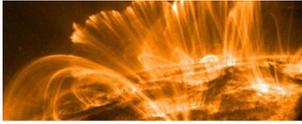


## "It's All Energy" - by Vaishali

Post by Vaishali  
Tuesday, 21 February 2012 16:00

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### It's All Energy

by Vaishali

via [Huffingtonpost.com](http://Huffingtonpost.com)

Everything is energy. Atoms vibrating at different frequencies form matter. In the physical world the only thing separating a chair from a rock is their rate of vibration. Even non-physical entities such as thoughts, memories, feelings, love and fear are forms of energy with their own frequency and magnetic signature as well.

The Eastern sciences say that the energy body affects the physical body, not the other way around. The subtle energies that form the body are dis-at-ease long before a measurable disease shows up in the slower, energetically denser physical body. Allopathic doctors are not trained to diagnose from an energy level. They only monitor the physical body. This is why most doctors cannot see what is actually happening until a full-blown medical crisis has manifested. This is also how Ayurvedic doctors and Doctors of Oriental Medicine, who monitor the body's energy patterns, can "see" a health problem long before it shows up in a blood test, MRI or CAT scan. Ayurvedic practitioners and Doctors of Oriental Medicine are trained to diagnose the patient's energy by reading the pulse, looking at the person's eyes, hair, skin, emotional reactions and body type. All these forms of diagnostic information gathering allow the alternative practitioner the ability to understand how the patient's energy intelligence is organized before it solidifies in the body.

Awareness, what are we giving our attention to, is the most life-altering form of energy available to us. It is our awareness that has the greatest influence on the body, our perceptions and emotions. Eastern psychologies say that emotions are attracted to the body's nervous system according to what the person is giving their attention to. Thus the emotional body actually reacts to the consciousness body. Your anger is the emotional body's response to your thoughts; your thoughts do not take their cues from your emotions.

The other energies that make up the human experience do not live in a vacuum either. For example when it comes to the physical body, the Eastern sciences of self-healing say that more than 95% of all illness and weakness within the body have an emotional origin. The sequence is: thoughts attract emotions that, if unresolved, may cause physical problems. Unresolved

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emotions build up and become increasingly exacerbated by what you habitually give your attention to. Thoughts fuel the emotional fire. The inner narrative and dialogue you are running, your so-called "story," attracts toxic emotions that in turn accumulate in the body and poison it, if you do not release them. If you keep reliving a negative experience, or one your awareness considers negative, it will make you sick. So please, acknowledge emotions as they come up; then release that vibration, and let the emotions go. You know, "Get over it!"

Every cause and effect leads back to what you are giving your attention to. Knowing this, I titled my first book and radio shows *You Are What You Love*, which is the short version of the Spiritual Law: you are what you love, and you love whatever you are giving your attention to. All the energies that make up physical human life are fundamentally organized and vibrate according to what you give your attention to and how you feel about what you give your attention to. The body, emotions and perceptions are giving you the results they are under the impression you want based exclusively on your awareness. Awareness can be the gateway to health or illness based on... you guessed it, what you are giving your attention to.

Since imbalance and disease enter through the doorway of awareness they can also be ushered out through the power of that same portal. When you give your attention to things that live in an unlimited, high vibrational realm such as gratitude, acceptance, love and forgiveness, you have contact with the other Spiritual Beings that also live in those unlimited realms. This means if you are seeking Angelic intervention in your life for whatever reason, giving your attention to things that reside in the same dominion as the Angelic community is the most potent way to usher that relationship into direct contact with your life.

When you seek Angelic interaction and then give your attention to things that live in a hellishly limited place, you remove yourself from receiving the support of that unlimited community. The idea is make yourself accessible to Angelic services by staying in their presence, and this is done via what you are giving your attention to. Even if you are in pain, be it physical, emotional, financial or otherwise, you can ask for help and then gratefully acknowledge their Divine assistance. In your time of need see yourself as being treasured and adored by the Divine. By giving your attention to these unlimited things you remain firmly in the loving and healing hands of the Heavenly community.

The old saying, "We have seen the enemy and it is us," has never been truer when it comes to what we habitually give our attention to. We invite, accumulate and aggravate our miseries according to what we give our attention to. Conversely we also heal, overcome and breakthrough life's challenges according to our awareness. The empowering aspect of this situation is that what lives in an unlimited, Heavenly place is only as far away as what we are

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focusing on.

### **About Vaishali:**

Vaishali is the author of *Wisdom Rising* (Purple Haze Press 2008) and *You Are What You Love* (Purple Haze Press 2006) and the syndicated Talk Radio Host of "You are What You Love". She demystifies mysticism by offering answers to many thought provoking questions about the fine art of self-resurrection. Vaishali has survived a life fraught with every possible personal challenge available to a human experience: the violent death of a loved one, lying, cheating significant others, a messy painful divorce, financial devastation due to life threatening illness and injuries. The experiences have shaped her books with honest, heartfelt and deeply insightful knowledge on how to understand the purpose behind human life. She has appeared on the *Dr. Oz Radio Show*

and was recently quoted on

*Oprah.com*

. she is a columnist for

*The Huffington Post*

and a frequent guest on network Television. She is also a faculty member of

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