

Bioenergy: a vital component of human existence

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What is bioenergy?

Bioenergy is one of many known terms used to describe the energy field that envelops every living being. A non-physical energy, it has nevertheless been identified and acknowledged throughout the ages by different cultures in different parts of the world. The yogis in India call it *prana*, Chinese acupuncturists know it as *chi* and modern day psychics refer to it as aura. Other expressions commonly used to describe this type of energy include immanent energy, subtle energy, vital energy, magnetic energy and universal energy.

Many studies have already been undertaken and others are currently in progress to better understand bioenergy. Attempts have also been made to develop instruments and other means of registering it. Kirlian photography for example, a technique that was discovered by accident in 1939, shows that when a high-voltage electric field is applied to an object placed on a photographic plate, an image of the signals emitted by the object is generated. This image is said to be a physical representation of the object's aura.

Among other experiments performed in this field, many noteworthy investigations into bioenergies have been led by the Russians. Results of their research showed that individuals can utilize their own bioenergies for self-healing or to heal another person, to move an object without touching it, or to engage in a telepathic or mental transmission of information.

Other researchers into parapsychic phenomena have concluded that this type of energy is an essential component of a whole range of occurrences such as acupressure, acupuncture, the bending of metal at will, dematerializations and rematerializations, ectoplasmy, homeopathy, poltergeist activities, teleportation and psychic surgery.

Despite some modest success in creating instruments capable of recording bioenergy, it remains largely too subtle to be measured with any precision by scientific equipment. The most efficient tool for this purpose is the sensitivity of the human being. Given that humans have the inherent capacity to detect and analyze the bioenergy fields generated by others, they are invaluable research tools in experiments of this nature.

Bioenergy is responsible for the sustenance of human life. Our bioenergetic body connects us to our astral body and replenishes us with the energies necessary for our overall vitality and health.

Interacting with the bioenergies of other people and of the environments around us

Our energy field is not static. It constantly absorbs and externalizes energies in a process of exchange with other living beings and with the environment. An example of this with which we are all familiar is when our physical, psychological or mental disposition shifts as a result of coming into contact with another person.

Another simple example that illustrates the fluid disposition of our energy field is when we exchange energies with nature. Have you noticed that sometimes when a person looks at or touches a plant in a certain way, it wilts? This is because some people's bioenergies are intrinsically negative so when they touch a plant they drain it of its energies and it becomes ill. At the other end of the scale are those people who have a 'green thumb' when it comes to plants. The 'green thumb' is a substantiated phenomenon that relates directly to a type of personal bioenergy that is agreeable to and compatible with plants.

The energy field that we create around us is also changeable in terms of variables such as the level of equilibrium and the intensity and flexibility of the energies which may be active and loose, or inert and blocked, for example. When our outlook is even and we feel strong and confident, our energies are generally more expanded and stable. When our temperament is erratic, it affects our energetic pattern which becomes similarly entropic and perhaps weaker.

As our energetic field is open, flexible and 'porous' then unless we have good awareness and control of our energies, we are subject to the influence of the energies of the people and environments around us. Conversely, regardless of our level of awareness, we also affect, to varying degrees, the energetic fields of the people and places we encounter in our everyday lives.

As bioenergy is a neutral force in and of itself, it is the thoughts and sentiments driven by such factors as intentions and ethics that, applied to the bioenergy by each individual, determine whether their energetic influence over others is positive or negative.

Certainly, it is within the capacity of all of us to learn to become aware of and to assess the quality of our energies, to control them, and to perform self-diagnosis and therapy when necessary. With practice, it is also within our reach to attain a level of mastery of our bioenergies that will enable us to increase our extrasensory perceptions and to create a kind of high frequency vibration in our chakras that works as an energetic defence.

Encounters with bioenergies that are not compatible with ours

When we share affinities with others, in terms of our thoughts, sentiments, interests and intentions we have an affinity of energies. Therefore we feel well in their company even if our shared affinities are less than positive. When there is no common denominator however, we may feel tired, irritable or even sick around certain people.

People who are not accustomed to working consciously with their bioenergies perceive their level of compatibility with another's energies through simple reactions such as instant distrust or the feeling of recognizing someone they have just met. Another example of an unconscious reaction to the bioenergies of others is when we assimilate the emotions or physical ailments of someone we are spending time with and quite literally take on board whatever they are feeling, be it euphoria, depression, grief, agitation or physical pain.

With regards to locations, they carry the energies associated with and/or generated by the activities taking place there today, in addition to those that have taken place there throughout the course of history. For example, people sometimes feel unwell visiting various tourist locations, unaware that these are the former sites of human sacrifices, war,

carnage or public executions, or meeting places where rituals and curses were performed. The energy of these environments and of the objects that have remained there throughout time usually carries 'energetic remnants' of the fear and suffering experienced there. This can affect more energetically sensitive individuals.

You can similarly imagine then, how the energies of an abattoir, a prison or a torture chamber might be. On the other hand, an untouched wilderness area would be an ideal place to absorb energies.

Often times, subtle maladies that have no apparent cause are the result of exactly these types of intrusions of energies that are not compatible with ours, into our own energy field via one of our chakras. Physical ailments caused by bioenergies destabilized in such a way are termed 'psychosomatic illnesses' by the medical field.

Factors that may enhance our energetic performance

Fortunately, a lack of awareness of our bioenergies (how they affect and are affected by those of others) is a condition that can be reversed. There are measures we can take to improve the level of control we have over our energies.

Energetic control can be greatly improved with regular training. There are useful exercises we can do to develop our control of and sensitivity to bioenergies. These include:

Absorption of energies: the act of interiorizing energies in order to replenish ourselves.

Externalisation of energies: the conscious donation of our energy to improve the energetic quality of the environment around us and to assist individuals in need.

Vibrational state: the installation of a peak frequency vibration of our bioenergy that expands our psychic awareness and promotes energetic cleansing and protection. The vibrational state is the condition of maximal and simultaneous dynamisation of the chakras, promoted by the conscious mobilisation of one's energies up and down the body. The controlled use of the vibrational state has significant consequences. It enables us to neutralize unwanted influences and intrusions (that we have either knowingly or unknowingly come into contact with), and to play therefore a more active, decisive role in our lives. This in turn stimulates personal maturation and evolutionary growth.

The vibrational state is a technique from which thousands of people are currently reaping benefits. The best way to verify this information is to install the vibrational state when you find yourself in a challenging situation, for example, when dealing with an aggressive customer, defending yourself in an argument, making your point in a hostile meeting, or experiencing any other situation in which you are being imposed upon energetically.

It is worth noting here that everyone has the capacity to work consciously with bioenergies in these ways. It is not necessary to have a particular aptitude or to be especially sensitive.

Another measure that promotes the development of energetic control is to cultivate consistency in our thoughts and sentiments. Although this is not a simple task, the regular

practice of direct bioenergy techniques greatly assists in establishing a level of equilibrium of our physical, emotional and mental bodies.

The quality of our thoughts and intentions also plays a crucial role in determining the quality of our energies. When our thoughts and intentions are negative for example, the flow of energies from certain chakras may be blocked.

The most important factor of all, however, is willpower. It would be very difficult to improve our energetic performance via any of the above techniques without a degree of personal discipline and effort. It must be emphasized that moving energies is very real, not imagined. No amount of visualisation will ever be sufficient to install a vibrational state, for example. The key to success in this type of endeavour is to remain physically relaxed, to block any interference from the external environment and to actively focus on moving bioenergy through the application of will.

The benefits of controlling bioenergies are numerous. People experience general equilibrium and wellbeing, lower levels of stress, heightened awareness of what is happening around them on a moment to moment basis and expanded self-confidence. Control of bioenergies is also a key factor in producing lucid out-of-body experiences (OBEs).

REFERENCE

1. *Vieira W., "Projectiology," Rio de Janeiro, Brazil (2002)*

GLOSSARY

1. **Bioenergy:** chi, qi, prana, vital energy, subtle energy, personal energy
2. **Bioenergetic field:** aura, energetic body, etheric double

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