



Still Your Mind ~ Energize Your Life

by Karla Becker

Without meditation, and without a relationship to your mind, you fail to use the power of the mind.
—Yogi Bhajan, yoga master who introduced Kundalini Yoga to the west

Take a moment to think of a time when you felt totally free — when you were full of imagination, when you felt like you were on top of the world and could accomplish anything. The sky was the limit! Was it when you were a child or a teenager? Was it when you were on vacation and were thrilled by the beauty of a sunset? Where were you when this surge of excitement enveloped you? Or has it been so long that you don't remember? Maybe you feel most of the time as if you are just existing from day to day. Maybe you've slipped into a rut, dragging yourself out of bed every day, feeling powerless, like you are just getting up and doing it again.

When you lack the ability to imagine, you are unable to face and resolve life's difficulties. Everything seems hard. You might blame your difficulties on your diet or the fact that you don't exercise. Or maybe you think it's stress, or maybe it's family problems, or that you're just getting older. And you are reinforced to think this way. The messages are all around us. It is the tendency in Western culture to believe that everyday pressures make life difficult — that the source of your difficulties is external to you. But the truth is that your freedom lies within. You can feel like you did when you were a child, full of imagination and creativity. And the miracle can happen instantly.

You're probably thinking this is another article on "positive thinking." But it's not. Thinking good thoughts is a conscious process. Your subconscious, however, is the source of all your thoughts. These thoughts come from deep recesses of the mind that are affected by your internal body forces as well by as forces outside your awareness. Unless you are aware of these forces, you may continue to try your hardest but still find yourself thinking negatively most of the time. It's not your fault. It's because you are a biological being made up of 70 percent water. At the most basic level, you are made of cells, and your cells are in that water, carrying messages to you at all times. Water is a powerful conduit, powerful enough to become a tsunami.

Because we have this powerful conduit as the majority of our biology, we have an intense response to the forces around us. These forces respond to the energy around us, our energy field. Our bodies and everything around us have energy fields, commonly called electromagnetic fields. And these energy fields are operating at all times, even when we are unaware of them.

Think of an inspiring person in your life. It could be a teacher, a pastor or a friend. Remember how uplifted you have felt in their presence. Why would this be? In Yoga, there is a teaching that the electromagnetic field, or "aura," of people and things affects life at its most basic level. In yogic philosophy, the aura of an individual is described as extending nine feet in every direction. Therefore, you may notice an immediate shift in how you feel when people around you are gossiping or arguing — your energy is decreased and you feel weak and dissipated. The energy fields of the people around you are that powerful.

This phenomenon was researched over a 20-year period by Dr. David R. Hawkins, a nationally renowned psychiatrist and author of *Power Versus Force*. He discovered that when a person was presented with truth and higher ideals, muscle testing measurements showed that the person was strengthened. Similarly, falsehoods, gossip and negativity caused measurable weakness.

But it is not only people who affect your energy fields. The sounds around you carry vibrations that resound within your body. Violent sounds coming from the TV or movies affect the electromagnetic field around you as a low energy vibration. On the other hand, uplifting music and sounds, such as those in orchestras and nature, affect everything around you in a positive way. Dr. Masaru Emoto, author of *The Hidden Messages in Water*, researched the effects of words and sounds on water. He discovered that water molecules form brilliant, symmetrical patterns in frozen water when exposed to words and sounds that are inspirational, loving and elevated. The water formed murky, nondescript patterns when words and sounds were vicious and ugly.

Practicing yoga and meditation is a path for you to strengthen your energy fields and regain your childlike ability to imagine. The practice of yoga and meditation provides a direct path to your subconscious, which is the source of your inner strength. The subconscious is always present, and you can reach it at any time when you still your mind. When the mind is still, your aura is strengthened, and you become powerful on the inside. You no longer are buffeted by the external energy forces you encounter each day. The word "Yoga" means union or the joining of the finite, limited mind with the infinite, unlimited mind. This union occurs when you become aware and conscious. Your conscious awareness can begin by observing what you allow into your energy field. When you do, you may recognize how easily you can be dragged down by lower/slower energy and uplifted by higher energy forces around you. You may notice that surrounding yourself with people who have high ideals can make you feel lighter just by being around them. And you may notice the reverse if you are drawn into low-level situations with people who are negative.

Become aware of the vibration level of a room. If the energy is stale and low, see how you feel when you exit it. And notice the reverse when walking into a room that makes you feel good. Who is in the room? What is being talked about? What is the sound in the room? In yoga, for example, individuals are encouraged to attend classes because of the high vibration level of a room when people are practicing yoga, meditating, chanting and singing mantras together. Yet even standing in line at the grocery store is an opportunity to quiet your mind and expand your conscious awareness. Notice if being still elevates you, even when standing in the midst of humanity.

Finding a yoga teacher and learning to practice yoga and meditation can help you on your way. Creating a place at home for meditating and searching out those environments and people who have a high-energy field can make a positive impact on elevating your thoughts. When your energy field is uplifted, you free your mind and free your life. You are imaginative and creative, and there really is no limit! Now is the time to start. The miracle of freeing yourself can happen instantly. As Goethe said, "Whatever you can do, or dream you can do, begin it. Boldness has genius, power and magic in it. Begin it now." ♪

Karla Becker credits her yoga teachers and high-vibration friends for elevating her aura and giving her inspiration and imagination. She will teach mandala painting and Kundalini Yoga classes at the 4th annual Indiana Yoga Association retreat Nov. 7-9 at the Brown County Inn in Nashville; info@indianayoga.com.