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SCEINCE, ENERGY & SPIRITUALITY

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Abstract

We live in a universe of spiritual, psychic, and physical energy by virtue of which all living things exist through their ability to transmute this universal energy into something individual. For centuries, science has led our progress; spirituality, as indicated through participation in traditional religion has been in steady decline. But the unorganized, personal aspect of spirituality is the subjective pursuit of value, reality, and understanding through individual experience or consciousness. It is high time when the correlation among science, energy and spirituality is desperately needed in the best interest and service of mankind. This paper is an inquiry in to the dimension of spiritual wellbeing in the cover of science and energy.

Keywords: Science, energy, spirituality.

Introduction

It's commonly accepted that science and spirituality are not compatible. Science is considered our consistent way forward, while spirituality often regarded as sentimental remains of our past we can't quite let go of. So to say it is necessary for the two to work together may seem unrealistic. For centuries, science has led our progress; spirituality, as indicated through participation in traditional religion has been in steady decline. But the unorganized, personal aspect of spirituality is the subjective pursuit of value, reality, and understanding through individual experience or consciousness. This aspect of spirituality has not declined. ***Instead, the drive to find external solutions to global problems that have value to our interior world is more***

powerful than ever. The scale of our planet's problems is too great to be solved without an integrated approach of science and spirituality. The power of consciousness needs the systemization of the scientific method, and the tools of science depend on the wisdom and creativity of individual consciousness to guide it in a meaningful direction.

Spirituality is a globally acknowledged concept. It involves belief and obedience to an all-powerful force usually called God, who controls the universe and the destiny of man. It involves the ways in which people fulfill what they hold to be the purpose of their lives, a search for the meaning of life and a sense of connectedness to the universe. The universality of spirituality extends across creed and culture. At the same time, spirituality is very much personal and unique to each person. It produces in person qualities such as love, honesty, patience, tolerance, compassion, a sense of detachment, faith, and hope. Of late, there are some reports which suggest that some areas of the brain, mainly the non-dominant one, are involved in the appreciation and fulfillment of spiritual values and experiences. Spirituality is based on the concept of energy. As the overall energy goes up and down, so is the level of spirituality.

Basic element of Reality: Energy

Contemporary scientists have come to the conclusion that the basic element of Reality is consciousness manifested as energy. Physical energy is studied and described as particle and waves, since neither aspect is accurate by itself.

The universe is a sea of energy. Today physicists know that matter is a form of energy, vibrating at different frequencies.

Energy comprises 98% of the Universe and matter only 2%. "Every cubic centimeter of empty space contains more energy than the total energy of all the matter in the known universe.

Here, we'll explore the nature of spiritual energy and how it can be:

- **Understood**
- **Transmitted**
- **Preserved and Stored**
- **Applied transformatively**

Understanding and Transmitting Energy

We live in a universe of spiritual, psychic, and physical energy by virtue of which all living things exist through their ability to transmute this universal energy into something individual. We become endowed with the ability to transmit our own energy field, our individual unit of power. Humans are energy transformers; we are alive and developing in proportion to how much of this universal energy we accept and how freely it flows through us. The better we transmit this energy or allow it to flow through us, the higher grade we occupy; the more alive and contented and effective we become.

Our personal energy convergence point is a center of reception and radiation at the same time. The energy waves from the one Soul sustain us and are manifested in our separate frequency transmission. Our individual essence maintains itself by passing Higher Energy pulsations through it. The instant when the Higher Energy flows through us is our moment of absolute unity with divinity. The individual power which occasions the flow through of Higher Energy is composed of the sureness of our belief in the existence of this greater force. Human Energy field has four layers which are either blocked or clear depending upon the type of energy and its flow from one body to another.

Human Energy Field	
Blocked	Clear
Physical Layer	
Health Issues, Pain, Accidents	Good Health, Feeling good, Harmony on material level
Emotional Layer	
Stress, Depression, Anger, Guilt, Shame, Fear	Joy, Optimism, Innocence, Confidence, Safety, Peace, Happiness
Mental Layer	
Confusion, Paranoia, Low self-esteem, Bigotry, Erroneous Beliefs	Clarity, Optimistic thoughts, High Self-esteem, Beliefs based in Truth
Spiritual Layer	
Religious issues, Fear of God, Feeling cut off, No trusting intuition	Faith, psychic abilities-knowing/Trusting, Intuition, Soul's Mission

Preserving and Storing Energy

The universe is a web of energy conveying life force through its emanations. All entities within this network receive and transmit energy through radiations. A punitive experience of spiritual, psychic, and physical energy occurs as a direct response to the impelling force we create within ourselves. Whatever integration we achieve results in the issuing forth of energy from a higher dimension in direct proportion to our self-invigoration. We receive and transmit spiritual, psychic, and physical energy in immediate relation to our developing intellectual and spiritual capability. We learn to attune ourselves to the universal energy frequency, experiencing spiritual and psychic entrainment.

All living organisms rely on an external sources of energy to be able to grow and reproduce:

- Radiation from the sun in the case of green plants
- Chemical energy in some form in the case of animals

The energy we conduct of the Higher Force calls its complement into our being. Emanations of Higher Energy become available to transform our lives, recharging and repairing our own systems. Energy upheavals shift us out of destructive habits, encouraging us to relearn integrative ways of being.

Centers of Energy: Chakras-Evolution of Spirituality

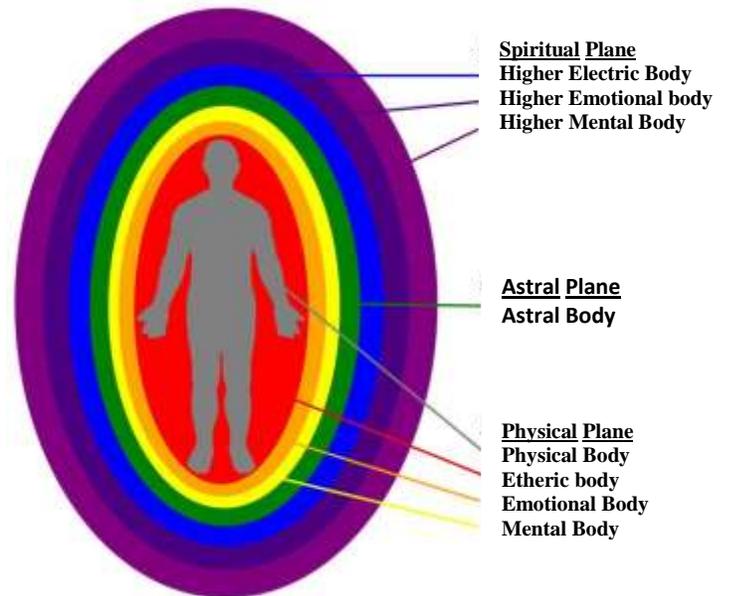
There are centers of energy physically and spiritually associated with various parts of our bodies, called chakras. When kundalini energy moves through the various chakras, our consciousness necessarily changes with it. Each chakra is said to correspond to a specific mantra (sound) and geometric pattern (yantra). Through meditation on these chakras it is claimed that we can gain mastery over our body and each corresponding element.

In the vast majority of humanity, this Secret Fire, or liberating energy of self-consciousness, is said to lie dormant at the base of the spine, coiled like a serpent. By learning to contact the various focal points of energy, what are called the chakras, the person moves her locus of consciousness into the various areas. If the Secret Fire reaches the top of the skull and beyond, spiritual awakening can occur, allowing for a descent and re-ascent of the energy, during which

the psychic centers can be awakened, allowing for the manifestation of psychic powers and related phenomena.

The Secret Fire is directly linked to sexual and creative forces in humans. Sexual desire can act as one of the basic evolutionary impulses, along with Higher Intellectual forces. The dormant capability and need for positive orgasmic experiences is biologically and psychically rooted. Sexual experience within the context of genuine love involves experience of spiritual transcendence, foreshadowing ecstatic union with the One. The "little death" or *petite morte* of the sexual orgasm, is a forerunner of the "big death" as we let go and experience divine oblivion.

Freud believed that humans must subordinate their desire for pleasure--primarily sexual in nature--to the reality principle: the demand to live in conformity with socially concocted dictates, such as the subordination of women and children to a domineering, abusive father. Life thus becomes a joyless compromise with dysfunctional rules.



As we've seen, the sexual drive can be used in positive ways within the context of a mature love relationship. In most persons in contemporary society, however, the libidinous drives are thwarted or corrupted, resulting in psychological disorders of one form or another. Freud's psychoanalytic techniques--a silent therapist listening to the free associations and dreams of the patient--was a gigantic fraud, resulting in persons becoming more miserable rather than more functional.

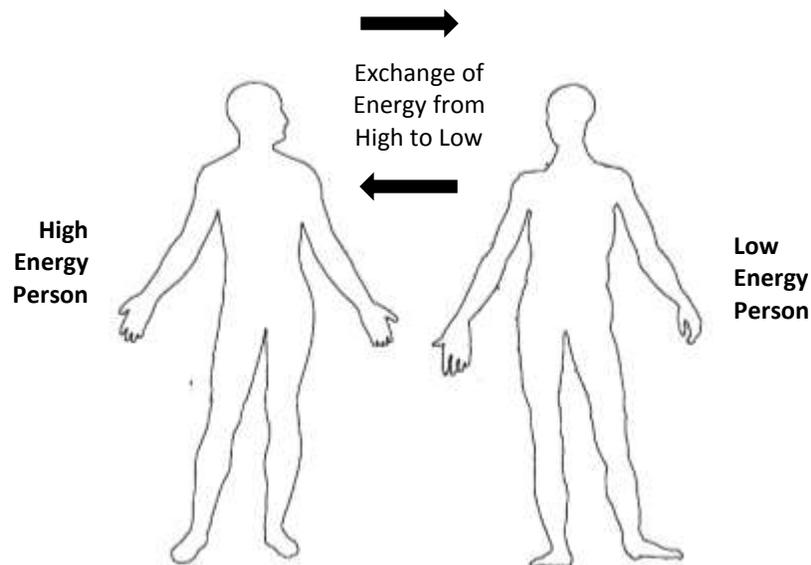
Exchange of Energy

Every time we interact with another person, there is an exchange of energy resonance. Extensive interaction with people possessing negative energy fields may debilitate us and leave us with a tremendous amount of harmful energy debris.

Unless we learn to recognize negative energy and cleanse our fields of it, we can suffer physical, emotional, mental, and spiritual problems. Fortunately, the opposite is equally true: spending time with positively charged persons and edifying phenomena such as enlightening music, art, and literature, can bring transformative effects.

Our spiritual and psychic energy can be misused or wasted in a number of ways. Negative mental and emotional states allow for leakage of energy at a rapid pace (as if we punctured a balloon with a pin, creating a hole and resulting in the balloon exploding). One of our greatest enemies in this regard is self-importance. We allow ourselves to be weakened by feeling offended by the deeds and misdeeds of other people. Our self-importance requires that we spend most of our lives offended by someone.

It's first necessary to identify with our Higher Self and develop a moment-to-moment awareness of what's happening in our personal energy fields and the energy networks affecting us. We learn to notice how we feel around certain people and in certain situations, for example whether we feel energized or enervated. ***Power struggles are about "stealing" each other's energy. If you feel "drained" after having been with a specific person, you're probably "losing energy" to that person.***



This energy exchange means exchange of thoughts
 If High Energy person have Negative Thoughts → It will influence low energy person and he/she will carry the same negative thoughts with him/her
 On the Contrary
 If High Energy person have positive Thoughts → It will influence low energy person and he/she will carry the same positive thoughts with him/her

Discovering your spirituality

Uncovering your spirituality may take some self-discovery. Here are some questions to ask yourself to discover what experiences and values define you:

- **What are your important relationships?**
- **What do you value most in your life?**
- **What people give you a sense of community?**
- **What inspires you and gives you hope?**
- **What brings you joy?**
- **What are your proudest achievements?**

The answers to such questions can help you identify the most important people and experiences in your life. With this information, you can focus your search for spirituality on the relationships and activities in life that have helped define you as a person and those that continue to inspire your personal growth.

To undertake scientific investigation, you have to start with an idea, with some intuition about what to look into and where you might begin to find answers. Science, in other words, begets creativity. Intuition may also be required to furnish explanations and further avenues of investigation. Creativity and intuition are among those mysteries of consciousness that link the everyday, analytic mind to the holistic insights of the spiritual dimension.

The impact on Western society of science is incalculable, from the discovery of the world as a spherical planet in orbit around the sun, massively affecting humanity's view of itself and its place in the universe, calling into question all previous explanations, myths and theories, including religious theories. Until recently, partly because spirituality has been so closely tied in people's minds to 'disproven' religious teachings for so long, the spiritual dimension has been mistrusted and misrepresented by scientists and their followers who imagine science and spirituality to be somehow opposed to each other. This seems unwise.

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