



## 2.6. The energy balance in our Life

### ...and the Destructive energy

It is the energy balance that "gives birth" to life in Nature. The Life of our Planet is born and exists Due to the balanced interaction between the two energy currents Yin and Yang.

**The life energy in Nature does not tolerate stagnation or waste.**

If we take our body as an example, we will find no healthy cell develops or collects energy for itself, or at the expense of the others. The energy in our body is distributed according to strictly defined principles and laws necessary **to maintain the balance of life.** *(p.25,45,85,94,162,192)*

For example, the brain expends the most energy because it manages and controls the most life processes, in addition to performing the mental and intellectual activity of the individual. Brain cells are followed by the heart, muscles, musculoskeletal system, digestive and excretory systems, which also expend a certain amount of energy for their physiological functions. Every cell in our body draws just as much energy as it needs, and just as much energy is supplied in a timely manner. In the absence of energy for basic vital functions, cells tend to give up their energy. In order to maintain the balance of the whole organism, the cells timely produce a "currency" through which they exchange the substances they need. **"Energy currency" cannot be stored in reserve and is always a product of cellular exchange.** *(p.47-48,55,108,190)*

For example, in the accumulation of excess nutrients, due to abundant food intake, nutrient energy accumulates in the form of "stocks" - fat in fat cells, which, however, are not always so "generous" to give away their energy, so slow down the metabolism and circulation of vital energy in the body. Slow metabolism, in turn, impedes the normal flow of our Physical, Emotional, Mental and Conscious energies, which also leads to its negative and sometimes destructive consequences. Our body is a perfectly organized organism that uses energy in the most rational and balanced way possible. Of course, until our selfish nature manifests itself. *(p.31,43-46,85,148,160)*

Often, **the dissatisfaction** we experience as a result of our inaction or reckless action makes us perceive and define the things of life in their **conflicting projection**, such as: "black and white", "good and bad", "hell and heaven", "beautiful and ugly", "poor and rich", "friends and enemies", etc. In this sense, different social groups in

society tend to "polarize" around these concepts, defining themselves as naturally formed, and even "vital" social strata. (p.159)

Of course, if there were no **Polarity** in the interaction of the Earth's Poles, the Earth would not be able to perform its vital rotation. But if the earth's poles manifested their forces of interaction so unbalanced and irregular, or through the destructive conflict inherent in certain manifestations of human nature, it would be difficult to **provide the necessary balance and equilibrium for life**.

For thousands of years, man has sought to find manifestations of life in the universe as we know it here on Earth, and there is still no conclusive evidence of this. Some ancient finds and legends suggest the existence of life in the distant past on planets such as Mars and Venus, but also hint at the destruction of life there, due to the **destructive use of force**. (p.93)

Human history on Earth has also witnessed a thousand-year series of large-scale, destructive manifestations of **the unbalanced and destructive energies of the human mind, psyche and emotions**. (p.37,114,146,192)

Today, a number of scientific fields are trying to find patterns in the course of the Earth's **natural disasters** in order to predict possible threats to life on Earth, developing systems for their prediction. In addition, modern society is facing a number of social, environmental, economic, and even **mental and spiritual crises**, accompanied by a series of unforeseen and catastrophic natural disasters, global warming and unpredictable abrupt climate change. The idealistic appeals for freedom, peace, equality, environmental protection, charity, religious tolerance, etc., made by a number of leading world organizations and governments, proved to be extremely ineffective, insufficient and even inadequate, and ultimately further nurture **the conflicting perceptions of world society**. (p.86,160)

Every day we fight against events, situations and people that we do not like, without realizing that they are just a manifestation of the life energy that balances our lives. If Yang energy "decides" to neutralize or destroy Yin energy in Nature, then life on Earth would not exist. Nature does not tolerate and does not allow the manifestation of such destructive interaction. Seeing, fighting and **coming into conflict with the world around us**, and from there with ourselves, we do not realize and do not notice how we unlock and release the Destructive Energy around. (p.20,27,93)

**It is the human nature** that tries to turn events in favor of the wishes of the Ego and so mindlessly reverse the flow of Life energy in a destructive direction. Once unlocked in our minds or bodies, the "whirlwind" of Destructive Energy can hardly be controlled and directed in the constructive direction. (p.37-38,57-58,59,192) *Table- end of Part II*

**Serving entirely to the Supreme Law, the Destructive Energy we tend to activate includes the "countdown mechanism" hidden in our biological clock.**

We are accustomed to dealing primarily with our five senses, and we believe that what is not seen does not exist, or is some hidden danger to us.

In pursuit of the desired satisfaction, we often play "ezi or tura". Dissatisfied with the draw, we fail to notice that this is our chance. In anger, we throw the coin into the abyss, where we then do not dare to go down to get our luck back. It is difficult to realize that what we are fighting against continues to exist because of our stubborn opposition, instead of enduring patiently until we generate the potential to express ourselves. (p.25,36,37,58,59,85-87,146,148,160,192)

**There is a tremendous potential of energy** in our body that we do not even suspect, but it can be extremely destructive and detrimental to our lives when guided by our unconscious decisions and actions.

**Our body is a unique generator and transformer of energy.** Millions of chemical chain reactions take place in our bodies every second, synthesizing and delivering vital energy to every cell. Along the path of the energy exchange, **our bodies control explosive and catastrophic reactions**, such as those of hydrogen oxidation, flammability of methane, or liquefaction of ammonia and carbon dioxide; also neutralize a number of toxic substances that are excreted every minute into the intercellular fluids. (p.33,43)

**Ammonia** (NH<sub>3</sub>), which is formed during protein metabolism, in addition to being toxic, has the property at high pressure to liquefy and evaporate into the atmosphere, absorbing a huge amount of heat. In this way it cools the environment.

**Methane** (CH<sub>4</sub>) is formed by the fermentation of food during stagnation and indigestion, and has the property to ignite at concentrations between 5-17%, releasing a huge amount of heat. Methane can burn on our wet palms without hurting us at all!

**Hydrogen** (H<sub>2</sub>) - the main molecule involved in all cellular reactions in our body, when oxidized in a laboratory environment is highly explosive.

All three elements play an important role in the energy and alkaline-acid balance in our body, but they become dangerous for our health and for the environment **in conditions of stagnation of Yang energy in the liver**. The likely results of the physicochemical reactions of the mental imbalance of today's world population would surprise us with the fact that **Carbon dioxide** (CO<sub>2</sub>) - easily forming dry ice and a product not only of bodies but also of our deeds, instead of global warming, would cause the Ice Age. (p.12,14,17,24,27,33,34,45,52,73-74,97,101,104,112,128,132,137,141,144,191)

In his book "The Art of Aromatherapy", Robert Tisseran mentions: "... a negative person is capable of poisoning at least 1,000 people around him ..."

Imagine how many economic, social, environmental, psychological and health crises the world's population could overcome if at least one person in 1,000 sends the following powerful, pure and focused heart thoughts to himself and the world every day:

*"I will keep the Balance of my Soul. I will keep the Balance of my Life, of the Good in me and in Everyone around me."*

Are we aware of **the power and the scale of the destructive energy** that emotions can release not only in our bodies but also in the environment? (p. 57-59)