

Emotional Energy Transformation

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Chapter One

I.

Energy Is Everything, Everywhere, All the Time

Basic physics provides us with simple theories that can be used to make sense of everyday life experiences. These theories are provided as “laws” that govern the entire universe (as we know it), and can explain how things function and/or shape the way they are. One of the laws that I would like to expand upon is the law of physics that says, “Energy is *converted* from one form to another, but it is never created or destroyed.” Simply stated, energy never dies; it only transforms (changes form). It basically means that energy is in a constant state of transformation at all times.

This basic law of energy transformation can also be applied to the state of our emotional health, if interpreted physiologically. There are many biophysical processes taking place every second within our bodies. Biochemical substances and bioelectrical processes are constantly transforming energy inside and outside of every cell to provide nutrients and to dispose of unused materials for our bodies to function. This process is changing and is affected constantly by many known and many unknown factors.

From the point of view of a physicist, every atom of a living cell can be described as a 99% empty space, or a huge empty void, within which subatomic bundles of energy are travelling at the speed of light. And at the quantum level of subatomic particles, all matter can be described as literally “frozen particularized energy fields,” or “frozen light.” Therefore, complex collections of matter (molecules) could also be interpreted as small clusters of energy, or energy fields. Just

as light has particular frequencies, so does matter have frequency characteristics. The less dense or subtle the matter, we find higher frequencies of light within that matter. Thus the physical cells and molecules (or all matter) could be one form of energy manifestation when light vibrates at a lower frequency. And everything less tangible, or, if you will, “non-matter” (like emotions and feelings), is manifested when light vibrates at much higher frequencies. Therefore, one can argue that our emotions and feelings, even thoughts, are figuratively transformed back and forth from the nonphysical (not tangible) state to the physical (cellular) state via transportation of light and the change of its vibration and frequencies. In other words, how one person experiences life, perceives pain, and responds to pleasure, can be vastly different from another person simply based on their biochemistry alone. I will discuss this in more detail in upcoming chapters and talk about other factors (social conditioning, genetics, etc.) that also play significant roles in the way we each perceive reality differently.

II.

Energy Never Dies—It Only Changes Form (Transforms)

There are millions of transformations within our bodies at any given hour. The timing, accuracy, and environment of these transformations are important factors that can shape our experience of everyday life. They can be influenced by things as obvious as our nutrition or exposure to pollution, or things that are less obvious such as a breakup of an emotional bond (e.g., divorce), or the death of a loved one. All these influential factors can determine the entire quality of a human experience and define its outcome.

The cell population of our body is swimming and living within what’s called “interstitial fluid” (or tissue fluid, or intercellular fluid). This is a solution that surrounds the cells of all multi-cellular beings. It is the main component of the extracellular fluid, which also includes plasma and transcellular fluids. This playground, or internal cellular universe, has an important role in

the health and proper function of every cell within our body. I strongly believe that its role becomes more crucial when it's concerning our neurons or the cell structures of our nervous system. Very basic and simple knowledge of how nerves communicate and relay messages throughout their network will provide important information about the relations between interstitial fluid and nerve cell functions. The entire identity or quality of a message *can* be altered based upon the environment in which the nerve cells are swimming. Although all our neurons are protected with an insulation layer called the myelin sheath¹, there is a very small gap (a synaptic gap), or what is called "neural synapses," that remains exposed between the nerves. It is in this very small space full of interstitial fluids that a message "jumps" from one nerve cell to another.

Of course, this all occurs at mind numbing speeds, and usually it takes less than a second for a signal to travel from our fingertips to our brain and back. But the message still needs to jump between every cell via these synaptic gaps. This process has as much to do with electricity as with chemistry. The messages magically jump between cells like tiny lightning rods, and it is in that moment, that very short period of time, that the interstitial fluid can alter and affect the nature and even the signature of that message. This might happen in a very subtle way, but nevertheless it's very possible that the environment in which this spark takes place does interfere with the content and the quality of the message.

To illustrate my point, imagine a group of athletes quickly passing a basketball to one another. Everything on that basketball court can and will affect the ball's speed, force, and accuracy. If the room is very cold or too hot, if the floor is wet and slippery, if there is direct light coming into the players' eyes, outside noise, etc., the ball will be affected. The environment in which they are working is affecting their productivity. The same theory could apply to the relationship between passing neural messages in synaptic gaps and the environment of the interstitial fluid.

¹ **Myelin** is a dielectric (electrically insulating) material that forms a layer, the **myelin sheath**, usually around only the axon of a neuron. It is essential for the proper functioning of the nervous system.

One demonstration of the importance of synaptic gaps is the discovery made by scientists at the University of North Carolina at Chapel Hill School of Medicine. They have shown that one of the elements required for the nerve cell connections to form and function correctly is a protein called neurexin which releases at the synaptic gaps as one nerve cell is communicating a message to the other. Their discovery of this protein and its role as a neurotransmitter, made in *Drosophila* fruit flies, may lead to advances in understanding autism spectrum disorders (recently, human neurexins have been identified as a genetic trace risk factor for autism). The study does not imply that the appearance of this protein alone is a known cause of autism; however, it can increase the risk of this condition in an individual. This is just one small demonstration of the importance of synaptic gaps, how a message travels through our nervous system, and its direct effect on our behavior.

As I mentioned earlier, energy is *converted* from one form to another, but it is never created or destroyed. The entire process of a message being transmitted within our bodies from one neuron to another is a great example of physiological energy transformation. I believe that an energetic process similar to the physiologic process of touching a hot iron happens within our body when we meet a new person. There are constant messages travelling back and forth within our bodies, and information is being exchanged and interpreted. The fact that we sometimes feel very close (or the opposite) to someone when we meet them for the first time has to do with this process of interpretation and perception from their energy to ours. This is why, in most cultures, people make some kind of an instinctive physical gesture, or connection, when they meet. In many western cultures, we shake each other's hands as a greeting. This transformation of information works similarly to the synaptic gaps between the nerve cells, and it exchanges information and energy signatures.

I also believe that our thought process, or what I like to refer to as our "information management system" and the manifestation of our reality, is also the result of a transformation of energy. Thus, when we have a healthy environment for the energy to transform internally, we have a much more precise and clear message to interpret from a situation or another person. The only way we can truly manage the effects and outcome of any situation is by

changing (transforming) our own perspective and reactions. We can choose to enhance the accuracy of this internal process (energy transformation system) to have an easier time processing the information, and to have a more accurate response.

III.

Energy Systems in Relation to Human Anatomy

Getting to know and connecting with our bodies from the energetic point of view is the key element for achieving emotional balance. The same principle applies to any system. One needs to first study the structure and foundation of a system before you can understand its function. There are several different explanations of humans' energy systems. The most popular in the West perhaps came from the Indian culture and the first Yoga enthusiasts who either came from India or travelled and trained there.

The idea of improving one's health and enhancing their internal energy via Yoga practice started to receive attention in the Western world during the early sixties. Millions of people in the U.S. are now avid yoga practitioners and followers of that early adaptation of an ancient eastern culture. They benefit from the philosophy of mind/body connection through a set of physical movements and use it to enhance their everyday life experience.

Chakra system

You might have already heard the term "Chakra", but may not be familiar with its true meaning. There are seven Chakras located within the energetic boundaries of the human anatomy. The word Chakra is Sanskrit and translates as "wheel" or "disk", and signifies the seven basic energy centers in the body. Each of these centers also correlates to some of the major nerve ganglions²

² In neurological contexts, ganglia are composed mainly of **somata** and **dendritic structures** which are bundled or connected. Ganglia often interconnect with other ganglia to form a complex system of ganglia known as a **plexus**. Ganglia provide relay points and intermediary connections between different neurological structures in the body, such as the **peripheral** and **central** nervous systems.

branching out of the spinal column. There are theories that chakras also correlate to different levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, and more.

Dan Tian system

The Dan Tian (DT) system is extensively used in all forms of Martial arts, Chinese Medicine, and Qi Gong practice. There are three main energy centers, or hubs, in this system rather than seven. The DT system and its branches relate to the maintenance, transformation, and transportation of the energy within our bodies. I will explore our three Dan Tians at length in the upcoming chapters, but for now, here is a brief overview:

- The first Dan Tian, or the base DT, is the lower energy center located in our lower abdominal area, about 2 1/2 inches below our navel and about halfway between the front wall of the body to the back wall. It could be perceived as the combination of the first, second, and third Chakras. The lower DT is what keeps us physically balanced and centered, and it provides us with the sense of being grounded within our physical body.
- The second or middle DT, which is located within our chest cavity, is mostly involved in managing our feelings and emotions. It is the first point of contact for all the emotional energy which enters our body, and it is how we connect with others emotionally. It could also be perceived as the combination of the fourth and fifth Chakras.
- The Third or higher DT is closely related to our intellect, imagination, and sense of creativity. Imagine it as a hyper sensitive, super connected hub to what's beyond our physical experience of everyday life. It could also be perceived as the combination of the sixth and seventh Chakras.

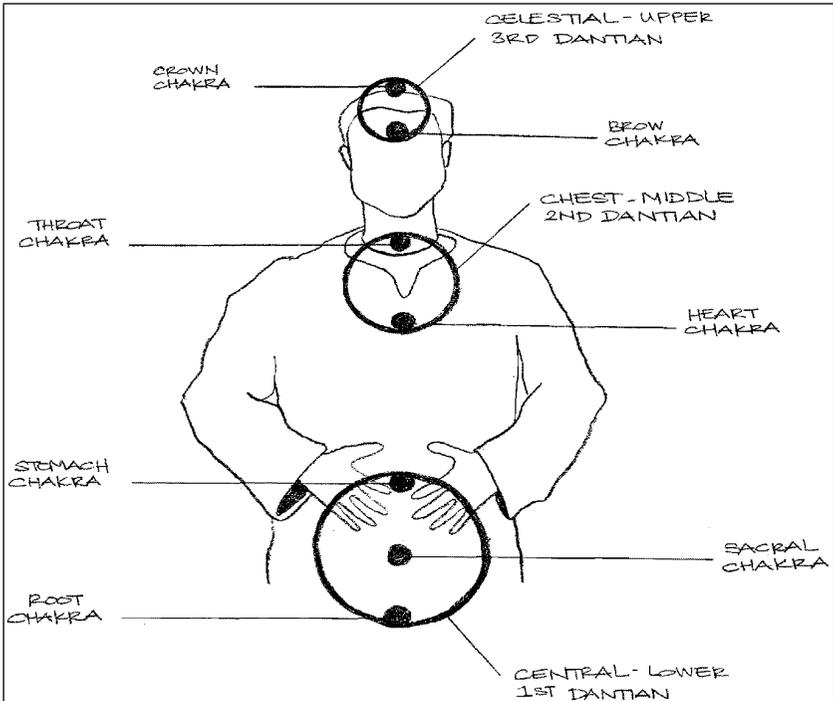


Figure A

A brief visual study of these energy systems (Figure A) will reveal that they line up alongside the Central Nervous System (CNS) from bottom to top. They may be perceived as spheres or energy fields surrounding, circling, or wrapping around the spinal column, and on top, the brain, which is the main hub for our CNS. They may vary in size and shape based on different sources, but their placement and general area of influence within the body is well defined in all sources, from several thousand years past to the current time. The most important aspect of a DT is its function as a center which is receiving and transforming the energy that travels through our bodies.

Both the Chakra and Dan Tian systems correlate directly with the CNS, however the Dan Tian model also extends to the peripheral nervous system via the expansion of energy meridians (Figure B) It is through this network that we can observe the main overlaps between the entire nervous system and energy movement within our bodies. The receiving of information via our senses, the brain's

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interpretation of our sensations (sensory function), and our reactions and/or physical movements (motor function), are all closely dependent upon both the central and peripheral nervous systems. Since there is a close link between these two systems, understanding and working with our energy system becomes as critical as understanding and working with our nervous system. Furthermore, knowing the energy system and its function within our bodies will introduce us to a different and more tangible paradigm. It will offer a view to an intimate relationship with our bodies and the way we handle the messages we receive from our senses, feelings that we experience, and thoughts and actions we deliver.

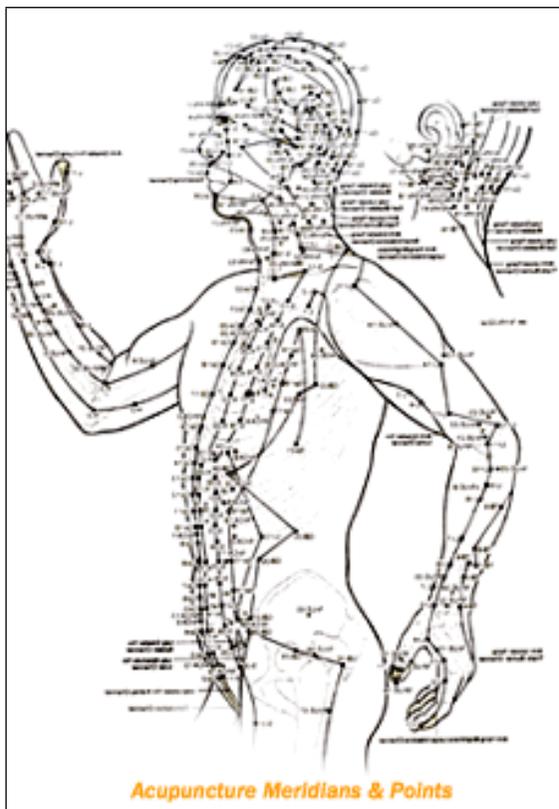


Figure B

Every feeling that we experience can be observed not only as a neurological and physiological phenomenon, but also an energetic

event. We need to expand our minds and be able to reach beyond the mainstream physiological understandings of our senses and perceive our sensations as energy transformation events. We already know that energy is only *converted* from one form to another, but it is never created or destroyed. We can easily apply the same “law” or principle to internal sensations that we experience on daily basis through our feelings. That’s why we can be moved within seconds from one state of mind to another, from one sensation to another, and our living experience is altered simultaneously. We can be very calm and within seconds switch (transform) to excitement or anger. We can be in a sad state, and with just one thought, one sentence, a sound, or a smell, we can be moved to joy and bliss in a heartbeat.

These subtle changes happen via complex neurological, chemical and physiological activities within our bodies. It has taken many years of close scientific observations and research to help understand some of the physical aspects of all these changes. I value the Western views of our bodies since it places significant importance on observation of our physical manifestation (the physical body) and makes great efforts to observe and record physical and tangible changes. However, since our living experience is truly an internal perception/interpretation of the external environment, I am proposing another option for making sense of the way we react and behave. This different paradigm is not to “replace” the Western physiological views and psychological analysis. But it can complement all the extensive findings and research that is taking place in regards to our senses and feelings. And that is the paradigm of Emotional Energy Transformation.

A closer study of our body’s energy systems reveals important information about some of the basic physical and neurological sensations we feel. As energy travels through our body, it can change form and shift from one state to another. And as we get to know that system better, we can then affect an alteration of these transformations to achieve better physiological, emotional, and energetic balance.

The first step is to understand and relate to our feelings from the energetic point of view. This is accomplished by learning specific techniques which allow us to connect with our own energy centers more effectively. I reveal the *physical* locations of our energy centers within the body, and then I will expand and discuss easy techniques to

visualize and connect with them. We then begin the active and mindful cultivation and utilization process of our own ever expanding, internal energy resources. Within this framework, and by learning these easy to use techniques, we can grow and *expand energetically*. This will allow us not only to feel calmer and more grounded inside, but also to affect our surrounding environment.

Every single thought contains information: ***information is thought, in formation***. Every thought contains energy in some form, but its awareness is usually beyond our conscious level. I think that's one reason why, thousands of years ago, people started to believe in the power of prayer. We probably knew on some unconscious level that our thoughts carry a great deal of energy. Perhaps a better illustration of the power within our thoughts is what I referred to at the beginning of this book as "collective consciousness." If a group of people strongly believe in something, with enough time, focus, and meditation, that thing (for that group) becomes reality. Our collective thoughts can give rise to events; our current predictions, visions, and stories can shape our future.

The fact that we have the need to predict the future and make up thoughts in the first place has perhaps a lot to do with our past, which once was "the future" at a time before it, and so on. The entire universe in which we experience our existence is a massive pool of information manifesting at different rates based upon variables like time/space gamut. This means the current manifestation of the information which we experience as reality now can be a product of a thought process in the past. That thought process was stemmed and also affected by the information, but in the raw form. The raw form of information is the true energy that we need to access, connect with, and draw from, all within our own bodies. The unfiltered, unaltered, and universal energy which isn't influenced by our belief systems is what I like to call our "core energy", and that is the aim of any energy cultivation program, prayer, or meditation. Learning about and finding that internal source of power is the first step toward cultivating our energy and, later, learning how to transform it. I believe that a true healing experience takes place with the involvement of our "core energy", whether it is through an extensive internal struggle and/or training, or a breakthrough which can be caused or influenced by another source (field) of energy.

When we practice active meditation or Qi Gong (a Chinese form of medical meditation), we are trying to slow down our unending internal conversations. The internal conversation is the processing mechanism, and it is creating our perceptions from the universe and also shaping our responses and expressions. Our internal conversation starts very early on as we are fed with "synthetic" information. "Synthetic" information is all the ideas and terminology which we learn from our surroundings and people. The reason I like to call it synthetic is because of its distance from that "core energy", or the blueprint and information which exists within our own body. Most of the training and conditioning we receive as we are growing up is the fruit of our collective consciousness.

Our entire belief system has been passed on through generations with limited modifications. Basically, we still believe in almost everything we did thousands of years ago, but we are justifying our beliefs differently today compared to a few thousand years ago. As we feed our newborns with this information about life outside of their bodies, we divert their attention from life within. Quite early on, we start a busy internal conversation for them to process all the external information, which truly distracts them from the peace and quiet they could inherently feel inside - and we call this process of conditioning teaching or training.

Humans have been conditioning their offspring this way for thousands of years; thus most of our conflicts, arguments, and wars are still happening for the same reasons as they did several centuries ago. We may have advanced greatly with technology in the past several decades. We may have become more connected with one another and better informed about our surrounding universe, but intellectually and energetically, we are not wiser as a species. We have a lot more information to process but are not wiser in handling and processing it. We force feed the same type of belief systems to our newborns without examining the effectiveness of these old ideas towards any holistic and global improvements. The cause of most of our massive and global conflicts are still rooted in very old world views, thus we shouldn't be surprised that our world is behaving in those same old ways today.