

Personal Energetics

By

Michael M. Zanoni

mikezanoni@gmail.com

PERSONAL ENERGETICS

Personal Energetics is a method of using mental processes to direct a type of force or energy as a healing technique. The method presented here is an outgrowth of one I developed after several years of studying various traditional healing systems, meditation techniques, and martial arts. I examined methods of healing that used thought patterns or supposed mentally controlled energy and identified the similarities among these methods. Then I developed my own methodology that avoided most of what seemed to be limiting culture-bound beliefs. This is not a form of spiritual development, although the intentions one has and choices one makes when using these methods might develop into a *practice* that enhances the spiritual aspects of consciousness.

Personal Energetics is intended to be combined with modalities such as acupuncture, acupressure, osteopathy, chiropractic, massage therapy, and similar activities that involve touching or manipulation. When someone understands the principles involved, an individual practice can also be developed using personally modified techniques not necessarily involving hands-on methods. Said another way, learning to play the piano well is the development of skills and technique combined with lots of practice. On the other hand, playing the piano so that the Love you feel existing within the music is conveyed to others is a spiritual practice. Ultimately, spirituality involves how we relate to one another as persons, not what we do to only develop skills.

While it may not be immediately apparent, there are many similarities between the techniques used in mentally directed healing and those used in some martial arts. In many traditional cultures, healing practices and martial activities have a common factor of using mental techniques to accumulate some type of force within the body, and then projecting this force outward. Various methods are used, but all of these methods have culture-bound aspects. For example, a culture with traditions that value carefully considered thought would use a method based upon quiet meditation, while another

culture valuing physical prowess might use a method centered on extreme physical activity. Any one method is not better than the others; it just may be more culturally appropriate. The important point here is the similarities, not the differences, in the techniques.

The Life Force

Looking at traditional beliefs and healing systems, I found that all contain the concept of an energy or force that is a source or regulatory aspect of life. In China this might be called *qi*, in India it is called *prana*, in Sanskrit it is termed *abda*, and in the West it might have a variety of names, including the Great Spirit, or the orgone, or God. Most traditions apply various attributes to this force, often describing it in human terms in a way that acknowledges the potential power of the force.

I noted that every system experiences manifestations and outcomes consistent with its beliefs, yet all are pretty much talking about the same universal force. This led me to recognize that there is a strong connection between beliefs and how this universal force appears to manifest. Therefore, in my writings I choose to call this energy by the descriptive name of the Life Force and to not define it any further than that. It is my experience that if I define something too carefully, my results and understanding become limited by the definition. In this case, the “Life Force” may be an inaccurate descriptive name, since it may not be a force or energy at all, and may have nothing to do with Life; in fact, it may be an observed phenomenon of some other function or combination of forces.

My belief (which creates a “truth” in this context no matter how hard I strive to not do that) is that the Life Force manifests events that are generally more life-positive than life-negative. In other words, events tend to move in a direction of positive manifestation, growth, and health.

We should ask whether it is proper to call this a “force” if it is manifesting erratically rather than effecting things in a predictable way. After all, forces like magnetism or gravity just function, they do not have a general tendency. I don’t really know the answer, other than that it is convenient for our discussion to call this a force and work with it in that way. Since there seems to be a distinct relationship to how

thoughts are used, the Life Force may always be present and constantly functioning with the variable of thought making it manifest erratically from our point of view.

The Beginning

I consider myself a careful thinker, not inclined to sloppy or magical thinking. In my late teens I found that meditation enhanced athletic training. Later, Japanese and Western martial arts provided a link between my body and deep aspects of consciousness, particularly control of pain. Over the years, I read and heard about many phenomena that I considered as merely being the product of someone's active imagination and wishful thinking. I did not believe that anyone could become aware of so-called energy systems within a living body, although I read about acupuncturists who claimed to feel some sort of energy moving back to them through acupuncture needles. My total dismissal of these stories was based on a variety of reasons that seemed logical at the time.

When I first began practicing Asian medicine many years later, however, I was not prepared for an experience causing me to question many of my beliefs. This experience eventually led to the development of the personal energetic methods described in this monograph. In this incident, I was preparing to insert an acupuncture needle into a point on a patient's inner ankle. I inserted the needle and felt something almost like an electric current flowing from the handle of the needle into my fingers. I realized that this was exactly like what was described in the texts that I had previously dismissed as being imaginative and magical. I immediately began a rapid mental dialogue examining my experience. *As soon as this intellectual analysis began, the sensation in my fingers stopped.*

I rationalized the experience by telling myself that what had probably occurred was a muscle spasm in my neck or shoulder had pressed upon a nerve, causing the sensation in my hand. I stopped my inner conversation, focused on the task at hand, and inserted the next needle. I immediately felt the same sensation in my fingers. This time, I gave attention to the sensation rather than immediately starting an analysis. I found that I could feel the sensation from the acupuncture needle only when I was just "standing back" mentally, breathing naturally, and being what I call a watcher of the

experience. As soon as I started making any analysis of the cause, the experience would cease.

The experience of sensations like this continued over the next few days and involved many patients. Gradually, the occurrence of the sensations decreased and then finally stopped. I spent some time contemplating what had occurred and realized that for several weeks prior to the appearance of the sensations I was practicing a martial-art related meditation and physical practice designed to bring greater strength to my hands. The disappearance of the experience coincided with cessation of this practice. Ever the scientist, I resumed the meditation and physical activities with the intention of learning to replicate and control the experience.

Within a week, I was again having periodic sensations during needling. If I anticipated the sensation or tried to make it occur, nothing would happen that I could feel. When I forgot about it, I would suddenly be surprised by its appearance. I was amused to find that “trying to not try” interfered as much as consciously looking for the experience.

All of this led to my carefully considering these experiences in relation to my prior readings about traditional healing and martial arts. Subsequently, I developed the material that became the initial basis for the Personal Energetic techniques. What spurred me on was the realization that I was experiencing something that I did not believe could happen, yet to which I had made myself sensitive. If I was having an experience just like what I had read about, then it might be possible to have other experiences that I had previously also dismissed. In this case, I was aware of something that seemed external flowing to me. I reasoned that there must also be ways to create other phenomena that could either be extended outwards from my body, or that I could control mentally. Suddenly, I had an “I knew but I didn’t know” kind of experience. I realized that there were bits of experience-based knowledge floating around in my memory, but that they had been hidden by my limiting beliefs. I remembered occasions in martial arts practice and actual combat situations that involved energy and sensation exchanges directly applicable to understanding this immediate experience. I had dismissed and forgotten these experiences because they

conflicted with my strongly held beliefs at the time. As my beliefs changed, my memories were stimulated and led to an understanding of the experience.

Now here is an important point: I subsequently determined that it is not necessary to use the specific technique I will describe in this monograph. There are other methods that do not require generation of sensation, coordination with breathing, or anything other than utilizing a mental process of organizing thoughts and beliefs. In fact, many of these mental methods are very simple. Unfortunately, I find them difficult to teach. No matter, however, since when someone works in the way that I describe here, they eventually figure out how to get results in a way that is easiest for them.

Something else I learned is that the more simplified I make my practices, the more powerful they become. Where I am now with the use of personal energetics in the practice of medicine is that I just watch and marvel when things happen. For instance, a patient was referred to me because she had a rib that was severely misaligned with its vertebrae and had been causing significant pain for some time. Various treatments had provided no significant relief. The referring practitioner thought I might be able to sufficiently relax the muscles with acupuncture to allow the rib to be moved back into place. I had the patient lie on my treatment table and gently ran my fingers down her spine. One place seemed to just feel different from everywhere else. I just lightly placed two fingers on the area. With a muffled crunching sound, the rib moved into the correct anatomical position and the pain was gone. Coincidence? Maybe. What did I do? I just remained uninvolved, claiming no personal authority to bring about change other than to feel compassion for the patient. Not compassion for her because of her condition; just compassion for her as another human being struggling along this path we call Life.

I often see patients with serious and complex long-term chronic disorders for which there is no recognized treatment, especially when there is not an accurate diagnosis in either East Asian or Western medicine. I find my feelings of helplessness actually useful in such cases because if I don't know what to do or expect, I will not have a preconception that might interfere with the performance of the Personal Energetic techniques. This is often when these methods are the most useful.

In treating the common cold you just control the symptoms until the viral infection runs its course and treat to prevent a bacterial co-infection. It is a different situation with something like HIV or an unusual neurological condition where complex signs and symptoms become diagnostically mutually exclusive. In situations where we cannot understand the complex pattern from our limited point of view, having the potential to superimpose a simplified or more *pure* pattern onto the situation may bring clarity or move things a step towards healing.

Skill Development

You can gain a skill useful in your healing activities by carrying out the exercises described in the following material. As you experiment with the Personal Energetics techniques, you will find that your thoughts and beliefs have a profound impact on your experiences. People with a strong religious mind-set will probably feel energy flowing through them as if from an external source; someone with a scientific background might evaluate their sensations as referred phantom neural impulses; a very physical person might have the impression that they were using their muscles or coordinating the experience with their breathing. All of these are appropriate reactions, since all can lead to the same outcomes. The chances are that everyone will experience some of the same effects from this practice, and also that everyone will have some experiences that are different. I believe this is because of two very important factors: first, not everyone has their brain wired in exactly the same way; and secondly, not everyone has the same beliefs. The only thing to avoid is feeling that something is very wrong if you have an experience different from what you believe should happen. If you get caught up in guilt or fear, then your experiences will most likely only make you feel guilty or afraid.

The Life Force

There is something very important that is at the heart of the Personal Energetics philosophy, and around which the practices are based. The basic idea is that if there is truly some universal force or energy that empowers all life and moves things in a life-positive direction, then all of us are individually and collectively linked in some manner by this life energy. If we are so linked, then one might even go so far as to believe that

what happens to one person to some degree affects all other people. Therefore, when using the idea of a Life Force to assist others, you should work to heal yourself as a first step to healing others. Some people resist this idea of self-healing since they are caught in rigid ideas of guilt, self-effacement, and mock piety. Please give consideration to the idea that in order to effectively help someone with this technique, you must first work to heal yourself. If you are going to pray for another person, first pray for yourself. If you are going to manifest healing for another person, you should first manifest healing for yourself. All of us are ill in some way. All of us have physical or emotional pain. That is why the very first component of developing the skills to use this method begins by mentally working on healing yourself. If you do not value yourself, how can you value others?

The Personal Energetics technique is about creating a mental pattern that resonates with or mobilizes some force. The greater your clarity of thought, the more stable your emotions, the healthier your body, the more effectively you can create a simple but powerful pattern to use for the benefit of others.

Although the Life Force seems to work in a very broad and subtle manner, it also has precise and focused effects if properly activated by thought and intention. The Life Force is affected by how one uses emotions, thoughts, and desires. This is why we can have numerous traditional mental healing systems that obtain similar results, even though they use seemingly different methods. If the intention of the healer is the same in all cases, then the Life Force will manifest according to that intention no matter what technique is used.

As you learn to use the Life Force, your experiences will teach what you need to know about using the force. I can show you a method that effectively mobilizes energy, but you must learn the ways this force operates specifically for your consciousness. The Life Force tends to manifest everything in a related, life-positive, and self-evolving manner. If you are using techniques to mobilize the force, then events will occur that show you how to work in a more life-positive manner within your particular situation. It may even be that your reading this is a manifestation of your desire to more effectively do something positive.

Learning the Skills

Now, let's look at the goal of developing skill in the movement of sensation within our bodies and then superimposing thought pattern upon that energy. The methodology is simple: First relax, then use your thoughts to give a message to your consciousness that results in a physical sensation, and finally use that sensation to direct the Life Force. You create a pattern with your thoughts, within the pattern there is your intention, and the combination of the pattern and intention focuses the Life Force.

Sounds simple? In many ways it is very simple, however it is important to take your time and not hurry the process. You will be creating changes in how your consciousness approaches reality and how your brain processes feelings. This is definitely not something that can be rushed. Furthermore, you should experiment with how you do the suggested exercises. Some people find that doing them straight through each time works well. Others find that spending significant time on one part before moving to the next is best. What matters most is that you find what works for you, that you keep an open attitude, and that you take your time. Hurrying indicates that you are just attempting to "own the situation." This is when your personality strongly identifies with whatever experience is occurring. When you do this you narrow the focus of the Life Force to just yourself; any subtle experience you may be having disappears or is just not perceived.

As you make progress in your practice, at some point you may find yourself having some sensation or experience that you initially did not believe possible. When you become aware of the experience or sensation, and start thinking about it rather than just watching it happen, it will suddenly be gone. Actually, the phenomena or occurrence is still there, you just simply lost the ability to perceive it because your thoughts became more focused on your own involvement.

Besides sensation, the self-healing technique we will use also works to build the Life Force through imagery. The images you hold in your mind are just like suggestions to yourself. Often, you can send messages to your brain with pictures easier than with words. When you start this training, it may seem that the time spent is more than you can devote each day along with your other activities. Actually, once your brain and consciousness understands what you want to occur, then that part of the technique will

happen almost automatically. There is a difference between time spent in *training* and that spent in *usage*.

Simple Exercises

The first step is to do a simple relaxation exercise. The visualization that I use is coordinated with breathing, although that is not the only way. You may have some short relaxation meditation that you like or have been doing for awhile, so use that one instead. If you have a short yoga routine that brings relaxation to your body and mind by all means do that, but as part of your self-training at least try my method. You may want to teach it to someone as a further way of refining your learning.

What I do is close my eyes, take a breath, and exhale slowly. I imagine that all of the stress and disharmony in my body and mind is being exhaled as a colored mist. As I exhale, I imagine that my breath is coming out of my nostrils as a smoky mist of some color other than white. Usually, my first exhalation is dark gray or black, then it changes to a milky color, and finally to white. Most people usually need to only do less than ten exhalations to begin getting a white mist. If you don't get a color change to white, don't worry. How precisely you do the relaxation meditation does not matter. What is important is that you do some short and simple mental exercise that results in a feeling of physical relaxation and lowered mental stress. The goal is to just slow down the pace of life for a few moments. You are not purifying your body or somehow making it more spiritual. Rather, you are using your thoughts to create a situation where it is easier to form effective visualizations and sensations. Over a short time, a portion of your psyche learns to associate this visualization with the intention to relax and engage in further healing meditation. There is much scientific evidence that simple relaxation visualizations such as this will stimulate positive hormonal changes in your body. In any case, the most important achievement with this or any repetitive visualization is that you are creating a pattern of intention. *Thoughts create patterns that are receptacles for the Life Force.*

After relaxing your body and thoughts with a simple visualization, the next step is to imagine a brilliant white sphere about the size of a baseball floating in the air a foot or so from your face. This white sphere is very shiny, and you can see by the reflected

light that it is rapidly rotating. See this sphere with your eyes closed, then open your eyes and see if it is still there. Practice with this imagery until you can easily call up the vision of this rotating white sphere with your eyes either open or closed. Imagine that this sphere is made of solidified white light representing pure healing energy. Since light has miniscule mass or dimension, it would take a tremendous amount of it to form a solid sphere. Think of how much force is focused in this sphere. Not hot or cold, just light. Imagine that this sphere of light has the ability to heal any disease, cure any situation, and solve any problem. Create a feeling of great awe just to be in the presence of the sphere. When you have the idea firmly in your thoughts and the image before your closed eyes, use your imagination to move the sphere into your head through a point between your eyes. Just feel the white sphere go into your brain. See it expand and fill the inside of your head with white light, imagining that it is healing every worry or concern that you have or might have had in the past.

After you have taken the white sphere into your head, allow it to dissipate and visualize another white sphere directly in front of your chest and take this one into your heart. Fill your entire chest with the white light and imagine it healing all emotional issues that you carry with you, particularly those involving relationships and love.

Then, have another sphere hover near the center of your abdomen and take it into your body at a place about two inches below your navel. Fill your abdomen with the white light and imagine that it is healing all physical ailments that you might have and giving you great physical strength.

Each time, imagine that the sphere turns into brilliant white light that fills the inside of your heart and chest or the inside of your abdomen. It is common to unconsciously hold your breath when moving the image of the sphere into the body, so remember to breathe. This exercise just requires *relaxation*, not *concentration*. You are using the visualization of the white sphere to transform your body, train your thoughts, and to provide a powerful link to what is otherwise a subtle energy.

Practice this exercise over several days or a week before going on to the next technique. Again, keep in mind that if you are feeling the need to rush through the techniques then you are trying to “own” an outcome and you will not experience the full results.

The Important Technique

Now we get to the core technique: creation and moving of sensations. With your body in some comfortable position, become aware of one of your hands. Feel or imagine a sensation on your hand that makes you more aware of it than another part of your body. This sensation may seem to be on the surface of your skin, it may feel like an itchy or heavy sensation under the skin, or it may seem that your entire hand feels heavy. The exact nature of the sensation is not important. You may find that the sensation is easier to create if you are conscious of your breathing while you are doing it. Some people need to close their eyes when feeling the sensation; others find it more effective if their eyes are open. Experiment and determine what works best. When you can successfully and repeatedly create a distinct sensation on your hand, imagine the sensation becoming larger. Have it slowly expand from just your hand to your entire arm, then do the opposite and gradually shrink it until you are only aware of the sensation at the fingertips.

When you can consistently create a sensation, and can successfully expand and shrink it, move on to the next stage. In many ways, the next step is easier than creating the sensation. You can practice this in bed before you go to sleep. Lie on your back and imagine the sphere of white light moving around the outside of your body. Then have it move over various areas of your body in a random fashion. Finally, absorb the sphere into your body just below the navel and watch it spread as a bright white light that totally fills your entire body, legs, arms, and head. Imagine that your arms and legs are elastic, and that you can stretch them to any desired length. Imagine your arms becoming longer and touching something on the far side of the room. Pretend that your toes can stretch so that they touch the ceiling. Feel the bottoms of your feet bumping into the far wall. Use your imagination and make your elastic stretching as silly as possible.

Another useful visualization is to look at one hand and feel it filled with sensation and vibrating with the white-light energy. Then move your physical hand a short distance and see an imaginary energy hand still occupying the place where your real hand was. With your eyes open, use your imagination to move the energy hand back

into your physical hand. With a bit of practice, you will be able to feel sensation extending between your actual hand and the imaginary energy hand.

The specific goal of these preliminary exercises is to learn how to create and control the extension of sensation from your fingertips and the palms so that later you can superimpose force or energy onto this sensation. This is not real energy that you are controlling. You are creating a *pattern* that the actual energy or force fills. The pattern you will create is one of sensation directed by compassion-driven consciousness.

Now this is important: The energy does not come from inside your body; it is present everywhere in latent form. If you create the belief that the energy is inside your body and that you should express it outwards, then that is what will happen and you will use the energy your body needs for its own functioning. That is exactly what we do not want. If you use your own energy you will eventually exhaust yourself physically and emotionally.

You may question the relationship between visualizing the white spheres and the exercises involved with moving sensation. The purpose is to give your consciousness a message to form a pattern that will *powerfully* create a flow of the Life Force in a manner that allows it to be precisely directed. As you create this pattern, you are also creating a pattern of healing for your own body. If you do much work with very ill people, there is the potential for taking on some of their patterns. Some people use a technique of imagining a barrier or force of some kind that protects them from disharmonious patterns in other people. The problem with doing that is it just creates another pattern of fear that actually gives more power to the effects on you of what is going on with someone else. It may even project your fears back onto the person with whom you are working.

Making your energy into a living pattern of health and harmony by using the white sphere visualization accomplishes two things: First, you eventually create a natural and constant flow of the Life Force. Second, your body-pattern is such that the disharmonies of others will not energetically affect you.

Practice these exercises daily for at least two weeks. Your subconscious will try to convince you that these exercises are meaningless. The little voice in your head will

say that you are different from other people and don't need this practice. This is because the brain generally wants new things to be happening. Learning to move sensation is a training activity; you are showing your subconscious what is possible and what you are capable of doing.

Practice these exercises until you can do them easily and are totally bored with them, then move on to the following exercises:

More Physical Exercises

Form a circle with your index finger and thumb. Allow your other three fingers to fall naturally in line with this circle until your hand is like it was grasping a large round stick. Feel a sensation in this hand at the V-shaped origination of the bones that form your thumb and index fingers. If you press this area you may find a tender spot about one inch back from the web. Feel this sensation expanding and moving in a circular fashion out the tip of your index finger into the tip of your thumb, circling around through the spot in the web of your thumb, then back out the index finger. Do this for a few minutes several times each day. Practice with both hands individually and simultaneously. You may find that the sensation is easier to create in one hand than the other, or you may find a slightly different position gives stronger results.

Now, the final physical exercise: Hold your hand in a position similar to that previously described, except instead of putting your thumb and index finger together, put your thumb and *middle* finger tips together with the last two fingers comfortably curled against your palm. Then, extend your index finger. Circulate the sensation in your hand, with the circulation running out of the tip of your middle finger, into the thumb tip, around the inside of your hand, and back out the tip of your middle finger. Do not consciously direct energy out the index finger. Instead, build up the sensation in your hand by imagining the circulation. When you have a strong sensation in your hand, imagine a sensation at the tip of your index finger and extend this sensation away from the finger just a slight amount. Fill this imaginary extension with the sensation in your hand, and then *feel your index finger being pulled into the extended sensation*. As you feel this, allow your hand to move forward just a slight amount in response to the pull that you feel. You will probably have to imagine the pulling, but allow your finger and

hand to move just a little bit. The purpose of this exercise is to develop a strong connection between your thoughts, imagination, and the energy. *This will cause the energy to follow your thoughts as you create a pattern for its flow.*

What do you do with this flow of energy? *Nothing.* That is, it does what it is going to do without your giving instructions. Your task is to recognize that the Life Force needs to “pay attention” to a particular situation, direct the force through a pattern, and then stay out of the way. Why doesn’t the Life Force just do this on its own without our having to go through all of this work? In a sense it does; it is just useful in many cases to give it a bit of focused intention. It is not your task to tell it how you want healing to occur, or if it will occur at all in your terms. This is all about creating a distinct pattern that keeps you healthy while treating others, and mobilizes the Life Force in a way that assists whatever healing modality you are using.

Prayer vs Moving the Life Force

Would some form of prayer work instead of this sensation moving? Maybe, but you have to decide how you wish to proceed. The method described here is seemingly complex, but it avoids the confusing psychological overlays of belief, guilt, and judgment that religious based prayer often brings to the table. Furthermore, effective prayer is actually a learned skill just as this is. There is nothing incorrect about combining a mental prayer-dialogue with this skill. Generally, however, prayer is a narrative request or mental conversation asking for a specific outcome. In the use of the Personal Energetics technique to focus the Life Force, no specific outcome is requested. The desired outcome is actually contained within the selection of the particular methods within a diagnosis that the practitioner uses. If a chiropractor decides to adjust a misplaced cervical vertebra to eliminate pain, then the decision to do so is in itself a prayer. If an acupuncturist determines a particular needling prescription to correct a diagnosed disharmony, then the selection of that needling prescription is in itself a prayer. Combining these prayers with the focusing of the Life Force through pattern will enhance the effects of treatment in terms of a person’s life. You work to become the medium of exchange by creating the pattern of sensation. That way you are not superimposing your own limiting beliefs and problems onto the situation. *There is the*

actuality that exists without the involvement of our consciousness, and then there is the reality that is brought about by our beliefs and interpretation of things.

What you do not want to do is to change someone else's consciousness in a way that goes against their free will. If you bring intention of healing – whatever that may mean in a particular situation – then the pattern that allows the life force to manifest with superimposed love will take the person and situation where they choose. If you put your own beliefs and fears into the situation, then they will more likely manifest in both you and the patient.

Personal Energetics creates a pattern of thought. This pattern then comes into some degree of alignment with intention. This forms a resonance that unites the Life Force, the practitioner, and the patient.

Let's state the secret to this aspect of personal energetics in a different way: By creating a sensation, then using your imagination to extend that sensation from your body into someone else's body, *it causes the sensation to exist at a point between the Mind and physical existence.* This point is where the Life Force appears to operate.

Just as your imagination created the sensation in your hand, emotions or desires that are superimposed upon the Life Force cause synchronous effects in your experience. One characteristic of the Life Force is that it is not a force of *attraction* like magnetism. Rather, it is a *resonant* force that seems to know where to go to support life-positive change. You do not have to consciously direct the energy you have attracted with your thoughts. You just allow it to go to where it is needed.

Use of Emotions and Compassion

The most powerful way to both mobilize and direct the Life Force through this technique is to use emotions as the initiating mechanism. It works something like this: emotions that are not focused only lead to confusion because they just create more emotions and exhaust the body. However, emotions that are linked with desire can impose intention upon thought. Thought then becomes a pattern that brings about a highly focused activation of the Life Force.

Learning to consciously create the emotions and to control the desires that focus outcomes may seem as tedious as all of the preceding steps. For our healing

technique, the emotion must be sufficiently specific to focus the Life Force, but sufficiently general so that our personal biases intrude as little as possible. The emotion that accomplishes this most effectively is the emotion of compassion. Simply put, you cause effects in the Life Force through a desire to heal based upon compassion.

What is compassion? By definition, compassion is a feeling of deep sympathy for another person who is suffering, accompanied by a strong desire to alleviate the pain or remove its cause. The key point is that compassion is not just an emotion; it is also a strong desire to take action.

Now here is the very tricky part: Even though you can create strong emotions through compassion, you must not become attached to an outcome. You must not give the Life Force any directions about how healing should occur. If you provide a specific outline that you want the Life Force to follow in accomplishing something, it is probable that your limited viewpoint is so far from the easiest way that nothing gets done. For instance, you might think that the best way for someone's body to be healed is by an instantaneous change brought about by the brilliance of your great goodness. In actuality, the easiest way might be something on the order of your patient's sister-in-law's car breaking down because the tow truck driver had the same condition and he knows the one surgeon who is the world's expert on the problem and happens to have his business card in his wallet. Just because the technique appears to be focused on a problem in the physical body does not mean that the healing has to occur like you used a ray-gun!

When someone performs a skill in a masterful way, there is no awareness of the process that occurs between the desire and the immediate outcome. Our goal is to so skillfully perform the techniques that we are not aware of the steps going from intention to emotion to action. We work this way because to concentrate only on compassion risks having you become trapped in emotions. In Personal Energetics, emotions can be a powerful focused energy source, not necessarily a wild chemical reaction of the central nervous system.

Compassion creates the emotional energy. Desire to change a situation superimposes the energy upon thought, and our techniques provides the action that mobilizes the Life Force, which then works with all potentialities to manifest the most

life-positive outcome possible at a given moment. Just as your imagination created a sensation to which the force was resonant, once it is focused the force will also be compelled to resonate with other events in the patient's life.

The Spiritual Aspect

You have learned the techniques of thought involved with moving energy sensation, but this skill is useless without a spiritual component. Previously I said that this technique has nothing to do with spiritual development. That is true, since the technique involves metaphysics, which is defined as the study of primary laws or first principles of the universe existing beyond physical experience. Spirituality concerns how we interact and make choices about our relationships and concern for others. Just as the technique is not spiritual in nature, it is also worthless without being connected to a spiritual component that mobilizes its effectiveness. You have to decide what spiritual practices are appropriate.

What is Next?

Now that you know the theory and training method, how do you use the technique? My suggestion is to practice the exercises and just allow yourself to be given guidance about the best way for *you* to use this skill.

One day you will also realize that the key to all healing, and all life, is the knowledge that everything is to some degree a manifestation of Love, and that you were led to this realization by the Life Force you have mobilized.

Specific Technique

I can only speak to aspects of acupuncture and bodywork, since that is what I do. Practitioners of other modalities should be able to get my meaning and translate it into specific techniques for their own use.

In acupuncture, much of the effectiveness of needle therapy comes from the skill utilized in the selection and manipulation of areas on the meridians and their inter-relationships. Some acupuncture points are very localized and quite deep in the body; others are a general area closer to the surface of the skin. Depending upon the abilities

of the practitioner, needles may or may not be required to effectively use particular points. By combining the creation and extension of sensation into the needle or acupuncture point *coupled with feelings of compassion* one superimposes the functioning of the Life Force upon the effects of the needling. This initially can be a difficult skill because it involves simultaneous coordination of manual, mental, and emotional components. On some days or with some patients this will work well; other times it will be a struggle.

As a suggestion, when you start the sequence of needle insertion, first momentarily think about the exercise where you circulated the energy around your thumb and index finger. This should easily create a sensation that you can extend slightly from your fingers into the acupuncture needle. Besides being a physical *thing*, the needle can be a representation of a prayer that has superimposed upon it a pattern of compassion. The needle is not *changed*, but it is definitely *different*. Will this technique change your therapeutic outcomes? Will your patients do better than those of another practitioner? I have no idea. It may be that things change for the patient in ways not immediately apparent in terms of the presenting complaints. It may also be that the change comes about in you, and the changes in how you manifest through your personality affect others in new ways.

Addendum

Several readers of the draft of this manuscript asked about the initial martial arts exercise that I mention. Essentially, it was a variation of an eagle-claw hand form often used in both *qi gong* healing and *wu shu*. The fingers are held stiffly extended at an angle of about 45 degrees from the palm, with the thumb rigidly extended parallel to the fingers. A sensation is created in the hand that is almost vibration-like in character, brought about by the tense muscles. One then imagines a force traveling along the arm into the hand and extending out the fingers. This force originates in the abdomen at a place just below the navel (the *Dan Tian*) where the practitioner has accumulated the force using a different set of mental exercises. The martial artist practices by slowly striking a heavy punching bag with the tips of the extended fingers. This strengthens the muscles of the fingers and forearms. The martial arts practitioner also imagines the energy flowing through the hand and fingers as both making the fingers immovably rigid and extending from the fingertips into and through the body of the opponent allowing a punch to have greater damaging effectiveness. A *qi gong* practitioner would concentrate more on the energy flow extending into a patient's body healing a localized physical disharmony. Both have the common factor of feeling a sensation in the hand that extends beyond the fingertips. This sensation has a purpose defined by the intention of the practitioner. The major difference between this and the Personal Energetics technique is that in Personal Energetics the energy is not accumulated within the body but comes from the universe as undifferentiated force. I particularly avoid accumulating energy within the body for this technique because of the hazards associated with what is called *qi packing* in martial arts circles. In this, the practitioner uses specific mental and physical techniques to accumulate a large amount of energy in the body and then direct it outwards. Unless care is used, this can result in physical and emotional illness for the practitioner.

San Francisco

1997