

CHI – CREATIVE ENERGY, BREATH OF LIFE
by Dianne E. Conner

Edited from *NaturalNetworker* August / September 1999

“Chi – life energy, not matter, is the basis for all creation. Health and disease, change and constancy manifest from the realm of chi into the realm of matter. This breath of life pervades all people, places and things and is vital to their interaction. Our bodies, as connectors of heaven and earth, are holy temples of our souls. Every breath we take of Chi (or Ki, Prana, Universal Life Force, Source, God, Spirit, Sophia or Shekinah or other names for God-force energy) is sacred.

The major sources for this life energy are solar, air, ground and water – the vital energies of nature. We can feel the power most where it is most concentrated. Waterfalls, ocean waves, forests, and mountains tops are intense areas of this energy. That’s why we feel exhilarated when we are near them! Compare that high feeling to the feeling you get in a busy, crowded environment. Shopping malls that bombard the senses with electromagnetic waves and other negative energies are specially draining, as are people with negative energy (tense, angry, impatient, depressed, etc.) whose energy fields impinge on our own. (Remember feeling the energy of an angry person next to you?)

Thoughts and words are another form of creative energy – positive and negative. Many spiritual sources teach about the power of the spoken word. It’s important to communicate our feelings but Edgar Cayce, one of the founding fathers of holistic health, warned, “Be aware there are no idle words. What you say has a strong effect on the attitudes and feelings of your listeners.” Cayce taught the important fact that we need to at least attempt to resolve difficult situations by ourselves before talking about them to others. Whether we need the help of others or not, we should not criticize, complain or otherwise speak negatively about the issues, ourselves or anyone else involved because doing so creates negative energy that affects all of us.

The Universal Law of Karma insures that the same type of energy sent out will be returned, but magnified greatly. If you want positive results, create positive thought forms. Use the power of the spoken word to energize or uplift the spirit of others and yourself. Realize, too, that the way people act towards you may be a reaction or a reflection of the thoughts and/or words you express towards them. Be certain of your intent before speaking.

Intention is very important for relationships and for all accomplishments. Manifestation programs teach us the necessity to clearly determine what we want to create in our lives. Our subconscious minds need specific images for the universal creative energy to act on. W.H. Murray, who climbed Mt. Everest said, “...all sorts of things occur to help one that would otherwise not have occurred. A whole stream of events issue from a decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance, which no one could have dreamt would come one’s way.” When your thoughts are contradictory and have no clarity, you create a universe of thought forms that actually live off your energy. Remember, negative thoughts and ideas will draw in negative energy. We need to be careful of how we see ourselves, what we wish for, or what we believe will happen to us. Form does follow thought! Let us give more attention to our thoughts and what we are creating, for as Cayce said, “Thoughts are deeds and are children of the union of the mind and the soul.” ~

