



Have you ever noticed that people sometimes go a little nuts over the holidays? Maybe even you? Some of the reasons are obvious, whether it's too many bills, crowded malls, or simply too much food and not enough exercise. However, there are other reasons that are very powerful and less well known, such as the impact of large energetic field forces. Before I go any further, let's define that term.

Very simply large field forces are a collection of smaller energetic fields that gather and coalesce into one, group or unit. One of the easiest examples of this is a sporting event. Each individual fan generates a small personal energetic field. When these are added together, you end up with a large collective field, aka the 'crowd'. The power and impact of this group field is widely recognized and accepted as evidenced by "the home field advantage" or "the twelfth man" in football jargon. The powerful energies of group fields usually start as neutral energy, but they invariably have a large impact when they are aimed in particular directions. Prime examples such as a church prayer group or cancer survivor group demonstrate a positive aspect while a street mob or a cult are examples of a negative expression.

More subtle field forces can be generated by a large group of repeated actions. This becomes clear over the holiday season with something as simple as the buying and giving of presents. The high volume of purchases generates a subtle but potent field – it literally becomes a commercial field force that feels, to the individual, like a deep impulse to buy something. The high volume of gift giving actually becomes a cultural or community field force which can be experienced by the individual as a pressure to give.

Perhaps the most subtle of these seasonal large field forces is created by our personal history with our family of origin. The extraordinary number of events and experiences from our upbringing come together to generate a historical field, which inevitably becomes stimulated or exacerbated when families come together over the holidays. To the individual the force of this large field of personal history can have a profound impact as it stimulates old habits, defenses, behavioral strategies, etc.

[There are two other significant large field forces that deserve a mention: ancestral and religious. A primary component to these two forces is extended periods of time. Ancestral forces are a cumulative total of multiple generations of personal histories and are extraordinarily powerful. Religions generate very large forces with a combination of devotion, faith, spiritual practices, etc. over a long period of time. These two are fascinating and potent large field forces, but are less useful for this discussion because of their complexity. They'll have to wait for another article...]

The holiday season often represents a convergence of multiple large field forces when commercial, cultural, and personal history all come together. Even excluding the ancestral and religious, these represent a lot of energetic force to experience. You might take a moment and ask yourself how you experience these forces in your life. Which one(s) have the greatest impact and how does that affect your behavior, responses, etc.?



So, how does an individual negotiate or manage these large field forces? Actually, this is a very large inquiry. If you are 'introspectively inclined,' this may give you a lot to chew on for quite some time. For the purposes of this article, I'll offer up two options. I don't claim that these are the ultimate answers to this (or any other) inquiry, but they do have the advantage of being useful starting points and having proven effective for others.

The first is the simple and profound skill of awareness. It can be very helpful to understand that large field forces do exert pressure on everyone who is in contact with them. It is personal. Whether or not you know it, these forces are directly impacting you. For me, large field forces do the most damage when I am unaware that they are at work. I might feel the undercurrent of pressure to buy or to give or to respond as I did as a child. It's like getting caught up in the momentum of something larger than myself. It does feel out of my control and, indeed, it is. Except for a few, specific instances, large field forces are not subject to individual control.

While I can't control a large field, I do have some say in how I respond to it. Once I become aware that a field force is present, then I know what I'm dealing with and can make appropriate choices. For example, I love presents. They are fun to give and fun to get. I just want to be giving and receiving because that is behavior that I have chosen. If I am aware of a cultural field expression that says, "give... give... give or get... get... get," then I can negotiate when to join in and surf that wave of force and when to step aside and decline to be impacted. Awareness enables choice and thus profoundly changes my relationship with larger forces.

The second option is differentiation. This involves clarifying my personal field as it is in the moment. Claiming ownership of my own field with all its complexity helps clarify which energetic forces are internally generated and which ones are externally generated, such as these larger field forces. Personally, it ends up feeling like a big sorting project: This energetic impulse is mine, that one belongs to the community, that one comes from my culture, and so on. Then, as an individual part of a community, I am free to accept or decline or even negotiate something else entirely.

Please note here that my treatment of awareness and differentiation is necessarily superficial and simplistic; I'm just introducing the concepts for your consideration. If these large field forces are powerfully impacting you in a negative way, then I really do recommend that you seek the help of someone who is trained to perceive and work with energetic forces. A little bit of help from a professional can go a long way!

Understanding larger field forces can really help us relax, settle, and sort out our own choices during a time that often makes us feel unsettled and disempowered. You might want to give awareness and differentiation a try; let me know how it works for you!



Thanks so much for reading this. I hope that you found it interesting and useful. You are most welcome to send this along to anyone who might enjoy it. If you wish to be included on my mailing list for future articles, please send your email address to me at [Doug@DougJonesTherapy.com](mailto:Doug@DougJonesTherapy.com).

*With great respect and love,*

PS. If you need a large energetic field to practice with, because of the recent tsunami in the Indian Ocean, there are more than 5 million people in coastal Asia and around the world who are generating a profound field of loss, grief, and despair. This is a powerful global field force. How is it affecting you? You might consider taking a moment and noticing what arises within you in response to this large energetic field. When you're done, there is a clear opportunity to contribute your personal energy to the larger field of compassion and/or generosity that is being generated by caring people all over the world.

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