



GREEN ENERGY HERBALS



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Hand preparing organic herbal medicinals since 1992



Well here we are in winter's room. For us in the Western Cape it is the season of life bursting forth, just awaiting the open door of spring with all her abundance. These 2 months are very special to me. The small piece of earth I call home is bursting at the seams with flowers of all colours and shapes. Each year the sight bedazzles those who visit and helps to ease tensions that have been brewing over the deep days of winter.

Contributing to this newsletter are a wonderful group of people dedicated to motivating earth, physical, mental and spiritual consciousness. We understand our role as caretakers of the present for the future and enjoy sharing our knowledge in the hope that we reach like minded people to pass this message along.

Green Energy Herbals have just the right herbal for you to assist with those winter challenges. Please email Michele Slabbert who will assist you with the most suitable herbal just for you.

Just a thought

Eating a plant or animal is a way of claiming its power, a way of assimilating its magic to one's self. In the minds of preliterate people, the lines between drugs, foods, and spices are rarely clearly drawn. The shaman who gorges himself on chili peppers to raise inner heat is hardly in a less altered state than the nitrous oxide enthusiast after a long inhalation. In our perception of flavour and our pursuit of variety in the sensation of eating, we are markedly different from even our primate cousins. Somewhere along the line, our new omnivorous eating habits and our evolving brain with its capacity to process sensory data were united in the happy notion that food can be experience. Gastronomy was born – born to join pharmacology, which must surely have preceded it, since maintenance of health through regulation of diet is seen among many animals.

The strategy of the early hominid omnivores was to eat everything that seemed food like and to vomit whatever was unpalatable. Plants, insects, and small animals found edible by this method were then inculcated into their diet. A changing diet or an omnivorous diet means exposure to an ever shifting chemical equilibrium. An organism may regulate this chemical input through internal processes but, ultimately, mutagenic influences will increase and a greater than usual number of genetically variant individuals will be offered up to the process of natural selection. The results of this natural selection are accelerated changes in neural organisation, states of consciousness, and behaviour. No change is permanent, each gives way to yet another. All flows.
(Quoted from Food of the Gods by Terence McKenna)

ARTHRITIS

Guidelines with Michele Slabbert

Arthritis is an inflammation of the joints and is characterized by pain, stiffness, swelling, decreased range of movement and at a more serious stage deformity. It also covers diseases of connective tissues.

Since the reasons for the occurrence of arthritis are still not completely established, it is difficult to find a cure for the disease. Arthritis could be genetic, it could have to do with bone density loss, and it could also be a type of infection caused by toxins released in the body. Even more likely it is a combination of several factors

A strong case for arthritis is that it appears to be a stress disease, resulting from either physical or mental stress, or both. In stressful situations muscles remain tensed in readiness, sometimes for months or even years. This results in a person who feels like acting on something but does not permit themselves to do so.

Aromatherapy blends for the treatment of arthritis are usually made from pure essential oils. Essential Oils must always be used diluted when applied to the skin. A dilution of 3% essential oils in 97% base is generally regarded as very effective and safe. Sweet Almond Oil, Aloe Vera and olive oil (use cold pressed oils) are good oils to use as a base.

Aromatherapy is one form of arthritis treatment, using a variety of essential oils. They can be added to the bath, massaged into the skin, inhaled or applied as compresses. The right mixture of essential oils will help to relax, promote pain relief and alleviate fatigue. Essential oils can also provide psychological benefits like improving the mood and reducing anxiety

Some of the more suitable arthritis oils are Lavender, Juniper, Thyme, Rosemary, Benzoin, Eucalyptus, Chamomile, Camphor, Ginger, Oregano, Black Pepper and Lemon.

One of the most effective ways to use aromatherapy for relieving pain and reducing inflammation are hot compresses:

1. Fill a medium size bowl with hot water.
2. Add 3 to 6 drops of essential oil.
3. Fold a piece of clean cotton cloth and dip it into the bowl.
4. Squeeze out most of the excess water.
5. Place the wet, hot cloth onto the affected area until it has cooled down to body temperature.
6. Repeat steps 3 through 5 at least two to three times.
7. Wrap the treated area in a dry and warm towel or blanket and rest for at least half an hour.

Applying essential oils throughout the day can help to alleviate pain and tension. The essential oils on the skin are quickly absorbed and enter the bloodstream. This is an excellent form of arthritis relief and works also well as a preventative measure.

Aromatherapy is a natural, safe and economical option to deal with the pain and symptoms of arthritis. And above all, it has no negative side effects as so many of the conventional treatments do. In mild cases of arthritis, aromatherapy is often all that is needed to make a person comfortable.

Herbs and Minerals used for Arthritis

Glucosamine has now been accepted by most major medical societies as having a role in the treatment and prevention of joint pain. Glucosamine is a charged sugar molecule that is a key component of the extracellular matrix of cartilage (the grout between the cartilage cells). It absorbs and releases water with each step, thereby acting as a shock absorber for the joints. With more glucosamine there is more joint protection. Glucosamine is a precursor for the production of hyaluronic acid, a joint lubricant. It also contributes to the repair process when cartilage is injured. Glucosamine is also an anti-inflammatory but has no known side effects. Glucosamine supplements are made from the shells of shellfish. *If you are allergic to shellfish then this treatment should not be taken.*

Clinical studies indicate that oral glucosamine provides slow-onset but durable pain relief and functional improvement.

Some info on the effects of glucosamine: -

Negatively charged glucosamine absorbs water, increasing the hydration of the joints and tissues. Glucosamine stimulates the production of hyaluronic acid increasing the lubrication of the joints. Glucosamine acts as a natural anti-inflammatory decreasing pain and swelling. Increased glucosamine levels stimulate the tissue repair process.

Diet needs to be adjusted to include more of the following:

Grated carrots - a little portion every day at lunchtime.

Carrot juice - twice a week mid morning

Ginger (fresh)- On waking a weak ginger tea three times per week. The ginger does not have to be peeled only very thinly sliced and placed in a teacup. Pour boiling water over, cover, leave for 5 minutes and cool slightly before sipping slowly. Add a little fresh ginger to soups and stews.

Lemon - Lemon is acidic but changes to alkaline in the body and then acts as an alkaliser for an over acid system as well as being a good liver cleanser. The liver is the powerhouse of the body and the healthier this is, the healthier you will be. On waking four times per week lemon water should be taken. Pour boiling water into a teacup and place a slice of lemon in the cup, cover until ready to drink when slightly cooled.

Vegetables - More raw veg needs to be eaten on a daily basis. Lunchtime is a good time to have this. A salad is simple and should include lettuce, onion, garlic, cucumber, grated carrots, a little celery or parsley (fresh), tomatoes, raw broccoli or cauliflower, cabbage, green peppers or chillies, watercress.

Please note that in some instances slightly cooked food is better than raw vegetables. It can slow the digestive process resulting in lethargy, bloating gas and eventually arthritis. Too many raw vegetables and fruit, cheeses and other dairy products need to be reduced or even completely removed until a recovery is under way.

Cooked vegetables should only just be cooked in as little water as possible.

The idea is to eat as many alkaline forming foods as can be managed. The reason for this is that acid molecules in the body bind with oxygen molecules, therefore lowering the oxygen potential available to work or fuel the muscles. A correct diet should consist of 80% alkaline forming foods and 20% acid forming.

Here is a list of foods that should be included in the daily diet as much as is possible.

FRUIT –apples, apricots, avocados, bananas (except where chest problems are present, then avoid), berries (not Blueberries) cherries, currants, dates, figs, gooseberries, Grapes, grapefruit, granadillas, kiwi, lemons, limes, mangoes, Melons, nectarines, oranges, papaya, peaches, pears, Pineapples, raisins, raspberries, strawberries, tangerines.

VEGETABLES artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, sweet corn, cucumbers, ginger, horseradish, leeks, lettuce, mushrooms, onions, peppers, potatoes, pumpkin, radishes, tomatoes, watercress.

LIQUIDS - Herbal teas and fruit juices from 1 or 2 fruits from the above list. Drink vegetable juices.

Do not mix vegetables and fruit together when making a juice.

OILS - Olive oil, sunflower and grape seed. Olive oil is high in potassium. Olive oil is easily digested and imparts a soothing & healing influence on the digestive tract.

HERBS & SPICES – Basil, bay leaves, caraway seeds, Cinnamon, cloves, coriander, curry powder, cayenne pepper, celery, chives, dill leaves, fennel seed, garlic, ginger, marjoram, oregano, rosemary, sage, tarragon, thyme.

GENERAL

Chop 1 teaspoon of garlic and allow to stand for 15 mins. Mix with 1 teaspoon of olive oil and eat this at least 3 mornings per week.

Dried beans, peas, lentils, soya beans should be in the weekly diet.

Coconuts should be included occasionally.

Almonds - 5 or 6 every day.

Use honey instead of sugar

Do not eat the skin of either chicken or fish.

Make salad dressings with apple cider vinegar and not spirit vinegar. Use olive oil if you can instead of sunflower oil.

Vitamin E should be taken as a supplement. This must be taken in the morning at about 7.30 a.m. This is very important as this is the time that the body is repairing itself. (This repair process starts at about 10 p.m. and lasts until 10 a.m. From 10 a.m. to 10 p.m. the body requires nourishment in order to maintain itself). If you are a late night person take your Bit E after 10 p.m.

Chew all food slowly and well.

Try and eat as much organically grown food as possible.

Avoid all sweeteners (other than honey or any other natural sweetener), chemical additives to foods, artificial flavourings. Drink at least 1.5 litres of filtered water per day. Do not drink water direct from the tap.

If you eat lots of protein you need to eat lots of fruit, vegetables, salads, etc.

Steam vegetables, do not overcook.

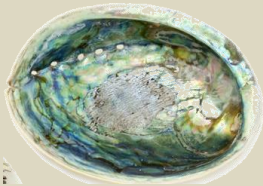
Avoid products that contain bran.

Do not drink spirit alcohol or vinegar. A little red wine together with rye bread is beneficial.



**ABALONE - The Sea Stone
Or as we know it - Perlemoen
Healing Crystals with Michele Slabbert**

I have chosen this beautiful shell because it has been used through the ages to treat arthritis and muscle tissue as well as heart issues. Abalone shell vibrates in a way that opens the holder up to universal beauty and its earthly manifestation. Abalone represents the tides of emotion. Relaxing and calming, Abalone protects us as we journey through our emotional state, balancing us in many subtle ways as it aligns the Heart Chakra, the Solar Plexus and Throat chakras.



For those seeking psychic development, opening of the imagination, heightening of perceptions and clarity of purpose, then a piece of Abalone is just what you need.

We are all vulnerable at some point in our lives. So we know the emotions that go with this. So if that meeting is met with some trepidation, hold onto a piece and allow the negative feelings to release from your body and go forth with determination, compassion and individuality.

Abalone strengthens the structure of the body and is therefore useful in alleviating arthritic and muscular conditions. Assists in proper digestion and improves protein assimilation.

I have abalone shells lining a small section of the herb garden and the hues caught in the sunshine are radiated throughout the area and the energies released are eagerly embraced by the various herbs growing nearby.

So if you feel over emotional, unable to confront on a basic level and just plain down, then work with a piece of perlemoen and let your spirit feel the freedom just waiting in the wings.

A RECIPE FROM A GOOD FRIEND

Soak 1 cup of yellow pea dhol in boiling water for 1 hour. Then wash out in running water. Place in a medium size pot with 2 cups of water. Add ½ tsp rough salt and ½ tsp turmeric. Add green chilli, garlic and 1 grated tomato. Do not cover pot. Keep adding water as necessary while boiling. After about 1 hour add a few marrows. Let it simmer for about 45 minutes till the shells of the dhol is pureed. So you let the water dry off till you see a thick soup. Remove the marrow. Pour the cooked dhol into a blender to make it nice and smooth – around 2 minutes. Then pour the dhol back into the pot and add the cooked marrow.

Take a frying pan – add 1 tablespoon oil, a few mustard seeds, a few fennel seeds and brown then in the pan. Then add the cooked dhol and marrow into the frying pan. You are now ready to enjoy a truly delicious bowl of soup.

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**Contact Michele for your hand prepared
organically grown herbals!**

DEVIL'S CLAW - Harpagophytum procumbens

Devil's Claw is used to relieve arthritis, lower back, knee and hip pain. It is also used to treat a number of ailments including osteoarthritis, rheumatoid arthritis, gout, bursitis, tendonitis, loss of appetite and digestive disorders.

Great news for pain sufferers who have grown dependent on pain killers for relief: recently published double blind studies have shown that Devil's Claw can relieve pain from arthritis in as little as ten days of use¹, lower back, knee and hip pain included. It is also used to treat osteoarthritis, rheumatoid arthritis, gout, bursitis, tendonitis and soft tissue pain (muscle aches).

Since studies have shown no side effects, even at very high doses, Devil's claw can be an alternative for those taking over-the-counter pain medications such as Ibuprofen and Acetaminophen, which can cause liver and stomach problems. Devil's claw can be a healthier approach to treating joint pain.

Approved uses of devil's claw include loss of appetite, digestive disorders, and "degenerative disorders of the locomotor system" (to treat pain and inflammation in the joints).

A new clinical study shows that a traditional African medicinal herb may reduce pain associated with osteoarthritis as effectively as some conventional drugs. In a randomized, double-blind, parallel group study conducted in France, the patients received either capsules containing the herb devil's claw or a pharmaceutical drug. Pain measurements of all patients indicated that those taking the herb and the drug experienced similar benefits. However, the study also showed that patients taking the herb experienced significantly fewer adverse side effects than those taking the drug.

Mark Blumenthal, founder and executive director of the American Botanical Council, a nonprofit research and education organization, "At least two previous clinical trials on devil's claw have supported its use as an aid in treating lower back pain and rheumatic conditions. This study is significant in that it is the first to show the potential benefits of devil's claw for osteoarthritis." (Quoted from herbwisdom.com).

Devil's Claw can be added to added herbs such as African potato (hypoxis) and rooiwortel (bulbine) to prepare a tonic to boost general health. In Southern Africa the dried root has been used for aeons as a remedy for digestive disorders and lack of appetite. It is also used as an analgesic, especially in pregnancy, and the treatment continued after labour. (Van Wyk, Van Oudtshoorn & Gericke)

Devil's Claw's natural habitat is the Kalahari Desert of Southern Africa and is considered by the indigenous peoples as their most important plant, being a cure all for most ailments. It is also a powerful anti-oxidant that restores the body's subtle biochemical balance, boosts the immune system and alleviates a wide range of disorders. (Dugmore & Van Wyk).

In our traditional medicine Devil's Claw (*sengaparele*) is often used with other herbs to treat those recovering from a coma. It is used as a tea for labour pains, liver disorders, allergies, menstrual pains, headaches, fever, skin lesions & wounds. (S.A. Primary Health Care Handbook)



LIFE FORCE ENERGY

Your guide with Lois Stahl

Life force energy, the core of all life – also called CHI – is behind all life and a potential source of incredible power. Freud suggested existence of this force and called it “libido,” and a doctor named Abrams investigated its bioelectric characteristics. Wilhelm Reich, a protégé of Freud’s, made more discoveries about it, did extensive experiments with it, wrote books about it, and invented devices to generate it. He was sent to jail, they burnt his books, and confiscated his devices. Reich’s name for vital force was “orgone energy.” A Frenchman, Bovis, discovered this force in pyramids, and later scientists in several Eastern Bloc nations experimented with it under the name of “psychotronic energy.” Meanwhile, and for centuries past, other cultures familiar with this energy have given it names like prana, ch’i, and ki, to mention a few.

EBB AND FLOW

Chi is the energy that gives you life—your “life force.” One of the main characteristics of life as we know it is movement, expressed in such ways as blood circulation, the digestive process, and electrical activity of the nervous system. All these life processes are made possible by the continuous movement of life force energy through and around the body. A very good analogy is that the chi flowing through the body is like an electrical current, and the chi flowing around the body is like a magnetic field. An increase in these will increase the other, and a depletion in one will deplete the other. Also, various environmental influences can cause fluctuations in both the current and field, with resulting effects on health, mood, and thoughts. Personal behaviour, emotional habits, and mental attitudes can affect the ebb and flow of chi as well.

When your flow of chi is strong and clear, you are at your peak of physical health and you have abundant energy and strength; you can remain calm or enthusiastic under trying conditions; you can think clearly and effectively; you have great confidence and compassion; you feel happy; and your physical and psychic abilities are most efficient. When your flow is low and constricted, you will be in poor health; you will feel weak and tired; you will be irritable and/or anxious under trying conditions; your thinking will be muddled; you will have a lack of confidence and little empathy; you will be very unhappy; and your abilities will be hard to express. Now these are the extremes, of course, and while many people may experience them at one time or another, most of the time most people are in a mixed state in which some parts of their life are flowing and some parts are at an ebb.

Let’s look at the major factors that affect the ebb and flow of the life force.

DIET

In terms of life energy, it doesn’t matter what you eat. If you are a vegetarian, Vegan, raw food person or a meat eater. What does matter most is the following:

The quality of the food, your state of stress when you eat it and the focus of your attention when you are eating it. Quality of food includes its nutritional value, its freshness, its method of preparation, and its appearance and odour - (the latter for its effect on your mind). Whether the food is fish, fowl, meat, or vegetables is insignificant except at a personal belief level, although under certain conditions it may be beneficial physically to restrict one or more types of food. As important as quality is, however, it is definitely secondary to the other two factors.

If you eat under stress (mental, emotional, or physical) you will not only get less nutritional benefit from any food you eat, but in the process of converting the food to energy, your body may also convert some of it to toxins. This will increase your stress and further deplete your life force.

Eating mechanically:

While your attention and awareness are almost fully on something else like reading, T.V., or conversation it will result in poor absorption of nutrients and/or more conversion of the food energy to fat. This means less chi flow for daily use.

I am not advocating complete concentration on your food when you eat, though that would be the most beneficial and could actually produce a “high.” I do recommend reserving at least a part of your attention and awareness for tasting and enjoying the food, whatever else you are doing. A fourth important factor which definitely affects the chi you get from eating—is your attitude toward the food you eat and toward the process of eating itself.

BREATHING

Breathing is even more necessary to staying alive than eating. There are cases of people remaining alive and healthy without eating, but absolutely none of people who have done so without breathing. On the physical level breathing introduces oxygen into the lungs, which makes it possible for cells to utilize the nutrients in the bloodstream. The flow and field are also strengthened in this process. Because of its importance, breath has been used as a symbol for life and the life force itself in many cultures, and some have developed numerous techniques for consciously regulating the breathing process in order to increase or direct life force energy. However, proper breathing is really a very simple matter. A common bad habit in this country, often the result of chronic stress, is shallow breathing, in which people use only a small portion of their lungs to take in air and thus deprive themselves of one of the best sources of life energy.

As simple a technique as inhaling fully and exhaling completely will have remarkable effects on your health and clarity of thought, if you have been breathing shallowly.. Deep breathing will also help to calm you if you tend to be nervous and give you more energy if you tend to be tired. Perhaps the best form of deep breathing is a Yoga technique known as the Complete Breath.

Begin by exhaling completely all the air in your lungs. Push it all out by forcing your upper abdomen inward. You should be able to put your hand on this area and feel it sinking toward your spine. Then let the air come down into the bottom of your lungs, and feel it force your upper abdomen outward. When that area has reached the limit of expansion, continue to inhale, filling up the top of your lungs as well .

When your chest is fully expanded, let the air out of the top of your lungs first, and then push out the rest by contracting your abdomen. One cycle of inhaling and exhaling in this manner is known as the Complete Breath. Don’t count the first exhalation; it is only a good way to get the cycle started. The breathing should be slow and easy.

Four Complete Breaths are enough for one session until it becomes natural for you. Doing this as a regular practice will help to vitalize every area of your life.

ATTITUDES:

Mental and emotional attitudes can either inhibit or enhance the flow of chi in your being. Generally speaking, negative attitudes produce inner stress, which translates as physical tension and can affect organs and even cells. It is this tension that directly inhibits your flow of chi. When attitudes are involved and remain unchanged, any physical attempt to get your flow going (such as super vitamins, exercise, or special breathing) will usually just give temporary results, although increasing the flow of chi in some people will result in a change of attitude as well.

The most direct way to improve flow of life force energy is to change negative attitudes to positive ones, especially those having to do with fear, doubt, resentment, and guilt. In developing a more positive attitude, it is important that you learn not to be afraid of negative thoughts and feelings that may come up from time to time. It doesn't matter if they appear; just be aware of them and chase them out. Don't get hooked on them. The most direct and simple way to change a negative attitude to a positive one is to be aware of the negative thoughts or feelings when they come up and consciously change them to their positive opposites. You can do this whether or not the apparent facts of the situation seem to warrant it. If you practice this consistently, you will be amazed at how your life, including health and energy, will begin to improve at all levels.

VISUALIZATION:

Visualization may be used to enhance chi flow ' at any level of need for any purpose. This is a way to use it for building up a "supercharge" of chi. This is best done by a combination of deep breathing, visualization, and a physical stimulus. It is useful for those who want to get into the range of "high health," exceptional accomplishment, or mind expansion.

At least four deep breaths should be taken while giving a mental command to your subconscious to accumulate a high charge of life force energy. As you breathe deeply, visualize yourself being filled with energy. You can imagine it coming into you through the top of your head in the form of a beam from the sun or the stars; as a surrounding cloud which is absorbed into you; as an energized liquid that fills your body like a cup; or in any way that makes you feel that something is happening. The visualization serves as a plan for your subconscious and emphasizes the command word or phrase. In deciding a visualization to use, you have to take into account the likes and dislikes of your subconscious. You must discover what is most effective for you, because the effect is more important than the image. The purpose of the physical stimulus is to convince yourself that you mean business. Deep breathing by itself will give you a fair increase in chi, but you want an extra-large increase until you have trained yourself well, otherwise your subconscious may take your visualization as just another daydream.

A physical stimulus, however, impresses your subconscious with a greater sense of reality, and its response is vital to your success. Light physical exercise such as a few jumping jacks or briefly running in place might do the trick, and so can a moving meditation. Of course, physical movement isn't necessary at all. You could hold a special object, do a special ritual, go to a special place—as long as you do something physical that you associate with increasing your life force energy.

I suggest that you use the physical stimulus just before or along with the breathing and visualization. After a certain amount of repetition of this combination, you should be able to drop the physical stimulus and accumulate your supercharge by breathing and visualization alone, under any conditions in any place. If your visualization is good enough so that you can imagine something physical as if it were real, then you can eliminate the stimulus in the first place.

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EFFECTS OF ACCUMULATING LIFE FORCE ENERGY"

While practicing the accumulation of chi, be alert for any physical sensations that might occur. Specifically, you might feel a tingling in some part of your body, perhaps your hands, solar plexus, or the centre of your forehead. You may also feel a kind of current running up or down the centre of your body or along your spine. This is perfectly normal and only means your psycho-energetic sensitivity is increasing. For those of you familiar with Kundalini Yoga, the raising of the fire from the base of the spine is the same as the process of accumulating extra chi.

Another effect of a large accumulation of chi could be a feeling of weightlessness or even spinning. If this bothers you, keep your eyes open until you get used to it. Life force energy has antigravity or levitated properties, so the sense of weightlessness can be real. Naturally, it acts first on the lightest part of you, so there may not be an actual physical change in weight. The Spanish mystic, St. Theresa, was one of many who have experienced actual levitation.

Some effects of chi can be seen with the naked eye, once your sensitivity begins to increase. In a darkened room, after having accumulated an extra supply of chi, focus your eyes on the air about a foot or two in front of your body. If your eyes have become sensitive enough, you will see what appears to be rising heat waves all around you. The phenomenon will have a "ghostly" appearance, but do not be misled into thinking you are seeing spirits. It is merely an effect of chi.

The visible aura is another effect of chi, as are the 'dancing lights' that are sometimes seen. Chi can be felt with your hands, too.

CHI AND Psi PHENOMENA:

In telepathy the more energy you put into projected thoughts, the better chance it will have of reaching its target, and the clearer it will be. Energy is not the same as desire or will. It is simply the amount of life force available. In very practical terms, chi is directly related to emotion. The greater the inner excitement, the greater the supply of chi, and the more effective the practices will be. This is true for healing, traveling clairvoyance, projection, protection, or any other practice. You do not have to be consciously concerned with how the subconscious is going to use the chi to do what you want, any more than you have to consciously concern yourself with the process of digestion or cell regeneration. The subconscious knows how to do it. Your subconscious merely needs to be told what to do and be convinced that it is able to do it.

A very large supply of chi is needed to produce effects like psychokinesis, the moving of objects without physical means. It has been noted that poltergeist phenomena occur most frequently in the presence or proximity of a child going through puberty, that stage of life when new body centres are coming to life and the chi flows more abundantly. In such cases, however, the adolescent is almost always emotionally frustrated, which causes the chi to dam up and then burst forth with a tremendous discharge of pure power. Spirits have nothing to do with this. It is just raw energy. Usually this ability disappears as the child's body metabolism becomes more stable and frustrations are cleared up. It is entirely possible for an adult to learn how to move objects with chi, but it may be difficult because of the necessity of accumulating an exceptional supply of chi and keeping it under control, and the necessity of convincing the subconscious that the effort is worthwhile.

Life force energy can be accumulated and stored and then released slowly or all at once. As natural as air and water and as versatile as electricity and magnetism, life force energy will simply keep you alive, or it can change your life. It's your decision to make..