

The Power Within

(From DailyOM – <http://www.dailyom.com>)

There is an undercurrent of energy thrumming through the Universe. Like the wind or a whisper, we can sometimes hear it and often feel it. Most of the time, we sense this energy unconsciously without any tangible proof it is really there. Thoughts, emotions, and the life force in all living things are form of this kind of energy. So are creativity, growth and change. The impressions, images and vague premonitions we get about people and situations are other examples of formless energy. When you enter a space and feel an “intangible tension” in the air that gives you a sense of foreboding in your gut, what you are likely experiencing is energy.

Energy cannot be destroyed, but it can be transformed or transferred from one person, thing, or source to another. Though energy is formless, it does take form and shape in the way it flows and resides within all things – a grain of sand, a bird, a stone, and an ocean wave. Living things radiate complex vibrations while the vibrations of non-living things are simpler.

Energy is a magnifier that can attract like energies while repelling disparate ones. Any of our reactions to people and circumstances are based on unconscious reactions to their energies. We may even intuitively tune into the energy of a situation we are facing when making a decision about how to proceed. With careful practice and meditation, we can learn to sense the energy within other living things and ourselves. We can also become more attuned to who we are impacted by different kinds of energy. For instance, being around too many energies can leave one person feeling edgy or excited, while another person will feel tired and drained.

While some people feel that energy can be controlled, others see it as the unknowable force that moves through all things. The combined energy in all things plays a hand in birth, death, growth, movement, and stillness. In some spiritual traditions it is believed that all living beings share a common energy source that is our life force. Whatever your beliefs, it is worthwhile to explore the roles energy plays in your life so you can understand it more fully.