

How does energy flow?

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What are the proper channels of energy flow in the human energy field? Should energy flow from the head to the toes, from the toes to the head, or in some other configuration? Actually, all of the different ways energy flows in the body can get very complicated, so I'm just going to present some basic concepts of the major flows in the three vectors of the human energy field: up-down, back-front, and left-right.

WHAT IS POLARITY?

Polarity sets the direction of energy flow. Energy always flows from one point to another. One side of a battery sends out ions and the other end receives the ions. Conventionally, the flat side of a battery is marked negative (-) and the bump side is labeled positive (+). Ben Franklin thought that the positive side gave energy and the negative side received it. But actually, we now know that the electrons flow the other way. The bump side of a battery receives energy and the flat side gives it out. If we put a battery into a device backwards, it will not function properly. Likewise, each energy pathway in the body needs to flow in the proper direction (proper polarity) for optimal functioning.

POLARITY IN PLANTS

To better understand how energy works, think of how the plant kingdom operates. In plants, the roots grow down and the leaves grow up. How does a plant cell know whether to go up or down? Polarity!

A plant seed does not have any polarity before germination. The technical term is that it is "apolar," or it could be called "non-polarized." Then when the seed gets the proper conditions of moisture, temperature, and darkness, it germinates. An etheric template then pops out with polarities set so that the end that points up will start growing leaves and the end that points down will start growing roots.



Red Beet Seedling

The major energy flow in plants is that the roots are south-seeking, going down into the earth, and the top of the plant is north-seeking, pointing to the sky. The two energy flows go out from the base of the plant, level with the ground.

But actually, energy flows both ways in the roots of the plant. The plant sends the roots deep down into the earth for one purpose—to bring up water and nutrients from the earth to nourish itself. So the roots grow down, but energy also comes up the roots. Energy also flows both ways in the leaves. The branches grow up to seek the sunlight, and then the leaves receive the energy of the sun and bring that nourishment down into the core of the plant.

SCALAR WAVES

Life energy is a two-way street.

The human energy field is actually a scalar wave, which is a standing wave that goes out and returns back traveling on the very same vector on which it went out. A scalar wave is continuous, unlike the dissipating energy wave formed when a pebble drops into water. Although energy keeps flowing both in and out of the human body on the same pathways, the predominant direction of energy flow during waking hours turns around and goes the other way during our sleeping hours.

Plants and humans are inversely paired in complementary relationships. Our blood is red, and plant blood is green. We breathe in oxygen, which plants produce, and we breathe out carbon dioxide, which the plants need. Likewise, the major pathways of energy flow in humans are the inverse of the plant kingdom.

POLARITY IN HUMANS

What should be the major polarity flow in a healthy human at the crown of the head? Giving or receiving? Do we want to receive the energy of the sky into our bodies to nourish ourselves, or do we want to send up our personal power to energize the sun? Obviously, we want to receive the sky energy, so the ideal polarity or major direction of ion flow at the crown of the head would be receiving.

POLARITY IN THE HAND

How can we measure whether or not this polarity at the crown chakra is set properly? In Energy Psychology, we use the hand to check energy flow, because the hand also has polarity. Which side of the hand does more energy come out of, the back of the hand or the palm? If you're not sure, try shaking hands with someone by rubbing the backs of your hands together!

While the palms both give and receive energy, their major polarity flow is giving. The major polarity of the back of the hand is receiving. If a person puts opposite poles of two magnets together, they will attract each other, as one side gives and the other side receives. This arrangement is a good fit. Two magnetic poles that are the same, whether they are both positive or both negative, will repel each other.

POLARITY AT THE CROWN OF THE HEAD

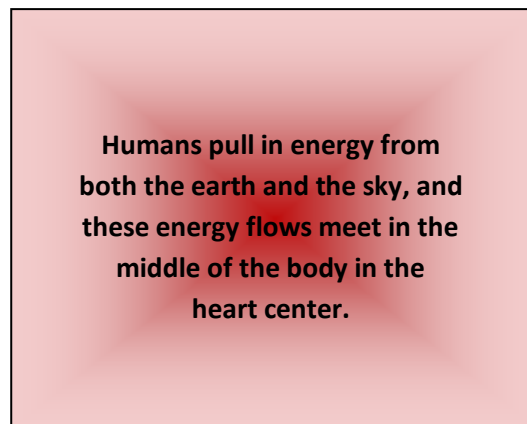
Energy Psychology uses clinical kinesiology, also called muscle testing, to check proper polarity at the crown of the head by placing a palm down on top of the head. Since the palm is giving and the top of the head should be receiving, energy should flow properly with this arrangement, and this muscle test should lock. To double-check proper polarity, we then place the back of the hand, whose major energy flow is receiving, on the crown of the head. If the major energy flow at the crown of the head is receiving as it should be, then this test puts two like polarities together and should result in resistance or disruption to the energy flow which will make the test muscle unlock.

POLARITY AT THE FEET

Now, which way should energy flow at the feet? Do we, with our personal energy, want the primary flow of our energy to be that we nourish the planet earth? Or do we want the primary flow of energy to be that we draw up energy from the earth's electromagnetic field to nourish our bodies?

I prefer the second option, though energy flow needs to be a two-way street, and we also need to regularly send thanks to our Earth Mother for all she provides for us.

A plant expands from its center. Inversely, the major energy flow in a human is drawing energy into the center.



ENERGY INTERSECTION

At the heart center, this nourishment we are pulling in from above and below intersects with the front-back vector of our three-dimensional human energy field (up-down, front-back, and left-right).

PROPER POLARITY FRONT-BACK

On the front-back axis of the human energy field, proper energy flow is receiving energy from the back and sending it out the front. If you're not sure about this direction, try hugging someone back to back! Likewise, time goes from the past (the back) into the future (the front) intersecting with the physical body in the magic of the present moment.

Then the up-down energy flow into the center joins the back to front energy flow to go out from the heart center into the world and to the people we serve. The energy of the heart center, or heart chakra, has 50 times the electrical strength of the brow chakra and 5,000 times the magnetic strength of the brow chakra. That's how important our hearts are!

*There is a Light that shines beyond all things on earth, beyond us all,
beyond the heavens, beyond the highest, the very highest heavens.
This is the Light that shines in our heart.*

CHANDOGYA UPANISHAD

HEART CENTER FLOW

Of course, the heart center also has a two-way energy flow. Love is the emotional quality of the energy at the heart center. We both give and receive love energy through this center—output and input. Which one should be the major energy flow during the day, when we are shining our light into the world? Output, giving.

When people are extremely depleted, their polarity becomes reversed, so the major energy flow at the heart center will be input, taking in energy. Since people with reversed polarity will suck out energy from others in their environment, they could be called “energy vampires.” As caregivers, if we feel depleted by an energy vampire, we can replenish our energy supply in the moment by consciously pulling in more energy from above and below, from the infinite sources of the cosmos and the huge battery of Mother Earth that is beneath our feet. But we also get major replenishment of our energy fields by getting proper rest.

ENERGY FLOW AT REST

We recharge and heal our bodies at night while we sleep.

Surprise

When we lie down to rest, the major energy flows all need to change direction.

After putting out energy all day, we need to recharge. The situation is like a cell phone battery that wears out after we have talked a long time and needs to be plugged into the wall outlet to recharge. Recharging is easier when we lie down so that we can draw in power from the earth and sky not just through the feet (root chakra) and head (crown chakra) like during the day, but from all five major chakras between the crown and the root: the brow, throat, heart, solar plexus, and sacral chakras.

Have you noticed how much better recharging works when we are lying down than if we are standing up? Have you ever tried to sleep standing up, or even sitting up in an airplane seat? When a person lies down on the back, then the front vortex of each chakra on the head and torso will aim toward the sky and the back vortex of each of these chakras will aim toward the earth. These chakras can then pull in energy from the earth and the sky and send it to every organ and cell of the body to recharge, repair, and replenish the system.

After the battery is recharged by a good night's rest, our polarities shift from input mode back to output mode, and we awake refreshed and ready to go!

LEFT-RIGHT ENERGY FLOW

Proper polarity on the left-right axis of the human energy field is receiving energy from the left side, which is also seen as the feminine side of the body, and giving energy out through the right side, which is also seen as the masculine side of the body. Likewise, in human sexual anatomy, the feminine receives and the masculine gives.