THREE – VIBRATION

Everything vibrates, moves or wiggles. Call it what you will, nothing is dormant and still. From the most subtle to the densest layers of atomic substance, there is energy.

Energy which doesn't move vibrates at a lower frequency, as does fear, disease, hatred or anger. Willingness is a neutral energy, it can stop a negative pattern from repeating. Even though you are unlikely to be able to garner the higher vibe of love yet, willingness will at least get you into the game of transformation. (source: **Power versus Force** by David R Hawkins)



### LAW FOUR - -RHYTHM

Vibration moves to a rhythmic pulse that expands and contracts. It radiates out and withdraws in, like the electric energy of a heartbeat. This is known as the **Pulse of Life**. When we stay present with the life pulse we can be grounded and embodied. We can ride the wave, moment to moment, without losing our connection to the electric energy of life force which fuels the process of the creation unfolding.

### LAW FIVE – POLARITY

Polarity is not duality. Duality is two opposite things, as separates, such as up and down, in or out. Polarity is two sides of the same thing, a penny has two different sides but is still one thing. Polarity acts like a magnetic field. A negative pole and a positive pole create a charge, (such as a battery), and that move a current of energy.

### LAW SIX – CAUSE AND EFFECT

Operating from the causal level is where we transform. It is even possible to undo Karma from here. Most of us only operate from a perception of the effects and fail to connect with the underlying cause. Our ordinary thinking processes tend to react

habitually to our perceptions, this is because the sensory information triggers memory pools.

We are meaning-makers and thus, programmed to associate the incoming sensory data with pre-existing patterns on our interpretation of past experiences. We associate similar previous circumstances to current ones and assume the outcome will be the same. We encapsulate the unfolding phenomenon within an underlying understanding of the way we are or the way the world is.

Casual phenomena can be likened to an iceberg. It is the 80% below the surface which we cannot see. New patterns arise out of a different causal commitment supported by different conditions. Simply put, though your situation may be the same as previously, if just one element within your situation is slightly different, maybe your emotion is different or your stress levels higher or lower etc, the end result cannot be the same.

### **LAW SEVEN – GENDER**

Just as polarity, (positive/negative, male/female), is needed for energy to move, that movement is also needed to create anew. The conjunction point of two complementary and opposite spirals is known as Zero Point. Like the Jewels of Indra's net, these still spaces where spirals meet are the womb of the universe. Possibility emerges as life, as new creations, as transformation from these sacred spaces.

Every seed has a gestation period. If we consider epigenetics, we know that our job at this point is to create the right circumstances for the best outcome.

## CHAPTER 7

### BREAKING THROUGH THE BLOCKS

Not only are you now ready to understand the seven main energy blocks, you are also ready to do the work that gives you the results you seek. Most people never reach this point, they try to change, they fail and then they give up without ever knowing the mistakes they may have made or how close they were to achieving what they sought.

#### **ONE – Trying to Change from the Wrong Place**

Once you connect with the energy of spirit there is a sense of joy and momentum that is palpable. It is the energy that has you jumping out of bed in a morning eager to start your day. It's the energy that fuels you for 10 straight hours without getting tired. If you are reading this and thinking that it can't be right because you rarely 'jump out of bed' or manage more than 4 or 5 hours before you start to feel tired, then you haven't yet connected. Life is nourishing, you don't NEED vacations, you don't HATE Mondays and you CAN always be bothered to do things you don't enjoy – **you just don't know it yet!!!!**

There are simple steps to get in touch with the essential frequency of spirit. They involve working with your Human Energy Field to keep it grounded and flowing and a regular physical practice such as yoga or thai chi. You can also practice mediation and/or work alongside a like-minded group who meet to practise together.

A regular practice aligns you with the Divine Matrix, that same matrix that originally spun out you and that still lives within you as the experience of authenticity and vitality. Doing a regular practice means that you are consciously choosing to build the environment that's supports the manifestation of your highest outcome.

*A friend of mine recently got a big promotion at work. Taking the promotion meant that she would have to give up her regular yoga class, (she calls it 'her Prozac'). Knowing that skipping her practice was non-negotiable her options were either refuse the promotion or find a way to do both. She now gets up at 5:30am every morning to listen to a podcast of her favorite teacher's class. She has been able to accept the promotion and still make practice her priority because, to her, the practice is invaluable.*

Over time, big changes occur. Slowly but surely you are turning the cellular matrix of your body over and over, thereby aligning it with the larger matrix of external values, like a master weaver. Thus, you create the optimum conditions to open to higher transpersonal frequencies beyond your mind's capabilities. You let go of your ego and accept yourself for who you truly are. Witnessing the distinctions between your

ego's voice, your shadow and the essential voice of spirit helps keep us aligned with spirit. It is not something we can master overnight but something we cultivate over time.

## **TWO – Energy blocks in body patterns, not just mind. Law of Correspondence**

As you are now aware, your patterns exist on all levels, from the most subtle to the most dense. Now that you know about the Human Energy Field you will want to use all of it to effect change. Get in your body and ground your energy so you can build enough of a base to reach the higher dimensions of **Spirit**.

Use the resolve of your **Hara**. Like a practitioner of martial arts, embody the power and strength that is aligned to your highest intention. You must jump to a higher level to access your higher functions. A shift of intention places us in the field of **Cause**. Then time and repetition will create the conditions to support the emergence of **'something totally new'**. Something that can overcome the gravitational pull of the old and make itself the new patterned behaviour.

Robert, a psychiatrist, was a client of ours for many years. Recently divorced and a single father, he had been experiencing persistent lower back pain. He was diagnosed with a herniated disc, piriformis syndrome and spondylolisthesis. His body type is muscular, dense and tight. He tends to hold on and hold in. The healing work we performed focused first on his body. Without first changing the body and getting the energy flowing through it there is no possibility of changing the mind. We restored pulsation and motility so that he could have a ground from which to experience himself as spaciousness and ease. Once we had relieved the physical pain he was ready to see how he holds the energy in his body just like he does in his mind. It was then a small step for him to begin easing up on the negatives he places on his life, himself and his ex and began to unburden his body and mind.

## **THREE – Energy blocks in some Chakra's, not integrated. (You may need energy work on the Spirit, Hara or Chakra level)**

Chakra's that are blocked go 'off line' causing us to overwork the open ones and leading to distortions of energy and perception, and sometimes disease. For instance, people who have issues with self worth will not be able to see the whole chakra system in an integrated way. They will by-pass the Solar Plexus Chakra and may go straight to their higher centres in the sixth chakra. Common results of this distortion are people who have big visions but lack the ability to deal with whatever it takes to manifest it. They end up frustrated and bitter, (a third chakra/liver issue).

## **FOUR – Losing LIFE FORCE by leaking, dissipating, freezing, leaving or distorting their energy**

Building on the third reason, when a chakra is blocked or torn the Human Energy Field will compensate by configuring itself in such a way that it can compensate and defend. This reaction causes you to lose energy. It is a reaction that becomes habitual and totally unconscious. Until you recognise it and learn how to release the current pattern and replace it with a healthier one you will continue to be increasingly affected by it.

You can often recognise the pattern by a repetitive loop of thoughts and either a collapsed or puffed up posture.

### **FIVE – Failure to see that Gratitude is the Key to Abundance and not knowing how to Embody that Gratitude.**

Being thankful for what we have is the key to being able to attract what we want. It is often said that ‘by being the vibration of what we want, we will attract it’. Gratitude is not a thought, it is a total, sensory experience that’s fills us. Too often we fail to have a total energetically charged experience of this feeling so that we become a vibratory match of this frequency. Consider how many times you have said thank you in your life. Now consider how many times the words have erupted from you with no conscious thought. We tend to look for where we perceive gratitude should be in our lives then attempt to feel grateful. This is a backwards action and only serves to keep gratitude and abundance at arm’s length. **We need to FEEL IT, PERCEIVE IT and CONCEIVE IT by EMBODYING IT.**

Here is a quick exercise to embody gratitude.

1. Think of one thing you are grateful for.
2. Where do you feel sensation in your body? What does it feel like? Describe it using color, shape, sound, texture etc. Let your imagination flow.
3. Now intensify that feeling 10 times.
4. Anchor that feeling within your body/mind energy field by bringing your thumb and index finger together and saying ‘Thank You’.
5. Allow the template of gratitude to fill you, surround you and emanate from your core. Be the energy of gratitude. Vibrate at that frequency.

### **SIX – Operating from Ego’s emotions and thought forms, believing they are the only reality.**

We possess higher operating systems than just our ego-mental ones. The ego is like your GPS, guiding you to the destination determined by your **Spirit** and set by your **Intention**.

Our ego's perceive a separation of self and other. They are compelled to reinforce that separate existence by creating a meaning for it. Ego's must construct a story to protect itself. Defending that story becomes seen as a matter of survival.

Beginning the awakening process involves understanding the right use of ego and deconstructing elements of story that keep us energetically blocked.

The energetic blocks on the mental level are your story. They keep us bound to the ego's defensive positions and hinder our progress. We want our egos to act like the General following the orders of his Commander-in-Chief, (spirit). We want to operate from our essence, (the flow of spirit in life). This is a higher structure of our consciousness that sees more possibility and connection. It's much more creative and innovative. When we disconnect from this higher functioning self and revert to operating from the ego, we tend to repeat the mistakes of the past by operating from the known and from limitation.

**SEVEN – We lack the understanding of how to work with the Creative Principle of Manifestation.**

Once we are capable of switching on the electric current of our life force, stabilize it in a magnetic field and move a charge through us, we begin the process of clearing our energetic blocks. We raise our frequency and access the higher levels of **Hara** and **Spirit**. We can then begin to work with the Seven Universal Laws and consciously, deliberately, co-create our lives as the divine expressions we truly are.

## **CONCLUSION**

### **HOW WE TAKE YOU THROUGH THIS TRANSFORMATION**

I hope that after reading this book you are feeling inspired to become a Master of your own Energy.

If you are ready to free yourself we would love to hear from you. Why not come along to one of our hangouts and have a chat, get to know us and grab yourself some free stuff.

Hangouts are free to attend for all and there is no obligation to work with us but if you are serious about improving your life then we can show you how to begin fulfilling your potential, re-structuring your consciousness and seeing, feeling, sensing and experiencing all that life has to offer you.

This is not a course or a coaching or reiki session, it is an initiation into a new way of living. We are serious about guiding you so the only reason to work with us is to change and improve yourself and your life.

In addition to supporting and guiding you while you learn to achieve your goals, we also offer chakra readings, light healing, energy blueprints, quarterly energy yoga therapy, hangouts and VIP days + more.

Why not check out our fan page and newsletter/blog.

Thank you for taking the time to read our book and we look forward to hearing from you.

## TESTIMONIALS



“I love working with Elizabeth. Our sessions leave me feeling relaxed and energized. My flexibility, range of motion and even my oxygen levels have increased since I began working with her. I recommend her highly to anyone who wants more vitality and more calm while becoming physically fit and I'm 95!

***Celeste Holm – Actor***



“Elizabeth is a real teacher, healer and yogi who profoundly understands the therapeutic and transformative effects of yoga. She has a true passion to share her gifts and help others heal.”

***Cynthia Nixon – Actor***



“Elizabeth and Bruce have not only brought the ancient techniques of yoga up to date and applied them to our ever-expanding life experience, they have integrated them with the path of personal growth. Their work teaches us how to live in this ever-changing world of synchronistic chaos, that we are not only a part of on a large scale, but also is, on the quantum level, the very ground of our being.”

***Barbara Brennan, Author “Hands of Light”  
Founder/Director, The Barbara Brennan School of  
Healing***



“Elizabeth is a remarkable person, always interested in expanding her awareness of yoga, and integrating this with as many disparate views as possible, so as to teach people the same basic message in the ways they can receive it. She is a brilliant innovator, an accomplished professional and someone who is revolutionizing the world of yoga day by day.”

***Dr. Srinivassan Pillay, CEO Neurocoaching Center  
Columnist, Huffington Post***

## ABOUT THE AUTHORS

Bruce and Elizabeth are graduates and former teachers of the Barbara Brennan School of Healing. They founded the school's Department of Creative Arts to explore the relationship between creativity and healing. They created group healing experiences including ceremonies with an ecumenical group of shamans and **Cellular Awareness**, a free-form method of yoga that is driven by the natural flow of life force energy in the body. In this technique, the body becomes an access point for awakening evolutionary consciousness and a nesting area for grounding ourselves to function at higher levels.

Bruce is an experienced presenter and workshop leader with a mastery in reading energy, holding space, delivering a teaching and deftly guiding people into profound experiences. He is an experienced facilitator for depth processes. Bruce co-lead large group processes called Healing Vessels and was a senior case presentation leader at the school.

Bruce has also had a private energy healing practice for over 20 years.

**Elizabeth Andes-Bell** is the creator of Energy Yoga Therapy which synthesizes yoga and energy healing to help us release dysfunctional patterns in the body/mind system. This opens the way for life force energy to heal us. We function better. We manifest consciously. We live with more vitality. We age with ease and grace.

Elizabeth has maintained a healing and yoga therapy practice since the mid-nineties. She is a frequent speaker and workshop leader who specializes in helping people integrate the energetic wisdom and transformative potential of yoga. She and her husband, Bruce co-own and operate Namaste Yoga Center, Life in Motion Yoga and Bodystrength Fitness on New York's upper westside where she teaches yoga classes, workshops, retreats and teacher trainings. She is a member of the International Association of Yoga Therapists. For more information about Elizabeth and her programs, go to [www.embodiedsoul.org](http://www.embodiedsoul.org)

**Bruce Bell** is an entrepreneur, healer, movement pioneer, and a true macgyver. ( n. Someone who can regularly cobble together solutions to problems using only the tools available at hand. Urban Dictionary)

For the last 23 years, he has owned and operated a chain of successful fitness and yoga centers on Manhattan's upper west side. He now helps other spiritually conscious creatives get their voices into the marketplace and develop sustainable businesses doing what they love. For more information on Bruce's coaching visit [www.embodiedsoul.org](http://www.embodiedsoul.org)



## CONTACT & ADDITIONAL INFORMATION

We offer coaching and counselling sessions based on energy work, embodiment and yoga-based principles for personal and business growth.

For more information on **private sessions and/or group work**, please go to this page: [www.embodiedsoul.org/insight](http://www.embodiedsoul.org/insight)

For **general information** or to **discuss how we may be able to assist you with reaching your potential** please contact us at [info@embodiedsoul.org](mailto:info@embodiedsoul.org)