

**FOUR**  
**THE POWER OF LOVE**  
**Meditation 06: Energy**

*“Love is an energy which exists of itself. It is its own value.”*

Thornton Wilder

*“There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique.”*

Martha Graham

*“The energy of the mind is the essence of life.”*

Aristotle

When you start to consider a concept like Energy – not exactly tight and tidy, or easily defined – and ponder how it sits in the Ecology of the Soul, you see a) that it is so intimately bound up in the idea that it practically is the idea, and b) that the quest to define and understand it has been undertaken in science as much as in spirituality. More so, in fact, if you choose to define ‘modern’ Science as an exploration of the physical Universe. Without engaging in scientific study, to track the ‘big picture’ of theories and discoveries about the nature of energy and matter is automatically to lead us to that interstitial space where physical and non-physical energies interact.

We’re happy with the science that says that matter is energy, right?  $E=mc^2$ ? As Albert Einstein said: ‘It followed from the special theory of relativity that mass and energy are both but different manifestations of the same thing – a somewhat unfamiliar conception for the average mind.’ The basic building blocks of matter – protons, electrons, neutrons, quarks, neutrinos and their ilk – are infinitesimally small particles whizzing about in what to them is almost unlimited space.

Energy can't be created and it can't be destroyed. As matter, all it does is change. All things are energy, and all thoughts are energy. Matter is energy, and consciousness is energy. Love is energy, light is energy, peace is energy, power is... energy. This is our natural state. We are beings of energy. You are energy, but energy is not necessarily You. You are love, but love is not necessarily you. Spiritual love is Light. You are light, I am light. Not a general, nondescript 'cosmic soup' kind of light; an infinitesimally small – to all intents and purposes so small that it has no size at all – infinitely powerful, eternal, individual pinpoint, an iota of conscient light, with its own unique consciousness and its own unique rôle to play in the eternal human drama. Amazing idea.

There is also 'Glow', which we associate mostly with the Chakras. Chakra energy – chakra light – is your energy, not the energy that is You. These are energy nodes in your physical body, portals for Ch'i, Pran, the life force. Focussing on them gives you balance, harmony, stillness: spiritual peace and power. Here's the nub of the physical / spiritual relationship; meditating on the Chakras, the light energy that is the conscious and conscient You focuses on the Pran energy that is simply and straightforwardly the glow and go of life itself. The life force. In doing that, the mind becomes still, and the conscious and conscient energy that is You the Soul perceives and experiences both the non-conscient life force, and the conscious and conscient energy that is Your Self – You the Soul.

Anahata, the heart chakra, is the seat of love. As we have discussed, it is the pivot, the balance point, the portal between physical and spiritual. All the chakras, in fact, are steps on the way to our understanding, and experience, of our Selves as non-physical, incorporeal beings. Rather, the chakras themselves are not the steps; our ever-deeper and more intense engagement with them, freeing their energy, the letting go and the letting flow, gives us the steps to tread on the path between physical and spiritual, the rungs of the ladder upon which to climb upwards. Start at the earth level with Muladhara, the root, and end at Sahasrara, the 'connected' one. (We don't end there,

actually, but continue on and beyond, entering a state of Yoga or Union with the Divine.)

### **A practical exercise**

Sit in silence, comfortable and cross-legged, ideally. Focus on your breathing, hearing it resonate in the top back of your nasal airway to quiet your mind, and then focus your awareness (as a start) on Muladhara, the root chakra. This is the energy node centred on the very bottom tip of the spine, round the perineum, that reaches down your legs to the earth as well as forming a 'platform' from which the Pran will flow up your spine towards the top of your head. The awakening or opening process, the 'turning on' of this and all the other Chakras, is, not unlike Yoga asanas, a trick combination of focusing and letting go at the same time. You have to pinpoint the source, feel it flow and glow, and as soon as the tingle begins, give it up. Let it go. Donate it. Like a fan on flames, the more you release and allow the energy to rise, the more you open your (in this case) hips and groin, the more strongly and perceptibly the energy flows – upwards. Sit on or in the glow, feel it, float on it, love it, enjoy it, feel its colour (red) pulsating. You can't own it, you can't keep it. The only way to get more of it is to let it go. This is not the energy that is You, remember; You are the conscient being watching and controlling it. It is leading upwards towards You, and will take You further on up as it passes through the top of your head. That way lies the connection to the energy that is God, the Supreme Soul. But that's for a different chapter, possibly even a different book.