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[E8_AF_AD_E5_9B_9B_E7_c83_496453.htm](https://www.100test.com/kao_ti2020/496/2021_2022__E8_8B_B1_E8_AF_AD_E5_9B_9B_E7_c83_496453.htm) A Clear Current
Maintaining The Flow The essence of all being is energy. Our physical and ethereal selves depend on the unrestricted flow of life energy that is the source of wholeness and wellness. Though the channels through which this energy flows are open systems and influenced by factors outside of our control, we ultimately choose what impact these will have in our lives. It is up to us to identify and clear blockages in the energy field to ensure that flow is maintained. A healthy, grounded individual absorbs some portion of the energy emitted by other people and the environment, but this does not interrupt the continuous stream of balanced energy sustaining them. The same individual copes constructively with stress and upset, and they are not subject to the stagnation that frequently goes hand in hand with negativity. When we keep the energy in and around our bodies flowing harmoniously, we are naturally healthy, vibrant, and peaceful. Life energy flows through us like a swift stream when there is nothing to obstruct it, but various forces such as trauma, downbeat vibrations, and disappointments act like stones that impede the current. If we allow these to pile up, our life energy is thrown off its course or blocked entirely, causing illness, restlessness, and a lack of vigor. If, however, we take the time to clear these forces away, we rob them of the power to impact our lives. When we cultivate simple yet affirmative habits such as taking regular cleansing baths, practicing

meditation and breathing exercises, smudging, and self-shielding, we protect ourselves from outside influences that might otherwise impede our energy flow. Likewise, we lessen the impact of inner influences when we clear our auras of unwanted attachments and divest ourselves of blocked emotions. A strong and fluid energy field is the key that unlocks the doors of self-healing and peace of mind. Your awareness of the flow of energy sustaining you empowers you to take charge of your own well-being by taking steps to unblock, correct, and enhance that flow. Fear will likely be the culprit when you cannot identify the source of stagnation you may simply be afraid to let go of what is obstructing the flow. Letting go can be challenging, but the exuberance you will feel when the flow is restored will be a welcome and blessed reward. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com