

## Raising Energy Levels for Greater Presence in Spiritual Direction

By Rev. Gibbon Bogatsu B.Th.

It is 14h45 in the afternoon, you have an appointment with your spiritual protégé at exactly 15h00 and you are stifling a couple of yawns already. What do you do? I believe that:

- There is no such a thing as; I got up on the wrong side of the bed.
- There is no such a thing as; I can't study in the afternoon.
- There is no such a thing as; I am too tired to spend time with my kids.
- There is no such a thing as; I am bored.
- The list goes on and on... Energy Is Choice!

Energy is largely a matter of choice... Remember you have the power of transcendence in you to get whatever you want out of life.

Our moods/minds are connected to our emotions/body/motion. This is not magic but a scientific fact: If something is not right with our minds we can immediately correct it by changing something in our body. For example, we can engage in physical activity to achieve mental alertness. We can rest or take a deep breath to achieve a healthy mental state.

Equally if something is awry with our bodies we can quickly remedy the problem by the correct mental disposition. Mental attitude affects physical performance. You can truly have anything you desire.

*"Improving your energy is not that difficult if you will get the rest you need, plus take care of the body in a way that allows it to rest and rebuild. Energy is your birthright and your privilege if you will learn to care for the body as it is designed to be cared for."* **Lawrence Wilson MD**

### 12 Tips to digest

1. Healthy hearty breakfast
2. Early morning brisk walk
3. Drink lots of water to rehydrate
4. Breathe deep
5. Snack smart
6. Body movement
7. Clear out the clutter

8. Have a well-balanced lunch

9. Water or hydro therapy

10. Write an agenda

11. Re-connect

12. Sleep tight

**Our energy field called the aura.** The aura is a multi-layered electro-magnetic field that emanates from and surrounds the body in all directions. It encompasses our personal energy space and regulates the energy outside of us.

**The things that may distort the aura are:**

- Working with unhealthy or stressful emotional issues
- People giving you lots of advice, trying to affect a decision you are making, or sending negativity your way
- Consuming alcohol, visiting bars, or taking drugs
- Being sick or being around sick people
- Being energetically shut down

Energy distortions make us lethargic and can eventually affect our physical and emotional health if they are not corrected at the spiritual and mental levels. Ideally we want to heal these patterns before they express themselves in the body.

Because we do pick up energies from others, an aura cleansing and balancing can remove stagnant clumps of energy, restore balance, and promote a feeling of wellbeing.

**Things to do to cleanse your aura and keep the energy moving:**

- Eat foods that are "alive," drink plenty of water, and get sufficient sleep.
- Go for a walk in nature; stand in a strong wind; get sufficient exposure to sunlight; garden.
- Go swimming and make sure to submerge yourself in the water. Salt water is especially good for removing minor debris from your aura.
- Take sea salt or Epsom salt baths.
- Become aware of negative thoughts and change them to positive ones.
- Take time to replenish your spiritual energy. You can imagine sitting under a golden waterfall of your own spiritual energy as the energy flows through and infuses every cell of your body on its way down to the center of Mother Earth.
- Use your creativity to do something you really love to do.
- Live in accord with your spiritual idea, meditate, and pray.
- Ground your body to the center of the Earth and release unwanted and excess energies down the grounding cord.
- Be in the center of your head where you can be neutral and non-judgmental, acting instead of reacting.

## Small Groups Discussion

Share one thing that really zaps your energy... how did you feel?  
Share one thing that really boosts your energy... how did you feel?  
Have any of the above experiences been in the context of spiritual direction?

## Introduction to the Five Tibetan Rites

For thousands of years, medical practitioners have maintained that the body has seven principal energy centers which correspond to the seven endocrine glands, also known as chakras. Chakras are essentially energies within spinning vortices. As a vortex is increased, the life force becomes stronger and more directed.

Recent medical research has uncovered convincing evidence that the aging process is hormone-regulated. The five ancient Tibetan rites are said to normalize hormonal imbalances in the body, thereby holding the key to lasting youth, health, and vitality. The rites stimulate the energy system in the body, wake up the chakras, and get energy moving from your core outward to your extremities. The theory behind the rites is that your kundalini (spiritual energy) is stored and lies at the base of your spine and that these rites access that energy in a very efficient, fast, and user-friendly way.

Light group exercises to follow: Tibetan Rites, Basic Qigong, Breathing and Stretching.

