

Energy Flows...

Energy flows. The Universe moves, all the time. Nothing is still. Streams of energy flow around in perfect sequence. The Earth; turning in her eternal eclipse around the sun, time after time. Although time does not exist. The moons; turning around the planets in circles of perfection; through eons of time; in absence of time; through the vastness of space; the Universe in her eternal rhythm. No obstruction. No blockages.

And like the planets are born, the human is born. And again the energy flows; freely and gently. After conception during nine months the child that is growing in the mother is supplied with the ever flowing life giving fluids. And then that explosion of life; coming into this world again as a complete unit, where energies are freely flowing around the vortex of the heart; around the perfection of the soul through the natural formation of that perfect body.

Or is the story different? What about the child that was born with an imperfect body; with a handicap; with a disturbance in the perfection

of the physical being. Physical stress; and then what? Stepping into society, and having to learn to cope with the social aspects of life; being accepted within the family, the platform of love and protection.

Or is the story different again, different because of the disturbance of the emotions, of the pain, the loneliness, the fear and the flow of energy being obstructed?

And then learning; learning to understand, whilst at the same time feeling the pressures of exams, tests and the peer-pressure of the students around us, the students at school; the students of life. Mental stress; that blockage of the once so perfect flowing energy of the mind that is now holding the child back; perfection being caught in the act. And the child grows up; into adolescence; into manhood, or womanhood. Falls; physical stress; failures; emotional stress; tests; mental stress; allergies; chemical stress; slowly building up in the body; day after day; week after week; year after year. And then; the young adult taking off on a spiritual journey and fine tuning his or her understanding about the Universal truths in and around us; studying at the University of Life; the Academy of All.

But how does the energy flow? And does it still flow? And how does it flow through you?...

Millions and millions of people out there, endeavoring to understand the rhythm of life every day again, having left their own natural rhythm so many years ago, are you perhaps one of them?



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How often do you wake up in the morning with minor pains? Or major pains perhaps. How often do you feel cloaked? Closed. How often does it feel hard to think; to create; to understand; or to even begin the process of unfolding the wonders of life?

Is it you? Is it the lack of skills? Is it the lack of knowledge? And what is actually lacking?

But then again aren't we perfect as human beings? Do we not have a brain of which apparently we only use 10 percent or maybe even less?

Why do we feel obstructed then? Why do we feel stopped then within the act of living? Why is it so often so difficult to come up with the right words, to stretch without stress, or to simply have an idea? Physical stress; emotional stress; mental stress and chemical stress.

Wake up and live. Take responsibility for yourself!

Who are you? What are you? Begin today. Fill yourself with the experience; be thankful that you have made it here.

'Body Stress Release' is an incredible therapy with very often instant transformative and life enhancing results. It aims to release those stresses in order to restore or reopen the communication channels within the body, in order to reactivate the body's self-healing capacity, in order to re-establish that flow of energy.

For more information concerning Body Stress Release in the United Kingdom, contact Harry Ferwerda via Harry@bsrbristol.co.uk.

Start living to your fullest potential. Today!

*With love,
The Universe.*

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