

Life - in a World of Atoms

Understanding that Different Types of Energy Exist in the World

Have you ever sat in a meeting and wondered why you kept changing your mind about the topic at hand? Walked in to a building or room and immediately felt odd, uncomfortable, as if you needed to walk right back out again? Perhaps wondered why every time you see a certain person your feelings differ to the disposition you have towards him/her when you are apart?

We probably all have. Welcome to the world of energy - a world of psychic and telepathic phenomena, sensing and feeling - and yes, we all experience it to at least some degree. Put simply, the world as we know it is made up of “atoms” of energy and different types of “atoms” exist. In this article, the word “atom” defines the fact that everything is made up of energy particles and, just like the chemistry tables, each of these “atoms” has a different feel, vibration, and way of reacting with other “atoms” and/or human beings.

On the psychic level, each and every one of us - especially those who are more sensitive - is continuously bombarded by these energies. As like atoms attract like atoms, it's no wonder that you can enter an organisation that's currently undergoing change or upheaval and suddenly feel restricted, claustrophobic, angry, fearful or defensive yourself. You may walk into a house where there's been a lot of depression or anger and suddenly need to get out. In such cases, you're simply walking into a cloud of tense or uptight atoms and your bodily reaction is as if the person(s) who generated them was yelling at you directly - you want to head to safety.

Why talk about this? Well, for those who are sensitive to psychic and/or telepathic energy but not aware of what's happening, this is a major issue. Instead of correctly labelling the thoughts and feelings floating about as “mine”, “your's”, etc, the unknowing sentient (i.e. sensitive person) is likely to label it all as their own. This results in self-doubt, self-criticism, lack of confidence and uncertainty and is often the answer to questions such as “why do I keep changing my mind?”, “why am I so moody lately?” and “why is it that every time I see this person, I start getting emotional when, only seconds before, and seconds after, I'm feeling absolutely fine?”. Self doubt sets in, simply because the person does not understand the world of energy and how it works. They are owning the whole deal, rather than just their “stuff”.

By understanding that different energies exist and knowing how to differentiate between them - what is yours and what's not - you're immediately able to ground yourself better, be more objective and less susceptible to the emotions and self-doubt that can prevail in tense or uncertain situations. Your confidence can also increase, simply because you're not owning other people's “stuff” any more. You know yourself more. The benefits of such knowledge and awareness are obvious and far-reaching, and can result in a very real and permanent life change for the sentient involved.

What types of “energies” are there? The most common forms can be described as soul-level, thought-level, universal, telepathic, will power, spirit level, earth and past life energy, each of which is summarised below.

Soul-level Energy

Soul-level energy is described as that energy which is inherent to you and your path or reason for being this lifetime. It's the feeling of rightness or fit that you get when you know something's right for

you. It can be described as a “YES!”: the feeling of coming home, where everything’s safe and known, where you can really be you - openly, proudly and publicly - because it’s so right.

Location-wise, soul-level energy is usually felt most strongly in the torso - from the jaw and throat area down to your power centre (being the base chakra for men and the sacral chakra for women). Why here? A soul-level feeling pertains to the fact that you have latched on to an energy and/or outcome that empowers you to move forward along your path. Intuitively, at soul level, you know that you need to move in that direction and you know that it is right, irrespective of the ease you experience in getting there. As such, your power centre reverberates with the rightness of that decision or outcome. Your throat area feels it because you are, in that moment, expressing your Self in line with your path: you’re being you, you’re powering forward, so your body will hum.

A soul-level experience/decision has a very present feeling associated with it. It feels as if it’s right here, right now. It’s not a pressure that comes upon you from the outside world. It’s an energy that’s generated from within your body - you can feel it around the centre of the chest and solar plexus, radiating out to the world like the beaming face of “Yes, I’m here, I am alright and I’m moving forward!”

Each type of energy has a very different feel to it. As such, soul-level energy can be used any time as a guide in determining whether something is “right” for you (or not). By casting your awareness down to our energetic core - stomach, solar plexus and heart area - when you’re asked to make a decision or commitment, you can check whether you are “humming” or not. Does it feel right? Do you beam from the inside with an intuitive “YES!”? If so, it’s a soul-level outcome. If not, you’ve yet to hit “home” and get the best possible fit, so continue in your decision-making: keep going until you find “it”.

Thought-level Energy

Thought-level energy is that energy which is associated with the act of thinking. When you think, the energy focal point shifts from your heart & solar plexus (i.e. soul-level, where all actions are intuitive with no need to think about what to do) to your head. Unlike soul-level, it’s a sensation that’s external to your energetic core. It feels like a slight pressure around your head, emanating from the brain outwards from the area where the thought is being generated (left or right, front or back of the skull). With practice, you can actually feel which part of your brain is working to generate a thought and track it if you want. Other people’s head or thought energies are picked up in the same body area, but they have a different direction of flow (see Telepathy section below).

One can already begin to appreciate the level of certainty that results from being able to tell what sort of energy you are dealing with at any one time. In being able to differentiate between what you’re thinking or fearing (thought-level) and what you intuitively know to be right (soul-level), you can suddenly begin screening your reaction to any situation against your heart’s desire. Now you can answer questions like “Is this what I really want to do?” and “Is this the best thing for me to do at this point in my life?”. Confusion and vacillations between different options can reduce. The challenge then comes down to whether you want to follow your path/heart at that moment or whether you consciously decide to ignore it and take another direction (waiting another two or three weeks, for example, whilst you gain confidence in yourself).

So already you’re gaining confidence in being able to make the right decision for you at any time. The knowledge of whether you’re choosing at head-level vs heart-level makes the whole exercise more objective, removes any fears and doubts about making the right choice, and lets you move forward, as opposed to just spinning on the same axis for a longer time.

Universal or Divine Energy

Best defined as the energy associated with universal meditation and contact with guides, the Divine or one's higher self, this energy tends also to be experienced when one is channelling - doing readings, healing Self or others, meditating, being creative, etc. It is the energy of one's natural connection to Oneness and the Divine, and everybody has this bond.

Universal energy is similar to soul-level energy in that you feel safe - it feels right; you can trust and relax in to it. Universal energy is really unconditional love: it's like a very old friend who never lets you down and who'll always be there whether you know it or not. It differs from soul-level energy in that it tends to be experienced as coming from above (from Heaven, the universe, higher self, God, Source, the angelics - whatever level of consciousness you're focusing on at the time).

Divine energy often feels like a shower streaming over and through you, as opposed to soul-level energy which emanates from within you, outwards. Often, universal energy can feel as if it's also soaking inwards to your core, saturating you completely and emanating outwards. It can have a constant flow or a pulsating feel as it comes in waves. This varies by moment and no one way is more ideal.

Universal energy feels like all the knowing in the universe, as if you are talking with the Divine directly - very wise, very experienced and full of integrity. For these reasons, one automatically feels safe (even neutralised) within this energy. It is often accompanied by visions, impressions, voices and/or messages and is therefore experienced more as a dialogue with another source than soul-level experiences are. Where soul-level is best described as a sense of rightness and that is all, universal energy also involves an exchange of information - be it on silent, visual, sentient or audio levels (or a mix of these types). By hooking in to universal energy, one can benefit from healing of all kinds - physical, mental, emotional, spiritual - for past, current and/or future lives.

Telepathic Energy

Telepathic energy is the energy that accompanies the thoughts and emotions of other people. It's this type of energy that you can encounter when you meet with other people, visit buildings/houses, or sit amongst strongly thinking or opinionated people, whether you know them well or not.

For example, Bill may be a reasonably positive and open person who meets with Joe, who's under a lot of pressure at work with many things to do. On a "bad day", Bill may end up feeling stressed, cross or frustrated just by sitting with Joe, irrespective of whether Joe actually talked about his life at all. Alternatively, Bill may criticise himself as he leaves and/or really need to "get on with things" when, before the meeting, he was relaxed, confident, okay with his thoughts and plans.

Similarly, if Deirdre is perfectly happy in a relationship with Rani and she meets Harold who's attracted to her, she could come away wondering why she suddenly and momentarily feels more attracted to Harold when, half a day later, this new-found attraction has dissolved into a non-feeling for her acquaintance for no logical reason. Telepathic experiences can often explain why you can be attracted to a person for a short time after you've seen them and/or why you're unable to stop thinking about them after they depart. Rest assured, if you can't stop thinking about them - to the point that it keeps "interrupting" your usual focus - you can bet your bottom dollar that the two of you are communicating telepathically on the same subject. This doesn't mean that it is worth pursuing - all it means for sure is that you've formed a telepathic bond.

This is not to say that all sudden attractions and/or mood swings are the result of telepathic exchanges - not at all. If a person is psychically sensitive, they may find their thoughts and feelings for people, places or events swinging quite dramatically and frequently as other people get involved. They are simply picking up the thoughts and/or feelings of another person, loud and clear, and mistakenly

labelling them as their own. As soon as the event is over, the sentient's thoughts and feelings start returning to what they were before. This is one of the ways you tell if it's telepathic - you keep changing your mind about the situation and/or individual concerned for no apparent reason, depending on the level of contact you are having with it.

What does a telepathic message feel like? Put simply, telepathic messages come from the outside on to you as they are generated from another person. You simply "walk into" or receive them, unlike your own thoughts which radiate outwards from your core. As such, it is felt from the outside, often around the jaw, ears and shoulders in particular. One can sense it on other parts of the body but the head area always seems to be the central point of focus. If it's a feeling that's being sent towards you (e.g. liking, attraction, neediness, etc), you can also feel it in the solar plexus. If you feel the same towards the other person, you will also feel it in the heart area. Telepathic feelings come to you from without, not within, so they differ from soul- or thought-level energies (described above) completely.

One can dialogue telepathically with anybody, anything and anywhere, depending upon the level of his/her sensitivity. This includes people you know who you actually meet with; people you know but you haven't seen; people you don't know, close to hand or far away; animals; spirit; guides; objects; plants; etc. So the trick is not only to deduce whether the energy is telepathic but also to determine who it is coming from. Luckily, we all - irrespective of our form - have energy 'fingerprints'. Knowing who it is is "as easy" as tuning in to the energy and seeing who pops into your vision/mind. Don't think up the answer: let it come to you out of the feeling of the energy you experience. A key here is to keep relaxed, breathe deeply and allow the answer to come through your breath (as opposed to coming from your head or thinking).

Telepathic energy is often misinterpreted as our own simply we're rarely taught - let alone encouraged - to acknowledge it. By understanding that it is very real and appreciating the types of outcomes that can result in mis-labelling the thoughts of another as our own, people can begin to "know themselves" once more. Once one begins to comprehend the scope and influence that telepathic activity can have, life at work and play can become a lot easier. You know your own mind and you don't take things as personally (because you don't take on the thoughts of those around you). One is able to hand back others' thoughts and emotions much faster and not be affected by the mood swings that perhaps prevailed beforehand.

How do you deal with telepathic messages that you are not wanting? Let them go: give the entire situation and all the feelings that go with it (yours as well) to the Universe to take care of. Don't take ownership of them: let them drop to the floor rather than continuing to hold them as yours. Do this with love and integrity. Whether you want more of a situation/person or less, do the same: if you are meant to get it or continue to work it through, it will be returned to you. This is a great exercise for allowing space and room into situations. Just by giving our parcels of stuff and worry to the Divine for a moment, we can often buy ourselves the space and time necessary to become objective and clear about the way forward.

Telepathy is very real. It's possible to have telepathic conversations for days at a time which, in itself, highlights the value of understanding and using it as a positive tool: think how much good you could accomplish, helping to resolve issues and alleviate fears that others have about you or shared circumstances. By giving situations continually to the Divine, you can also avoid much of the surface dialogue and defensiveness that can sometimes feature in relationship. The obvious rider here is that you act with integrity. If you don't, you may actually cause anger and/or resentment for being so imposing and (one could argue) rightly so! As with everything in the world of energy, the key is to relax, trust in divine order, and let your ego and control needs go.

Telepathic communication can be very positive and helpful to any relationship/scenario. Be advised that it's very different to the use of will power. Telepathy simply defines the flow of messages that

naturally occur between people on the unspoken level. It is not about forcing people to do things or exerting influence for selfish reasons in invisible or sneaky ways. Telepathically-exerted will-power, as discussed below, is actually quite hurtful for people to receive - physically and energetically - and should be avoided at all costs.

Lastly, never use telepathic dialogue as the sole method of communicating. Here one starts to get into mind control and will power, energetic states that are human yes but not recommended as ways to achieve our goals. Take responsibility for yourself and what you manifest: if you want something, ask for it, that's the only way to go.

Will Power

Will power is the energetic exertion of one's will on to another, consciously or not. There are obviously several ways this can happen - verbally, physically and/or telepathically. Will power differs from telepathic energy mainly because it's totally self-focussed and a lot more forceful. It tends to be strongly felt because it is so unrelenting and it's about a one-sided outcome: it's all about "me" and what "I" want.

To illustrate, in a normal conversation you sit and say what you want to say irrespective of your agenda or motivations. With will power, it's as if you get up from your chair, walk over to the other person, grab them by the shoulders and push them down hard until they give in to your demands. This is one reason why organisations with autocratic management can feel so oppressive and angry/frustrated when you walk into them. The energy is a "sit down, shut up and do what you're told" energy, hence your body's reaction. Another person's will-power often feels like a downward pressure on the head, neck and shoulders. It is often accompanied by a feeling of anger, resentment or unwanted confinement - like someone yelling "SHUT UP!", "GO AWAY!" or "STOP IT!" as they try to stop you from doing/saying what you were going to do/say. The will power of another person is very much an external force that comes to you and on to you from the outside. If you tune in to it, you can even see/feel/smell the person generating it - it will always have the sender's identity attached.

How do you deal with will power? When you first consciously experience the feeling of another's will power, you can actually become quite angry and/or alarmed. This is quite instinctive - you're simply wanting to push back as hard as you're being pushed; your entire being just wants to make it stop. However, simply pushing back to where it first came from will just keep the dialogue going, because you are buying in to and encouraging it. It's far better (if you can) to interpret what's happening and step out of the dialogue. Focus elsewhere - on the Divine, on Source. Side step the energy: understand that it is not your's and that you do not have to own it. See yourself handing the entire situation over to the Divine, for Source to take care of, and let go of any connection you may have with it. Get out of the way of the flow, disconnect, then get on with your life as it was. Don't look back or you will reconnect with it. Know what you want in life, trust in the Divine and let it be there to help you, let go and get on. This way, the dialogue can end more rapidly.

It is important to realise that the exertion of will is not always a conscious or deliberate act. Often a person uses their will unknowingly. So, responding is not always a case of yelling or getting angry. Most people would recoil in horror if they thought they were putting any negative on you. Most people don't mean to exert their will energetically at all; they just don't understand how energy works.

And if you're interested in playing with will power yourself? Be advised - don't. It will only come back to bite you and it gets harder the more unreasonable and aware you are. You may get away with such antics for a while but, sooner or later, the universe will ask for a correction back to trust and love. Learn to trust that situations always evolve perfectly and let go of any ownership in particular

outcomes. Give up your fears and insecurities about whether you will attain the desired result and see if things can progress more smoothly and harmoniously, in the way you want. Relax, let go, let G-d.

Spirit-level Energy

Spirit-level energy is defined as the energy associated with ghosts or other earth-based spirit.

Spirit can come to you for many reasons, be to seek help for others or themselves, and they do this in a number of ways. If there are two things to remember when it comes to spirit, they are that (1) spirit is only ever attracted to you due to a similarity in your own spiritual learning curve, a reflection; and (2) when asked in integrity, white light and a non-negotiable position, spirit cannot lie.

At this point, the beginner is best advised to seek the help of an experienced psychic, energy worker or Spiritualist group. This is not because spirit is to be feared - indeed, most are confused and just want some company or help. The reason for the advice is that there are pitfalls if one is not equipped with all necessary information or skills. If you're interested in learning more, contact an experienced practitioner.

How do you tell if the energy is spirit-level? Easy! You'll instinctively know it's a ghost/other - you'll see it, hear it and/or dream about it. The secret then is to trust your intuition (and get confirmation from a more experienced person if you need it!). Spirit use telepathy as their channel of communication and so it is the head, neck and upper body that tends to get most affected when they are near. Spirit feels like someone's in your ear - literally. Ghosts and spirits are very real so don't discount them as fantasy. This energy is very much like someone standing next to you or watching you. Sometimes there's an emotion attached to it but this isn't always the case. Another way you can experience spirit is with entrapments, which is when a spirit being decides it wants to travel with you for a while - come along for the ride, so to speak. It's often experienced as a pressure or presence from behind on the upper back, simply because that's the angle from which they often "get in".

If you're being annoyed by spirit, tell them to go away. See yourself being flooded with white light from above and allow the white light to clear the outside world around you. Let spirit receive all the love and support they need through the white light that falls directly on them also from above - not via you - after all, spirit has a path just as we do. Tell them you'll help them if you can, but not at the expense of your own needs. Insist that they head to the white light, for that is where they will find the real support and long-term helpfulness that they are looking for.

It's important to note here that there's not one of us - human or spirit - who does not instinctively desire to be loved and supported as we are. This is why you're advised to always move to a position of integrity and universal love before you begin encountering any energetic form, regardless of the level of dialogue. This helps the other party to realise that they're not being asked to compromise themselves or experience loss or pain. It's for this reason that anger and selfishness on the astral or mind level are never effective long-term. They just don't quell the fear of loss or pain enough to help the other party let go of their entrenched position. Why would they?

In your dealings with spirit, always be of love. Remember that spirit only behaves badly because it doesn't know any better. As with humans, poor behaviour is usually the result of underlying fear or hurt. Neither spirit nor human can do permanent negative on soul level. Once you appeal to them in integrity, they will hear and respect your request, modify their behaviour and distance themselves. Working in divine energy with integrity as the yardstick, you'll always connect to the right source and get a positive result long-term.

Earth Energy

Earth-level energy is that rough/raw, natural or down-to earth vibration that some people have about them. It's a grounded energy (being of earth) and tends to prevail amongst those who follow earth-based religions and/or meditative practices. Whether such individuals practise energetically or whether they just naturally resonate such energy, it can at times be alarming for one who is not of earth-based religion (e.g. Caucasians). An energetically sensitive person may sit near another who connects strongly to the earth and, in noticing the different energy, s/he may become alarmed. As a result, negative judgments can flow, simply because the earth energy is not understood.

Compared to a person who follows a heaven/sky-based religion or meditative approach, a person who opens up from the ground can have an energy that feels rough and/or heavy. You can feel their earthiness just sitting next to them, like coarse sand or dirt, often resonating - even banging - against your own. Relative to this, a person who opens up skywards tends to have a lighter or airier feel to them. Rest assured, earth energy is no better or worse than sky-based energies - the two are just different, with both having an important energetic role.

The feeling of earth-based energy is just that - a feeling. It can have thoughts or telepathy associated with it. It's like a perfume - an inherent part of its owner's personality. It feels rough only because you're not accustomed to it. Earth energy can actually be a very safe, secure state - like sitting next to someone you could trust forever with anything - simply because they are so grounded. It doesn't come on to you like telepathy or will power, it simply sits with the person involved. You pick it up through your aura. Again, give it to the Divine to take care of so as to find a more comfortable energetic meeting place to work from.

Past Life Energy

Last but not least, past life energy is simply a feeling, belief, conclusion, piece of logic/programming or a decision about life and/or your Self that you've carried with you from a previous incarnation. The best way to describe this energy is that, until you actually go back in time and find out why it's there, it can only ever be described as existing this lifetime "because". There is no logic to past life energy/programming that is of this life. For example, many people have a fear of water, swimming or sailing which can't be explained logically by their current life experiences. When asked why they feel this fear, they can only ever answer "because" - ie., they cannot justify it.

Another example is meeting someone you feel strongly about from the outset, positively or not. Every time you meet or hear of them, you begin to react in a way that you can't explain this life time, yet these reactions are as if you know them very well.

When you have a past life experience (as opposed to a past life regression), there's not only a sensation on the head or physical body as with the other energies above. There is also the feeling of "because" and, for that reason, it is more like a piece of logic than a feeling at all. Sure, there will be bodily feelings associated with it but they're a result of tapping into the logic/programming/belief rather than an integral part of the energy itself. Nevertheless, an understanding of this energy and the ability to interpret correctly can help in your dealings with others, especially difficult relationships, be they personal or professional. It's also of enormous value when facing your own unexplained fears when they arise.

Why talk about energy in this way?

Put simply, you don't have to. If you're not bothered or affected by any of the above, don't worry about it. If you are sensitive to energy changes in your environment however, there are very real

benefits to be gained - less emotionality; more groundedness and certainty; less self-criticism and self-doubt; a greater ability to clear issues effectively and efficiently (especially difficult ones); and the ability to hand back the emotional baggage of others and begin living your life in a way that honours you on your path and no longer makes you as subservient to the feelings or thoughts of others. You take life less personally. As a result, your immune system relaxes as well (invariably, the immune system of a person who mislabels other people's thoughts and feelings as their own is overloaded - in defence, quite understandably).

In short, the benefits of knowing the above are that you balance out your world on all levels - physical, emotional, mental, spiritual and intuitive. You're better able to assess situations and respond to them. You're less likely to overload as you begin to cope only with that which concerns you, rather than the whole lot. Business and personal dealings become less stressful for all involved. The benefits are greater than we know and ever-evolving.

How can you get to know and use this more?

One way is to approach an energy worker or spiritual teacher such as the one writing this article. Certainly, there are many people around Australia who can help beginners learn about energy and how it works. Screen prospective teachers by asking whether they work with white light. As white light helps sort out astral energies from the universal/higher ones, this can be a very good guide at any time.

Another way is to join a psychic/spiritual development group that teaches people to use and interpret energy. One such network is the Spiritualist Centres around Australia and beyond. These groups aren't usually interested in your religious affiliations and they usually do not require membership. They are just great places to start learning about energy. Spiritualists use a series of processes that ensure that you always connect to the highest and purest of sources - the "right people" and the "right places" at all times.

Book stores and the internet are also great places to start. At the end of the day, use your gut - your instincts will tell you which way to go.

In Conclusion

In summary, there's only one message: the world is a world of energy and the more we understand it, the more we can move forward as a group in a way that's positive and mutually supportive of one another. By knowing the world of energy better, we can only streamline our actions and responses, mitigating the degree to which we add to the pollution, tensions and noise out there. By handing our experiences over to the Divine to take care of, we can only make our lives more efficient and in balance with our instinctive knowledge of where we want to be and who we really are. By knowing that different types of energy exists, we can start labelling and reacting more appropriately, in a way that is perhaps more holistic and far-sighted in a way that truly benefits the world.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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