



None of us would let a day go by without washing our bodies or brushing our teeth at least once. Just curious, when was the last time that you cleaned and groomed your energetic field? We all change our clothing to suit specific activities. Do you change your personal field like your outfits, based on what you're doing?

Perhaps the most daunting challenge in teaching people about the human energy field is the almost universal ignorance of its existence. It seems that no one ever bothered to mention to us, as we were growing up, that we generate a personal energy field. This strikes me as a significant omission!

The other problem is that we can't see the human energy field since it doesn't have a physical form. If we can't see it, then it doesn't exist. I've always struggled with this logic, because I've never seen a radio, television, or cell phone signal either. However, I am reasonably certain that they exist. OK, maybe there needs to be a radio, television, or cell phone – some physical apparatus – in order for us to be able to convert and perceive these invisible signals.

Let's see; is there a physical apparatus that has a similar relationship with your personal energy field? Indeed, yes. Conveniently, you're sitting right in the middle of it: the human body. However, unlike your cell phone and its signal, the body and its field are inseparable; to divide one from the other is to destroy both. Your body and your field co-exist in a marvelous, intricate symbiotic dance. They co-create and co-serve each other.

There has been a tremendous amount of study and writing about the wonders of the human body. If you don't know that you're walking around in a miracle, then do a little research and you'll soon discover that you are. However, the human energy field usually gets treated as a non-entity, which merits no attention, importance, or respect. The more that I observe and study my own field, the more I come to appreciate the vast number of things it does to serve, support, and protect me. For the purposes of this article, let's pick two relatively simple benefits:

My field keeps things out (i.e. a barrier)

My field keeps things in (i.e. a container)

## MY FIELD KEEPS THINGS OUT:

Let's compare the human energy field to the earth's atmosphere. A large number of very nasty things, from asteroids to radioactive sun particles are reflected, deflected, slowed down, and/or burned up by the earth's atmosphere. This is a great thing if you live on this planet; without it, we'd all be very dead. Sometimes, our energy field acts as a barrier or buffer zone that protects our bodies and our delicate core energies.

Many people argue that there is no proof that we actually have an energetic field, yet all of us have a clear sense of our own "personal space." Only certain people in specific situations are allowed to enter our "space," and then only with our permission. If someone gets too close without our consent, a number of things happen. In a healthy system, the energetic field may recoil from the crowding or invasion of our personal space. Everyone has felt that clear impulse to step back or get away. Your personal field can buffer and protect by moving you away from a potential danger.



Research shows that even the simplest organism has an intelligent field. In her book, *The Rainbow and the Worm*, a British researcher named Mae Wan Ho used a quantum microscope to study the light emissions from single-celled creatures and small invertebrates. When she introduced a toxic substance into a Petri dish with an amoeba, the quantum light field recoiled from toxin first and then the single cell followed and re-centered itself within its light field. That's one cell; how many cells do you have? Ten thousand trillion (Margulis and Sagan, 1986). If an amoeba can do that, what can you do with your field?

If retreat is not possible, our field may keep nasty things out by getting denser or thicker and then expanding outward. It pushes against the other person's field in order to prevent their field and body from getting dangerously close. When we experience this on the receiving end, we get a message that we're too close. For me it often feels like I'm being rocked back on my heels and need to step back to recover my balance. The message conveyed by the field is clear, "Back back, back!" Under normal circumstances, your field communicates this to others and creates enough space to protect you.

Another excellent example is the field shift that happens in a large group. In a crowded or noisy environment, our energy fields automatically shift. My sense of this is that it tightens up closer to my body and that the remaining field is much thicker. I feel like I'm wearing a sort of soft armor that deflects and/or slows down the noise and the contact from others. Most of us are completely unaware of this process, until it stops working. Then the noise and volume penetrate our personal field and are perceived as overwhelming or even overtly violent.

There is a great scene in the movie *Finding Forrester* where the character played by Sean Connery goes to a baseball game after being isolated in his home for years. The character gets separated from his friend and ends up completely disoriented and distressed. This aspect of the human energy field, like a physical muscle, needs regular exercise to stay in shape and function well. Because Mr. Forrester hadn't been out of his apartment for years, this protective aspect of his energetic field wasn't in good shape and couldn't manage all of the noise and contact.

## MY FIELD KEEPS THINGS IN :

Back to the Earth's atmosphere. Another essential function of the atmosphere is to keep in useful things such as breathable air and heat. Again this is a pretty nifty feature if you're living on the planet. From an energetic perspective, our personal field helps to contain a lot of complex and sophisticated energy. For now, let's keep it simple and call this the "life force." [The human life force is a marvelously rich and complex subject. I'm going to exert some self-discipline here and not write about it. For the purpose of this article, I ask you to accept that there is some sort of an energetic life force that supports, sustains, and enlivens us.]

The atmosphere keeps the oxygen, moisture, heat, etc. from dissipating out into space. It keeps them close to the Earth where they can be useful to living things, like us. Our life energies need a similar kind of containment. If our life energies are allowed to disperse outwards, then they no longer can help us. Our personal fields hold in the energy that is essential to us.



OK, maybe just a bit about the nature of the life force. One way to look at it is that we each have a vast range of different types of energies that are available to us. These varied energies can mix and blend to create our experiences in the world. In order to do this, it is essential that they be held and contained by our energetic field.

When you cook, you need a pan or a pot to keep all the ingredients together. Only when they are contained can ingredients such as tomatoes, garlic, and basil lose their individual nature and become pasta sauce. In the same way, individual energies such as mental energy, personal power, passion, and verbal energy can merge and mix within the container of your personal field. When they're fully 'cooked', you might end up with a powerful, impassioned speech or a forceful presentation. Or perhaps the energy of a recent loss stews together with emotional energy and a grounded energy. When they're done, you may experience authentic and healing grief. As we all know, sometimes recipes end up as culinary disasters. For example, if you leave out the grounding energy from that last recipe, you most likely will end up with hysteria instead of grief.

The relevant point is that our personal energy fields provide the essential function of containment so that our different energies can merge into experience. Just as it is impossible to cook a sauce or a stew without a pot, many human experiences are not possible without the service provided by our energetic fields. Unlike a pan, the human energy field is complex, dynamic, and vulnerable. It needs conscious inspection, maintenance, and support. Have you checked your field for leaks lately?

## S O W H A T ?

Since our energy field obviously functions automatically, beneath the level of our consciousness, why does knowledge of it matter? In the course of living, our fields get battered, wounded, and compromised. Inevitably we end up with the field equivalent of an ozone hole or a leaky pan. As a therapist I work to help someone's field repair its holes and leaks. Part of the healing process is to educate people as to how to consciously wield their energetic field boundaries and to deliberately increase the coherence and containment of their personal fields. In this way, you can work with your personal field for your own benefit and health.

This is a rich and interesting course of inquiry... and it will have to wait until next time.

*With great respect and love,*

A handwritten signature in black ink that reads 'Doug Jones'.

If you wish to be included on my mailing list for future articles or to hear about workshops and study groups, please contact me through my website, [www.humanenergyfield.net](http://www.humanenergyfield.net), or email me directly at [doug@humanenergyfield.net](mailto:doug@humanenergyfield.net).