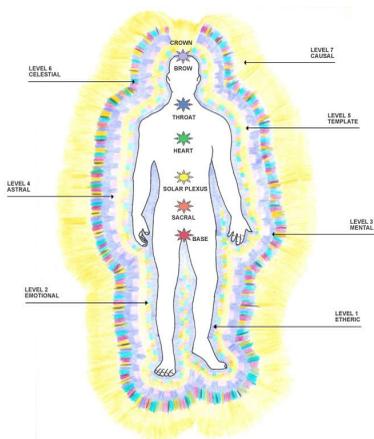


How Psychic Energy Works (Part I)



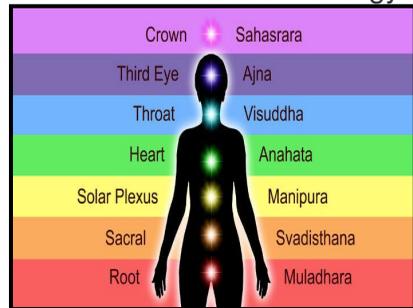
Around 3000 years ago, two great ancient civilisations – the Indian and Chinese developed their separate understanding of human (psychic) energy. The Hindu explored the Chakra System and its connection with Prana, while the Chinese discovered the existence of Qi and its relation to the body's

meridian systems and acupuncture points. Both cultures, separated by formidable Himalaya mountain ranges, had unmistakably explained the existence of the non-material form of human energy beyond the physical body,

In modern days' science, we try to explain that our body produces electricity. Correspondingly, there are electro-magnetic fields (EMF) surrounding our physical structure. With the help of the Kirlian machines, we could map our chakra and auric fields and reproduce them on photographs.

In human **Chakra Systems**, we have seven main chakras (energy centres) from bottom to top – Root (Base), Sacral, Solar Plexus, Heart, Throat, Third Eye (Brow) and to the Crown. Each of this chakra functions like a dynamo energy funnels located on our body. When they churn clockwise or anti-clockwise, they

produce electrical charges with their accompanying EMF bodies. The EMF bodies so produced have different levels of vibration and they interlace with one another. There are 7 energy fields – Etheric Field connected to the Base Chakra, Emotional Field with the Sacral, Mental with the Solar Plexus, Astral with the Heart, the Etheric Template with the Throat, the Celestial with the Brow and lastly the Causal of Ketheric with the Crown.



Our thoughts are considered as one type of energy with its own characteristic vibrational frequency. It is said to link to our solar plexus chakra and its energy field.

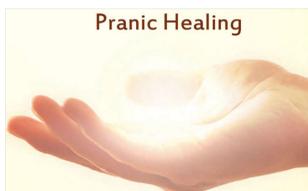
At the entry level practice of awareness of energy, we use our mind to detect the energy flow in our physical body. So, we learn to feel existence of energy besides sensing our physical self, or temperate of warm and cold. You can practice with natural quartz to help bring out your sensing of vibrations.

Next, you learn to acquire the skill in directing the flow of energy in your body. The **Chinese Qigong** practice explains that our thoughts command the flow of **Qi energy**. It is known as or equivalent to “**Life Force energy**” in the western science. When you think of energy going to you palm, you feel a tingling sensation there. You may become more adventurous in thinking about directing the motion of energy up and down and front and back of the energy blockage in your body.

The ability to move the energy from front to back of your body is a formal system of Qigong training connecting the *Microcosmic Orbit*. In the practice of traditional Qigong healing, the practitioner deploys the energy from the Dan Tian acupuncture point. The Qigong Master can charge up the strength of his projection of Qi by filling up his Dan Tian acupuncture point through rapid inhaling either by breathing or by manipulating his spores.

QIGONG BENEFITS

-  Relaxes the body and the mind.
-  Opens energy channels in the body.
-  Builds energy in the body.
-  Improves physical body condition



Up another level, you discover that you not only use your hands to feel your own energy but also other people's body energy. We are tapping on our three lower energy fields – etheric, emotional and mental – to feel energy. Beyond feeling, we can deliberately project this energy, using our thoughts in reinforcing the strength or “amplitude” outward from our palms. So, this forms the basis of energy healing task, which some called “lay of the hands” or **Reiki or Pranic Healing**.



Master Anthony Leong

Note. In Part I, I briefly explain the existence of human energy and some methods of using human energy for healing. In Part II, I will continue with the use of energy for empowering of individuals, health benefits and for cleansing and charging objects.