

Chapter 18



*The more balanced you are
the more Life Force
Energy you absorb*

“Life Force Energy is the complete energy form of the universe.”

The more balanced your the more Life Force Energy you absorb

Life Force Energy is discussed in Book I. What's important for you to remember is that Life Force Energy is the pervasive intelligent energy of the universe, the energy that fuels and forms and gives life to everything.

In the absence of Life Force Energy, there is no life. Without Life Force Energy, your heart would not beat, your blood would not circulate, your lungs would not breathe, your brain would not think, your organs would not function, animals would not live, plants would not grow — all life stops.

Life Force Energy and your organs

In fact, disease in an organ is an indication that Life Force Energy is not reaching that organ.

The Chinese were expert at identifying where negative emotions affects the organs. Some broad generalizations would be that anger affects the liver, worry in the spleen and grief the lungs. Therefore, if a person is imbalanced and continually worrying, their spleen could resonate with the emotion of worry. Worry is a low vibration, an exploding vortex, degenerative to life.

*Disease...
understand it is
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Now apply what you've learned about the universal Law of Attraction, alternatively, the Law of Similars. Worry of the spleen attracts more low vibration. Life Force Energy is the highest vibration in the universe. Would you expect the low vibration of worry to attract a high vibration like Life Force Energy? Life Force Energy isn't attracted to a spleen filled with worry. In the absence of receiving the needed Life Force Energy, in this example, the organ of the spleen goes into stress.

Such a state is commonly called disease, but I feel it more instructive to understand it as purely information. As indicated many times, everything is information. In this example, you'd

seek out the belief in behind that is creating the emotion of worry and remove it. Once removed, the Life Force Energy flows back into the spleen, raising its vibration and vitality.

Breathe this in and reflect on it. I find this information fascinating. It explains so much about why organs are stressed. It also highlights that simply doing exercises to raise your Life Force will NOT have the maximal effect if you don't clear out the limiting beliefs. This is why I focused so thoroughly on removing limiting beliefs in Part 1.

Life Force Energy and your nervous system

Just as food is digested and absorbed through your digestive system, and oxygen is carried by your bloodstream, Life Force Energy is carried by your nervous system. In your nervous system, it's absorbed by both your parasympathetic nervous system and your sympathetic nervous system.

The parasympathetic system is also known as your cerebrospinal system and is made up of the brain, the nerves of the spinal system and those branching off the spine. This parasympathetic system manages all aspects of volition and sensation and attends to all of the senses of seeing, hearing, feeling, smelling and tasting and such.

Your sympathetic nervous system is made up of all parts of the nervous system in the thoracic, abdominal and pelvic cavities, reaching out to all internal organs and blood vessels. It consists of ganglia in the head, neck, chest and abdomen. Where the nerves meet, they form what are called plexuses. One such plexus is formed in the center of your body, the solar plexus. Your solar plexus is capable of decision-making. This makes complete sense given that it has its own scanner, your divine eternal self resides there, as does your ectoplasm that generates your auric field. Your aura is fuelled by your Life Force Energy.

Life Force Energy is stored in your solar plexus — in martial arts this is called the tan tien — and this is why a well-aimed blow here can kill an opponent.

Your sympathetic nervous system controls all of your involuntary processes of breathing, digesting, cell regeneration, circula-

tion and such, but it also controls the accumulation and flow of your Life Force Energy. Such energy is radiated from your Solar plexus into every cell, tissue and organ and is fed directly into your acupuncture meridian system.

From Chapter 6 of Book I, you know that the brain, heart and solar plexus are all joined by the vagus nerve so your parasympathetic and sympathetic nervous systems are connected. This means you can control and intercede into many automatic functions with your conscious intent.

As the Life Force Energy moves on your nervous system, it's understandable that there'd be a relationship between how refined your nervous system is and how much Life Force Energy it can handle. What else moves on your nervous system? Thoughts (sound) and the pulsing vibration of your emotions (sound and light coupled with all the forces of the universe). Increasing your Life Force Energy is increasing the refinement of your nervous system.

When your nervous system is fully refined, emotions move smoothly. When not they are jagged.

I hope this has taken a complex topic, your nervous system, and demystified it. It's the system that senses your environment, and carries Life Force Energy, thoughts and emotions. More Life Force Energy coursing through this system will refine it and you'll find it easier and easier to think positive thoughts and emotions.

Life Force Energy and life

When you're alive and healthy and highly energized, you have ample Life Force Energy. When you're aging, you're allowing your Life Force Energy to dissipate. Death occurs when all Life Force Energy leaves you physically and your Divine Center returns to the higher dimensions.

Each of your cells contains a prescribed amount of Life Force Energy. Each cell can either maintain and sustain its energy or it can allow it to diminish. What separates humans from other life on Earth is your ability to use your intent to reprogram the DNA of your cells to absorb more Life Force Energy.

Therefore, as a human, you can invite more Life Force Energy

into your body. There's no limit as to how much you can hold (within the context of being intentional about it.) As your Life Force Energy increases, you're able to raise your awareness and, in turn, your overall vibration.

Life Force Energy and information

Life Force Energy is the complete energy form of the universe. It consists of the highest pitch sound and the shortest wavelengths of light and all of the colors of the universe.

Much of the pitch is beyond the range of the third dimension, as are much of the light and the colors.

The dimensions of the universe are all contained within the Life Force Energy. Information of higher vibration is carried within each higher dimension.

Life Force Energy, the field, contains all of the information of the universe. All energy which is not Life Force Energy is but a subset of this complete energy. Everything created in the universe is derived from this field.

Your Life Force Energy powers your cells, stores information, is at the heart of your immune system, and as you become more adept, enables you to move your body to multiple locations and more.

Attracting more Life Force Energy

The key to improving your Life Force Energy is balance. Like attracts like, and Life Force Energy is perfectly balanced light and sound. You couldn't expect balanced energy to be attracted to an imbalanced situation could you? Therefore, the superconductor that is your body is going to pull more Life Force Energy into it as your energy balances and goes up. Life is attracted to Life.

In Part 1 of this book, I discussed balancing your thoughts and emotions, and I also discussed balancing your spirit and your physical. Balance enables more Life Force to enter you. From a place of balance, you can move into the holographic mind state of Stillness and choose higher vibrations of thought emotion. These choices themselves refine your nervous system to hold more Life Force Energy.

Increasing balance, Life Force Energy, awareness and vibration is a living symbiosis.

Life Force Energy is life itself. I want to outline other lifestyle choices you can make to raise your Life Force Energy. Your life is in your hands. Let me help you with what you want to reach out and grab into your life

***Pure Leadership** is about demystifying your nervous system, because awareness brings change. Life force energy is perfectly balanced so it makes perfect sense that life attracts life. I haven't talked about the tapestry I'm weaving in a long time, but I'm sensing that you're feeling better and better as the knots are beginning to reveal the art and science that is you. Life Force Energy is what all the knots resolve into. Remember, the first step to absorbing more Life Force is to intend it. Intending starts by inviting it into your being.*
