

Our Energy Source

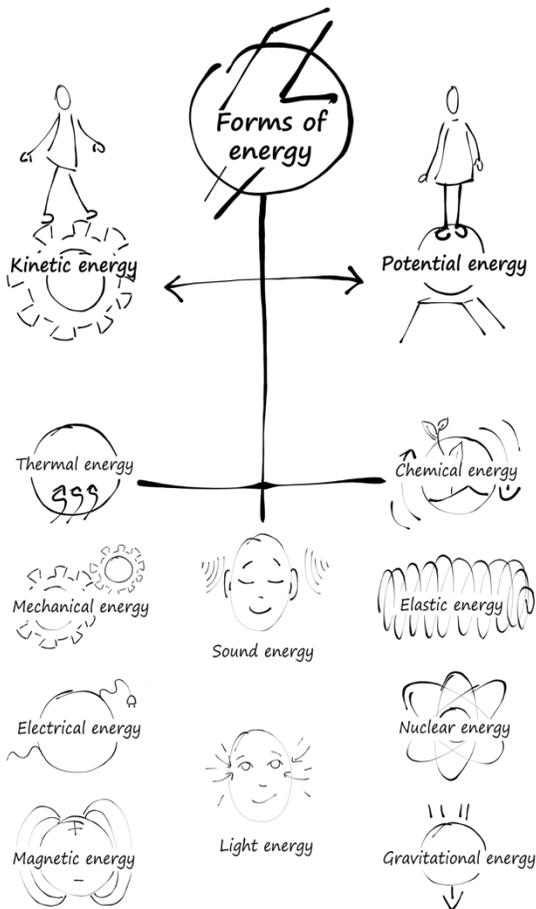
God is the Creator of life; He is pure energy. God created us as energetic (spiritual) beings. (*Didn't you realize that your body is a sacred place, the place of the Holy Spirit?* Corinthians 6:20 MSG). We are spirit energy contained within our physical bodies. *God dwells deeply within us* (1 John 4:12 MSG). The closer we are to the Father, the Son and the Holy Spirit the more alive we will be. If we become cut off from God, we are spiritually dead. *You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely.* Psalms 59:17 NIV

Jesus is light (*Again, Jesus spoke to them, saying, "I am the light of the world.* John 8:12 NRSV) and light is energy. (*To this end strenuously contend with all the energy Christ so powerfully works in me.* Colossians 1:29 NIV). As believers, Jesus left us with the Holy Spirit. The Holy Spirit is to be called upon for strength and divine energy. When we focus on our bodies as a living system of energy we can hold that divine energy within us.

Isaiah 40:29-31 promises us that the Spirit of God supplies supernatural energy in our inner being, so we won't grow weary and lose hope. That's what I want...energy, power, hope!

What is Energy?

When many hear the term "energy" they forget the lessons we learned in school. As Christians, many have a heightened negative sense of the word when used in the same sentence with "healing". Take a moment to refresh your memory on what exactly is energy. God truly designed humans and our world using lots of forms of energy.



God designed the body as a system of energies and every cell carries extraordinary intelligence and resilience. Energy Medicine is a term coined many years ago that describes various techniques used to promote healing, health, wellbeing and resolutions in the body by moving the various systems of energy. Albert Szent-Gyorgyi, Nobel laureate in Medicine said, *"in every culture and in every medical tradition before ours, healing was accomplished by moving energy."*

I would change this a bit to read *"in every culture and in every medical tradition before ours, healing was accomplished by moving the energy, that God divinely created within us, through our body."*

Ultimately, we are responsible for our health and the more we know and the more we do for ourselves, the better our health can be. If you can embrace Energy Medicine as a preventative tool for your God-given body, soul and spirit you take charge of your health.

By learning a few scientific principles about the energy centers and the meridian system found within your body you could understand how to use God's strength to change the quality of your energy and live a healthier life. As you draw near to God, Jesus and the Holy Spirit, you will refine your energy and become truly alive.

Understanding the Science

Our bodies are conductors of electricity; they allow the flow of charge in one or more directions. Our nervous system is like a wiring grid that carries electrical charges throughout our body. The passage of electricity through the wiring grid is what generates the electromagnetic field. Electric charges passing through the nervous system generate an electromagnetic field, just as electricity passing through a wire from an outlet to your phone charger or to a light fixture generates an electromagnetic field as the electricity passes along the wire. During wakefulness the amount of energy generated by the brain could power a 12-25-watt bulb.

We're composed of atoms and all atoms have electric charges which hold them together, attract other atoms (to form solid substances) or repel like charges therefore there is a flow of energy in the form of electrons when electricity is present, and its energy is emitted as electromagnetic force. Just as resistance in an electric plug circuit generates heat, so does our electromagnetic field. All of this transfer of charges generates electromagnetic fields and heat is emitted as infrared level radiation or energy.

Energy from electromagnetic fields comes in various intensities, measured by wavelength, frequency and overall energy potential. Electromagnetic fields in the body produce different energy levels, which are transferred to our tissues and our surrounding environment.

I believe there is no need to be concerned that the science behind Energy Medicine is not from God. People can put a spin on anything and say it just happens and God doesn't exist, but we know differently.

Quantum physics (how everything works) tells us everything is vibration. Our bodies are vibration. Vibrations refer to the movement of atoms and particles caused by energy. Because of this, all humans and objects have an energy field (aura or biofield) that has its own vibrational frequency. Frequency is measured in hertz units and is the rate at which vibrations occur. Chakras (energy centers) refer to various energy centers in your body that correspond to specific nerve bundles and internal organs. The seven major energy centers run from the base of your spine to the top of your head.

The acupuncture meridian system used in these exercises is based upon Chinese medicine theory well over 3000 years old. It incorporates a system of channels through which energy flows. A recent study found evidence that acupuncture meridians were part of the human extracellular matrix and that fascia was an important part of the anatomic substrate of acupuncture meridians.

What this is NOT

After reading the “science” part of this work many Christians might still think this practice is New Age because they don’t understand it. Please don’t dismiss this work without attempting to understand the science and God-breathed scripture behind it.

The New Age Movement is defined as the broad movement characterized by alternative approaches to traditional Western culture, with an interest in spirituality, mysticism, holism, and environmentalism. This work is considered “complimentary medicine”, meaning it compliments other Western based medicine. In this practice we use biblical scriptures, NOT scriptures from other ancient non-Christian texts. This does NOT include anything mystical. God is our power source; the Bible is our text. Just as some of the doctors we go to for our traditional western medical needs are not Christians, not all people who practice Energy Medicine are Christians. This does not mean we don’t find benefit in the atheist or agnostic doctor who saves a loved one’s life and that they were not used by God to help us. God can use ancient Chinese (acupuncture meridians) or Eastern Indian based medicine (energy centers) to help us take care of the body he gave us without renouncing our Christian beliefs.

Electromagnetic Hands

God made your hands and they are electromagnetic (relating to the interrelation of electric currents or fields and magnetic fields). **YOU’VE GOT HEALING IN YOUR HANDS!**

You can use your hands to move energy through your body to help clear stuck energy and congestion to promote healing. The exercises you will learn come from ancient healing practices using acupuncture meridians and energy centers. As your electromagnetic hands move across your body you’ll be infusing biblical truths that will set you free and build you up.

Excerpt from Energy Medicine for the Christian Retreat Manual