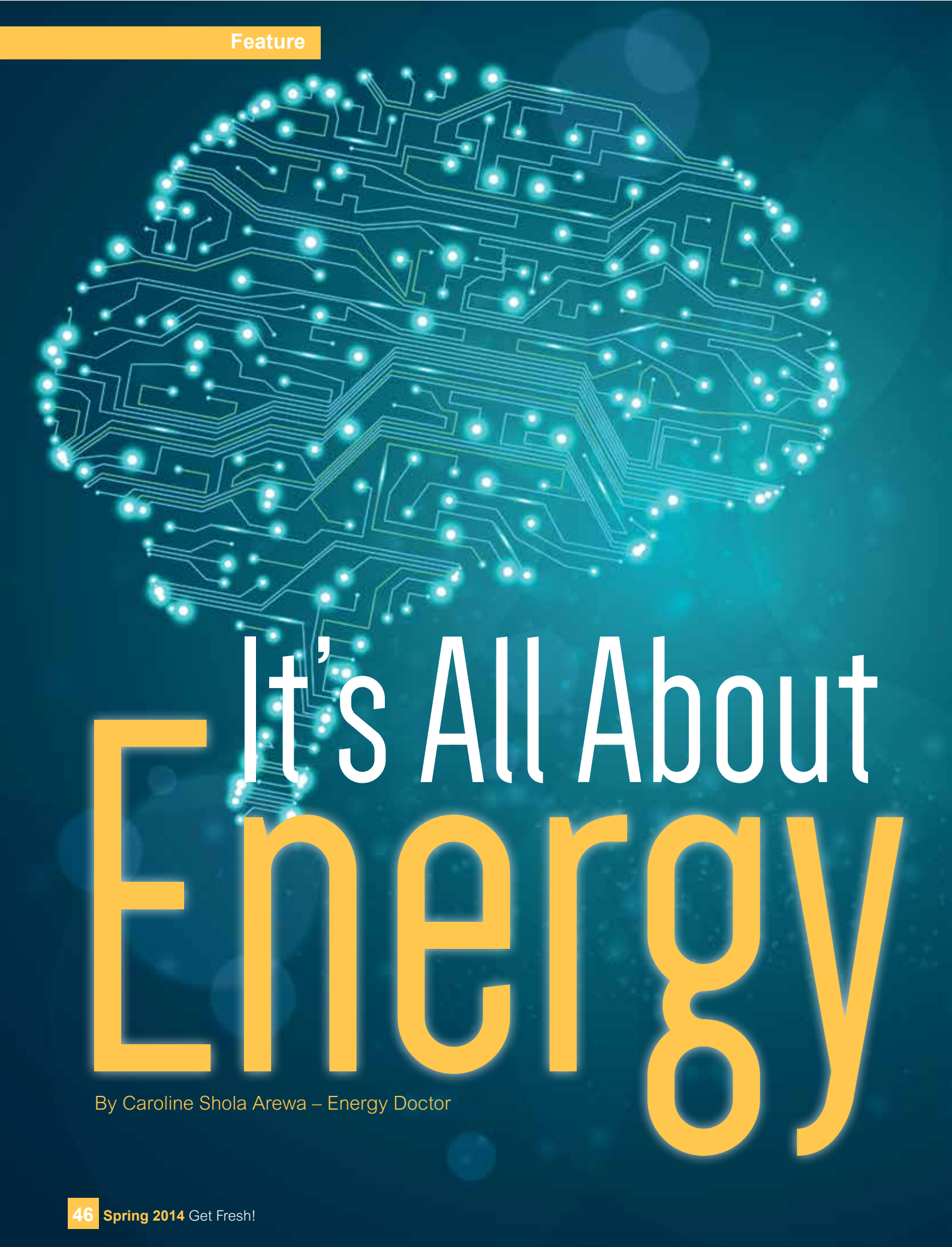


It's All About Energy

By Caroline Shola Arewa – Energy Doctor

We are all familiar with energy and describe it in a multitude of ways. We talk of *needing more energy* or *being full of energy*. At times we may describe our energy levels as being *a bit sluggish or low*. You may hear people speak of being *in good spirits* or having *no energy left at all.* We speak of *liking* and *disliking* a person's energy or vibration. Energy is very much part of our language. Yet what is energy?

What is energy?

Everything is energy. Energy is the fundamental building block of life. It is the animating life force manifesting through, around and as you. You are pure vibrant energy. Einstein's famous equation $E=Mc^2$ tells us that everything animate and inanimate is made from pulsing creative energy. It is everywhere, in all things, in the tiniest subatomic particle, the breath you breathe and the solid ground beneath you. Energy is the carrier of information – the intelligent force through which all things come into being. Energy manifests in the physical, emotional and spiritual aspects of your being. It is expressed through all things in all densities.

Why is energy so important?

Most of us want sufficient energy and vitality to live life to the full. We don't want to feel drained, exhausted and stressed out all the time. And why should we, when being full of energy is our birthright. Energy is the fuel humans are designed to function on; we need regularly topped up, good quality energy for optimum health and wellbeing.

According to some of the oldest wellbeing systems and modern science, energy is the key to wellness. The ancients mapped the subtle energy body, detailing the chakras, the aura and the energy pathways known as nadis and meridians. We learn from ancient spiritual traditions in Africa, Asia and Europe that our complex human energy system needs constant flowing energy. Energy in the human body flows through an intricate number of pathways. Any disturbance to the even flow of energy can lead to disease or dis-ease. Often I can be heard saying to my clients, "If you are not creating ease in your life, you are creating dis-ease."

The ancients taught us that all illness is caused by a disturbance in the flow of energy. Living life to the full requires free flowing energy. When energy is depleted and out of balance you can experience tiredness, fatigue, stress and even illness. Learning to balance energy effectively creates the health, happiness and success we each desire. Knowledge of energy, chakras and the human energy system can enhance your overall health and wellbeing. This extends to spiritual and personal health, as well as professional development. The more you understand energy, the more successfully you can manage your life. Energy is the key to a high quality of living.

Energy and new paradigm medicine

As we evolve and become ever more conscious about our health and wellbeing, energy is taking centre stage. New paradigm medicine has energy at its core. This relatively new term refers to a shift in consciousness regarding how we live and heal. Beliefs and behaviours in society are rapidly changing. The rise in the raw movement is a prime example of this shift. Old paradigms are being replaced with new. This is the result of complex and often lengthy social processes.

Illness seems to be on the increase with allergies, cancer, immune disorders and heart problems all becoming more and more prevalent. Illness can be a major wake-up call that forces awareness and conscious living. Many people are becoming increasingly disillusioned with allopathic medicine and are therefore seeking new and conscious approaches to live and heal. There is a quiet revolution taking place.

We are also returning to the ways outlined by many ancient healing traditions. The ancients speak of an akashic field, sometimes referred to as aether, and the information it holds. They understood that information on everything that ever was, is, or ever shall be, is held within the akashic records. I think of it as the original cyberspace. This field in science is known as the quantum vacuum, a field of energy and information. Out of the void of nothingness come all things. Both akasha and the quantum vacuum refer to the empty space of infinite possibility from which all life emerges. The ancients spoke of the ability to communicate instantly from a distance. Quantum theory calls this non-locality. The ancients were also aware of our connection and realised that if we hurt another we hurt ourselves because we are all connected; we are all one, connected within a field of energy. In quantum physics this is explained by the phenomenon known as entanglement.

Energy as information

The latest research in consciousness, neurobiology and quantum physics suggests that waves, particles and light become the living world we see around us. The same energy surrounds, permeates and is who you are.

The knowledge and timeless wisdom of our ancestors is again being revealed to us. Science and spirituality are moving ever closer as we develop our understanding of ourselves as energy beings. We are connected in a matrix-like web of energy and information. We are energy beings and everything we do, say, or desire to be requires energy.

My international work and research over 25 years has explored energy, holistic healthcare, humanistic psychology, spiritual traditions and new paradigm medicine. I have experienced how people maintain health in different cultures. I have also identified lifestyle issues leading to energy drain and severely impaired health. This led me to develop Energy 4 Life wellness coaching where people train in an energy-based, integral approach to ultimate wellness. A fundamental aspect of Energy 4 Life is learning to effectively manage your energy.

How effectively do you use your energy?

We tend to refer to energy as blocked, negative, good, high, and so on. There seems to be an innate scale. We have a natural inclination to measure our energy levels in the following ways:

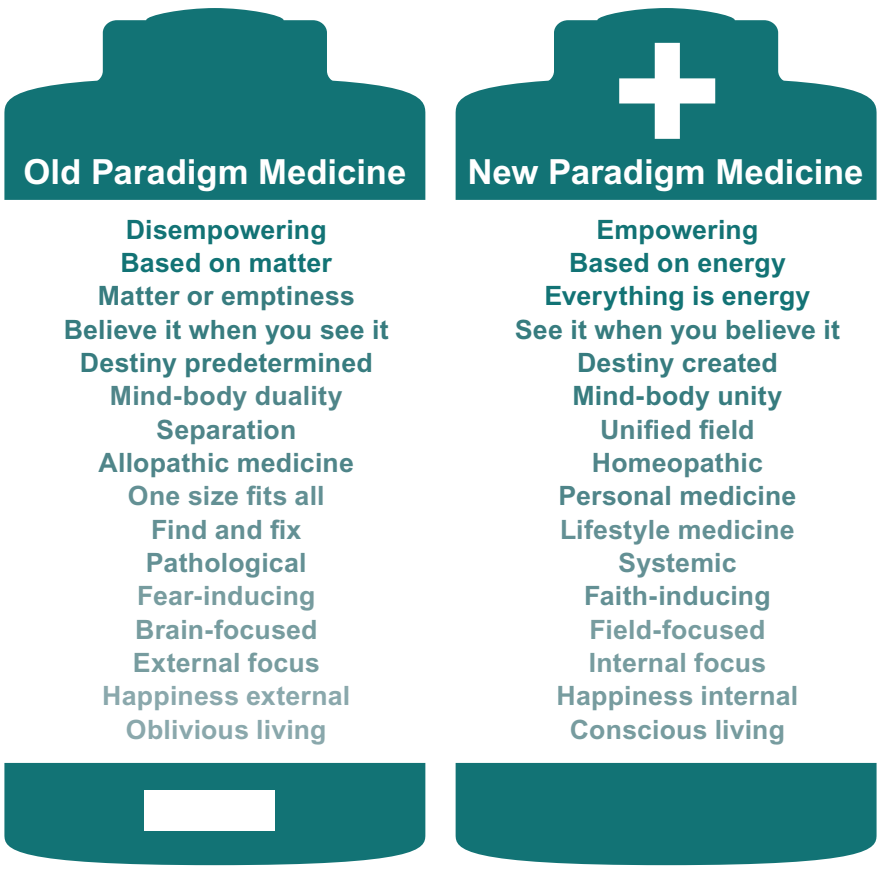
Energy Resource	Measurement Scale
Spiritual	Flowing or blocked
Psychological	Positive or negative
Emotional	Good or bad
Physical	High or low

High-energy living depends on you optimising all available energy. As complex energy beings it benefits us to draw on all our energy resources and not simply drain our physical capacity. It is vital to allow spiritual, psychological and emotional energies to work towards your success.

With these four energy resources available to you in equal measure, how do you use or abuse this energy? Do you rely too heavily on your physical energy, causing depletion, and does your supply of spiritual energy remain untapped? I ask this question of numerous clients and receive a variety of answers. Many people fail to use their spiritual, emotional and psychological supplies of power. Instead, they rely on physical effort to achieve results. Invariably this leads to overwork, stress and exhaustion. We are multifaceted human beings designed to utilise all our resources and function using body, mind, spirit and emotion.

Getting to grips with how you use and abuse energy is essential for healthy and successful living. Taking time to understand your energy system allows you to take greater control of your life. It's all about operating from your core energy to raise your level of vitality and transform the way you live.

Read our Summer 2014 edition to find out how to effectively manage your energy with Caroline Shola Arewa.



Caroline Shola Arewa is an award-winning and pioneering wellness coach, trainer and author whose work has transformed lives worldwide for 30 years. A specialist in Energy and Lifestyle Medicine, Shola has developed a highly effective way of supporting people to manage energy and create major lifestyle changes, leading to greater health, happiness and success.
www.shola.co.uk

Change your life
& help other people change theirs

Become a certified

Energy 4 Life™
Wellness Coach

Get your Energy Back and your Life on Track!

21st century living drains energy, causes stress and leads to dis-ease. Energy 4 Life™ brings together four powerful ways of rebalancing energy and restoring health.

Learn how to use ancient yoga teachings, chakras, quantum science and contemporary coaching skills to create Health, Happiness and Success. Work closely with award winning Author **Caroline Shola Arewa** to change your life and your career.

Trainings: Jan, May, Aug, Sept.
London, York, Ibiza & USA

Booking Now for 2014

Take a quantum leap, change your life

Award Winning Training

Best Selling Book by
Caroline Shola Arewa

Free 7 day e-course – Workshops – Retreats – visit www.shola.co.uk

FOR A FULL BROCHURE 0845 130 1918 energy-4life.com shola@energy-4life.com