

Note to the reader from Johnny –

The following article has been adapted from a script for an Open Circle that, in the end, I never actually needed – let me explain further. Several months back we decided to do a “Questions and Answers style” Open Circle and invited everyone present to ask any question they liked on all subjects spiritual. This was a great idea and the night was a great success – and this goes for turn-out as well as the enthusiasm that everyone had in relation to putting forward their diverse questions. Prior to this event, however, I did have a mild panic attack and thought to myself “what would happen if lots of people turn up and everyone is relying on listening to the answers to questions that other people ask!” Imagine standing there in front of everyone and asking the audience “Who would like to ask the first question?” only to be presented with silence! As funny and ironic as this would be, considering that we get bombarded with questions every day as part of our everyday-work in the shop, in a more staged environment, it could very well be an embarrassing possibility. So, at the last minute, I wrote

an Open Circle with this in mind, and I wrote it in such a way that the presentation would inspire more questions than it answered.

So, what follows is the Open Circle that never happened. I cover a broad spectrum of subjects that relate to questions that we get asked a lot whilst in the shop environment –

I hope you enjoy the article and if you “do” have any questions that surface as you read on and you would like to put them to us then “you know where we are!” Come and have a chat and we’ll see where the journey takes us!

Many Blessings, now and always,

Rev. Johnny David.

subjects to inspire discussion

all *Energies* *Great* and *Small* —

feeling and interacting with energy
(that's what we all do, really, isn't it —
spiritually — in a very general sense)
the macro — the micro;
or, the big and the small.

There are different kinds of energy around us that anyone a little sensitive will feel. The real trick is learning how to make sense of this energy so that we can apply ourselves to any kind of spiritual path, and everyone's path is unique because as individuals we are all unique expressions of the Divine. But even though this is the case, we can all agree that the energy we work with can all be placed into four main groups — roughly and loosely. Of course, in a more accurate sense, everything

connects to everything else and there's no separation between forms only patterns within patterns that exist within one unified field. But, this being said, and all things considered, it is still acceptable to partition off groups of energy in order to make the subject of spiritual work more understandable, so that we can, firstly, perform our tasks more accurately and do more work that is balanced; and, secondly, so that we can make these subjects more teachable, so that we can pass on wisdom and healing techniques. So, with this in mind, we tend to break down the energies around us into four groups.

First Group –

These are the living energies of the people around us. This includes both those in our immediate environment as well as those at a distance, and also it includes the collective energy of everyone on the planet. When we tap into the energy of individuals, the whole process naturally becomes a personal thing, as with a healing or a reading; and when we tap into the collective, or, mankind as a whole, we begin to feel the future of humanity – where we are going – and where we 'should' be going –

where we went wrong – and how we can change things for the better. Okay, so that's the first group.

Second Group –

This is the animal kingdom (and we separate mankind from the animals for reasons that we can go into a little later). The energy of the animal kingdom is much more reactive and instinctive and has more of a 'feeling' and 'purely-empathic' dimension to life. This energy is more naturalistic, in contrast to mankind's, in as much that it is far more primal and connected, and when we use the word connected here it is in relation to the seasons and natural cycles, and the energy of the planet. The animal kingdom has not become separated from Mother Nature in the way that the majority of mankind has, and it is said to be "true nature", or, "of its true nature".

Third Group –

And this brings us onto the energy of the natural environment – the energy of the trees, the plant-life, the flowers; and natural energy includes the clouds and the atmosphere above us, and the sea, and the land, and the

earth beneath us, the core of the planet, and the meridian force that comes from the core.

Fourth Group –

The fourth group has to do with the spiritual dimension – the energy of those who have moved onto the higher and healing blessed levels above mortal existence (and this is in accordance with Divine mechanics and law) – so we’re not including trapped souls in this group, as this “sub”-group has come about through the collective and inappropriate use of mankind’s free will.

So these are the four groups of energy within the subject of Divine Mechanics – or to put it another way, the energy that has been ordained to be in existence. Now let’s have a look at the sub-group that’s come about through man treading a destructive path.

The Sub-group of *Trapped Spirit* –

This “split away” from the group of Blessed Spirit is concerned with those souls who have got lost along the way and have become earthbound as a result of this. The

blessed, in heaven – that can visit and guide us, and heal us – are very different to those who are trapped in the wrong place – our realm (mortal realm). Those who are trapped need our help in order to heal and move on to the higher levels above us. The realm structure is like a series of steps and we (those who occupy mortal realm) occupy one step, and those souls who are trapped can be seen as occupying a lower step to us, and so, due to spiritual energy needing to flow up the stairs without skipping a step “we” become the bridge between the lower levels and Heaven, the place where these lost souls need to be. ‘We’ can help through being a medium for spirit, or, a medium through which spirit can flow. This work is very involved and it can only be entered into through the permission of those occupying the Blessed Realms – the higher dimensions – or, our Spirit Guides (to put it another way). Only those who are Blessed can guide us through such work, and this means that we can be of some real service to the Divine, in a purely spiritual sense. Through following guidance from above, we are placed in the privileged position of being able help those below us who are stranded, and we call this type of

spiritual work “Rescue work”, and it’s truly a wonderful thing to be involved in!

So, in summary –

We have “Mankind”

 “‘The Animal Kingdom”

 “‘The Natural World” (trees, plant life, etc)

 “‘The Spiritual World”

Again, all connected and overlapping, but all can be seen as separate in the interest of understanding and working with energy...

...I would like to add the fact that mankind is special – I’d like to state this fact, and I don’t mean this in any kind of egocentric way – but, we ‘are’ special, and the reason for this is because, out of all the groups we are the only energy that can, through following higher guidance, bridge the gap between the purely empathic world of nature and the intellectual world of Spirit, and through this bridge we can help *healing energy* to enter the physical dimension from the higher spiritual. This is called channelling; and we can also help the lost souls,

who are earthbound, find their way to the spiritual dimensions and effectively find “Heaven” and this is called “Rescuing”.

“Any Questions?”

More In-Depth look at ‘Feeling’ and ‘Working with Energy’

Let’s now take a look at the Meridian Force – the almighty energy force that flows from the core of the planet up to the surface – energising, cleansing, rejuvenating, all life on planet Earth. This is an extremely important life-sustaining energy that heals us emotionally as well as physically. Encouraging more flow of this energy system into our bodies (our systems) can only be a good thing. It ‘is’ possible to be cut off from this very large energy field, to some degree, due to the way we tend to live our lives (we are not living close to nature anymore – we live in boxes – and we are not connected

to the seasons like we used to be, unless we are self-sufficient and grow our own food, we are simply not that closely knit with Mother Earth these days. We rely on our food coming from supermarkets rather than from the land directly. And with all these factors present, you can see that it is actually quite easy, sadly, to lose the rhythms of life.

So how do we encourage more flow – more connection? Well, in practice, over a period of time, these things become automatic through applying ourselves to spiritual things – you might lose some of your bio-energy through healing someone and maybe getting too involved on a personal, emotional level, and then without thinking too hard about it, you feel yourself naturally pulling up the energy that you've lost, from Mother Earth (from the Meridian) and you find emotional/physical equilibrium once again – and this process becomes an instinctive and intuitive thing. And when you're feeling drained or compromised in some way, you reach towards the life-sustaining force surfacing from the planet and you let the meridian heal you.

So let's take a look at some kind of visualisation that can help along the process of connection.

Practical – to Feel the Meridian Force Most Deeply

Close your eyes. With feet firmly on the ground – (obviously, we are on the first floor here but the exercise will still work, but traditionally, this exercise would be done closer to nature with bare feet touching soil or grassy land (so that you can actually feel Mother Earth beneath you). But, for now, this will suffice.

[Take a deep breath in, hold it, and breathe out...]

Visualise in your mind's eye “roots” – like the roots of a tree – pushing down from the soles of your feet and from the base of your spine through the earth towards the core of the planet – pushing down, down, down, through the earth and connecting to the centre of *Mother Earth*.

You can feel the warm, sparkly, meridian energy being drawn up through your roots, up, up, up, into your physical body and energetic system. Allow this beautiful

energy to gather and spiral around your solar plexus area (upper tummy) becoming stronger and brighter, stronger and brighter, filling you up with wonderful, natural, healing energy, and shining out, out, out into your environment. Stay in this energy for a short time and really connect with the experience on a deep, deep, level.

Any Questions?

Protecting Ourselves from Low Sources of energy and Energy Vampires

Low sources of energy will drain you, and when you're actually having energy drawn away from you, in this way, it will feel different for everyone, but, for most, it feels like an aching, or dull sensation around the heart, coupled with a sensation of annoyance or anger.

Okay, let's focus on one main area of this subject – let's focus on Vampires – what is an energy vampire? Well, the term Vampire is used to describe someone who

drains your energy – everyone knows someone like this – some of them drain your energy by coming out with all kinds of negative things, sometimes quite personal things, and then they will go on their merry way feeling much better from the buzz that they get from this underhand exchange. Some people know what they are doing when they're doing this – and some people don't – sometimes you can simply get away from these people (walk away); but sometimes you can't, like with a colleague or a family member, and so in these instances we need a device, a practice, that can shut us down so that we don't give anything away that will simply be wasted – and that's what a low source of energy is – it's something or someone that simply wastes Light like flushing it down a drain; so, as “Light-workers”, we have a responsibility to protect what is Divine and give nothing away willy-nilly - especially to someone who is just going to feed on our positive energy and then just waste it.

To understand this subject of vampires more, let's look at what's actually happening within someone who is a low source of energy. Well, predominantly, something

is going wrong with their heart energy – their heart chakra. In simple terms, in respect to the Vampire, you can visualise this heart doorway – this spinning wheel – as going backwards, and as it spins backwards it merely sucks everything in like a black hole – and the more energy that's sucked in, the larger the effect. So, the heart chakra, that is moving contrary to its flow and only sucking energy in, will gather spiritual mass and become more and more negative over time – its effects will become more destructive over time – more destructive to the environment (and the people in that environment) and also the Vampire will obviously become more destructive to themselves through being such a low source of energy – they will become more bitter and angry, and in the end it will be impossible for them to see, and connect with, anything good in the world. If someone comes to you for a healing or for any sort of spiritual help, who is a vampire (whether they know it or not) you '**cannot**' help them – the only person that can help them, is themselves.

Okay, so how do we protect ourselves from such things – firstly, there are crystals that protect our energy and shut us down – something like a large piece of

hematite held around the heart will do the job. Also, from the point of view of a practical exercise, there are ways we can simply close down and dim our light, which effectively, prevents low sources of energy from stealing anything valuable from us.

Any Questions?

Exercise for Protection

[Close your eyes. Take a deep breath in, hold it... and breathe out... ..]

If you can ‘feel’ your heart chakra, you will then gain control over it – if you can feel your heart opening and closing, it will then be possible to control this important spiritual muscle that both gives and receives energy in a **“balanced”** way (balancing the whole of your energy system and also your environment and the people around you) – ***Big Stuff!***

A simple visualisation will help us to connect with our heart energy doorway – allowing us to open that door and close that door. Visualise a large rosebud facing out from your heart – and the rosebud is opening very slowly, naturally opening, and you can feel this opening, there's a warm fuzzy sensation around your heart as you do this – and you begin to feel open and connected to everything around you.

Enjoy this sensation of being open – of giving out good energy, and receiving good energy – and this process is a cyclic affair – and it's a very natural process to be a part of, and it feels very good when you're in good company – continue to feel these sensations for a while longer.

Now, in order to close down, and in contrast to what you are feeling right now, I would like you to visualise a doorway – a doorway to your heart – the door is open at present. Now, I would like you to visualise the door closing quite quickly, maybe even slamming, and I would like you to feel the difference in your heart energy from open to closed – when you can feel this process

happening, you can then make it happen, even without using the visuals – but the visual aids help in the beginning.

Time for Questions, Discussion, and Sharing Experiences.

Close Circle.