



# Everything is Energy

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Your gateway to Spiritual and Holistic Understanding

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## Everything is Energy

Did you know that Energy cannot be created nor destroyed, but it is continually changing and moving, just as we do!.

Therefore it stands to reason, that as we connect with nature, like-minded people and the Universe, we can not avoid raising our energies into a more positive and definitely pleasurable state of mind and understanding.,

Oppositely, if we continue to surround ourselves with any and all forms of negativity, we actually create worry anxiety and fear for ourselves.

This is why it is essential that to reach out to be the best version of ourselves that we can be, is by viewing every situation in our lives, from a perspective that comes from the heart.

We are taught many things in our lives, from Cradle to Adulthood. Mainly these lessons are presented with the best of intentions. However, we absorb these lessons into our lives, and there they stay. Life moves on, our situations and environment change dramatically, but we still hold on to some of the lessons from childhood that are no longer relevant.

This is why it is important to periodically have ourselves an Emotional Spring-Clean.

## Emotional Spring-Clean

Many people find this a complicated assignment to undertake. Mainly because they do not know where to start.

Baby-steps is always the answer when situations seem daunting to you. However, as we take that first step, we begin the process of changing our lives into a more positive frame of mind and clearing out any unnecessary negativity and ideas that we are still holding onto. This is the first step toward enlightenment and understanding who you really are, and what role you actually are meant to be living within your own life.

As you can see, this is purely a very private and personal adventure that you are about to undertake.

I would suggest that it would also be beneficial to you to begin [Chakra Meditation](#) regularly. This will help you to start to identify YOUR thoughts and ideas, as you connect to your higher self, through your heart chakra.

You need to take a good look at your life as it is today in the here and now, and write down what is positive and right in your life, and what is also negative and redundant.

It is essential that you take your time and gradually allow your thoughts and feelings to unfold as you begin to see the blockages that are holding you back from reaching your full potential in your life.

As you identify these blockages, one by one, ask yourself, is this in my life, due to my own beliefs, passions and understanding or is this in my life, because an outside influence showed me the way to go in this situation.

If you come to the conclusion that it was some type of outside influence, then ask yourself, does it still apply today? Or is there an alternate route I need to take?

Living in a technological age, we are very used to being reminded to “update our software” on all our devices, but as human beings, we tend to ignore the need to update our own software, which must come from a place within.

The next step in your Emotional Spring-Clean is to also examine your dreams, your ideas, your passions - and begin to change your thoughts and perspective to start the path that will take you to your destination.

## Pace Yourself

Well, from childhood to the point you are in your life now, you have probably built up an encyclopedia of thoughts and ideas that perhaps did not originate with you.

This has taken many years, and although you can probably recognise the negatives reasonably quickly, you need to pace yourself, as you need to dig deep to capture and clear all negativity that does not serve you well.

At the end of the day, only your mind, and your higher self, which speaks through your heart chakra, knows what is good and right for you.

As you meditate, and clear blockages that have held you back, you are awakening to your higher self or spiritual-energetic being that you are.

Your Spirit within has full knowledge and guidance of the life you should be leading. Naturally, your physical mind has no memories as we begin to embrace our earthly environment leaving behind our spiritual memories from about the age of five years old. As we grow our mind embraces other influences and environment, and we begin to make choices which are not always leading us to our true pathway and spiritual destiny.

When we eliminate “learned behaviours” that no longer serve us, we begin to listen to our heart, and we discover and feel when options are right or wrong for us. This is why to heal your life, find inner-peace, embrace

spiritual abundance, we need to pace ourselves and not try to take any shortcuts.

## Spirituality is a Way of Life

Many people today seem to confuse Spirituality with religion. This is not the case.

We are all Spirit within a physical body. As we connect with the Universe and the Divine Source, we complete ourselves. Whether we connect through prayer, meditation, or mental thoughts, if they come from the heart, they are heard and responded to.

You see, our hearts cannot lie or be confused, unlike our minds. Living a Spiritual life, day by day really means be good to yourself, be kind and compassionate to others, explore nature to ground yourself, and be true to yourself.

When you recognise the good within you, you not only heal yourself and your life, but you set by example to others around you.

It is so easy to follow the crowd, to be judgemental, critical, cynical and labelling people.

It is much harder to stand tall, strong and courageous and understand that we are all connected as one, to the Universe and the Divine Source, including every living creature, and live in harmony together.

This is what I call Living Spiritually Day by Day.



As you take that first step, call on your higher self, your guides and angels, and the Universe and Divine source to give you the courage, understanding and strength to be who you were truly meant to be,

As you change your thoughts and understanding, your reality will begin to improve and be more positive, because you see, by taking these actions, you are changing the energies to flow together in peaceful and joyful harmonious balance.

