

The Higher Awareness Lifestyle Club  
**Article of the Month**

**Energy Currents**  
**– how to create flow in life**

*Our reality is interactive.*

That is the first statement.

*I will be what I need to be, when I need it.*

That is the second statement.

*Reality will always provide what is needed, when it is needed.*

That is the third statement.

*Circumstances will always change so that the what is needed can unfold.*

That is the fourth statement.

*I will always get what I need, when I need it, in the forms I need it.*

That is the concluding statement.

To begin creating flow in life, and in your energy system, you have to let go of all that you think and believe to be correct. Let us make it simple; nothing you have learned about reality, yourself and others are correct. That is the simple version. So, clean slate. Tabula rasa as it is said in Latin.

Then we can begin anew solving the equation of life.

In all sciences of reality there is flow. There has to be flow. Where there is no flow, there is death and stagnation. So, all has to circulate, change, adapt and progress to be in the natural order of things.

As humans living in a dynamic interactive system, we have to learn to be adaptable, changeable and progressable too. If we stay put, we go into stagnation, shutting the dynamics of life out of our energy system.

Belief systems create stagnation of mind. Emotional stagnation is another, created out of fear of pain, or loss or whatever. Life is flow. It is up and it is down. Today might seem less fun, tomorrow too but then all is forgotten as a new day arise. No need to cling on to the old pain or loss because that was days ago and not in the now.

So, we are to learn to be in the day, and observe that day, complete the progression of that day, fulfill the energies of that day, circulate the energies of that day to their highest potentials so that when we go to sleep, we know that truly tomorrow will be a new day because, in our energy work before we go to sleep, we have completed all that was unfolded on that day, put what was learned into the right order of understanding, and then let the rest go. Clear the head and the heart of the energetic residuals and no-use-energy so that nothing lingers on into the night.

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### Article of the Month

Removing the web of thoughts.  
Removing the web of emotions.  
Clearing the fields around us.  
Creating new fresh energy for the next day.

And then we wake up to a new day with a new type of energy to work with. Also, even if we are to go to work where things might seem stagnated, because most workplaces are restricted energetically by contracts, definitions of functions, laws and legislations to keep order in the human world.

As a higher awareness human, we naturally follow the human laws. All of them. Including the moral and ethical standards of our society. However, we add more to it. We add energy, lifting the original function of a law to its correct potentials for growth. There are no restrictions, there is only energy and our response to energy. Stagnated or dynamic energy. Every place has its own energy and we are to learn to play with that energy, in that moment and on that day. What is unfolded for us there.

You see, the moment you learn to work with energy and observe energy, you will see that what you thought was restricted and solid, is not. If you change, so will reality. If you are in flow, so will your surroundings be. If you are trusting the five statements, they will unfold energetically and in reality, as manifest changes.

So, flow begins with you. If you are stagnated, reality will be too. Everything you are is reflected in your surroundings and what comes your way. Observe what you attract, mirroring back to you what you are. That is the first statement – reality is interactive.

Trusting yourself to be a capable human that can handle whatever comes your way, in whatever form, is another important self-perception. Trust that you are all that you need to be, when you need it in all challenges of life, and you will be it. You will learn, you will grow and you will become adaptable to changes because you know, as you grow, how skilled you are at handling all that life offers you. That is the second statement.

Since you are now aware of the energetic feedback system (the interactive principle) and that you can accommodate, change and handle whatever comes your way, you are now set for the progression path and with this, understand that life is about evolution and progression. It is about evolving all that you are to express life and existence into all the forms this system can provide. So, since life always unfold in progression systems and our reality is one of these, then reality will always provide what you need so you can progress. That is the third statement.

When the first three statements become part of who you are, the fourth statement is naturally unfolded. Of course. It is a progression system, right?

And with that the concluding statement; I will get what I need, when I need it, in the forms I need it, all goes with the progression and higher awareness human. Of course, we get that because we want to live, progress and develop ourselves, and our consciousness, so that energy can change with us, developing our world and ourselves in the process because as you change, the energies around you do too and in that, ultimately reality will be reset back to its progression function as a supportive system created for expression of life, progression and the highest good of the many.