

Welcome to LightSong News

The Genius Consciousness: Your Inner Landscape -
The Energy of Belief, Thoughts, and Feelings

In This Issue

[Upcoming Events and Happenings](#)

[The Genius Consciousness: Your Inner Landscape - The Energy of Belief, Thoughts, and Feelings](#)

Quick Links

www.LightSong.net

[Lightsong_Calendar](#)

[LightSong Classes](#)

[Books & CDs](#)

[Sweat Lodge Information](#)

Lodge is held the 3rd Saturday of month at 4 p.m. To receive Sweat Lodge announcements, click on Update Profile link at bottom of this page to join the Prayer Request and Lodge mailing list.

Upcoming Events and Happenings

• Jan on Television!

Jan will be on TVCTV Channel 21 on Comcast, Thursdays at 5:30 p.m., Saturdays at 7 p.m., and Sundays at 8:30 a.m. through the month of July. She will be discussing the topic of Shamanism and the Laws of Attraction on New Connexion's TV broadcast.

Telepathic Communication Training: Spirit Quest

• The next Pre-quest class is July 5 @ 1:30.

If you plan to attend "telepathic communication" please come to the pre-quest class, no charge.

Develop your telepathic communication and enhance your ability to send energy and power using the spirit quest support camp as a learning platform. This year's quest is August 19-24 in Tillamook, Oregon. For more information, click here...

www.lightsong.net/Courses/Foundational/quest.htm

• Residential Retreat Program - Level II Immersion

September 9 - 14, Still Meadows Retreat Center

• Immerse yourself in shamanic principals and training.

• Extensive training in shamanic healing techniques, ceremonies, and initiations

For more information, click here...

www.lightsong.net/Courses/Residential/21CenturyS.htm

Level II - 18 Month Class

Starts October 4th

For more information, click here...

www.lightsong.net/Courses/Core/Lv2Shamanic.htm

· Sweat Lodge is Open Again!

www.lightsong.net/Courses/Ceremonies/sweat.htm

· Look what is available to you "free" through LightSong School of Shamanic Studies and Energy Medicine. Get involved and join the fun!

LightSong offers a place to practice skills already learned and to receive healing for free...

Click here for more information...www.lightsong.net/free.htm

· Jan's Radio Show: New Broadcast on 21st Century Shamanism and Energy Medicine. You can listen to any broadcast at anytime on the web! You can tune in at any time at www.iamhealthyradio.com or from Jan's web site, www.lightsong.net. Spread the word to your friends around the nation and world!

Private sessions and coaching are available. Contact me at Jan@lightsong.net for more information.

· Find out about upcoming events throughout the Pacific Northwest: Subscribe to New Connexion's eMinder

To receive emails on enlightening events near you, sign up for New Connexion's MAIL to receive information and special coupons for holistic products and services. To subscribe, visit www.newconnexionjournal.com

Each day I pray that suffering is relieved in people, that they find their way to their passion and their radiance. This is the process of Becoming Yourself. I open my heart to

those that wish to discover. A first step is to join me for any of the classes and the free, on-going groups that are listed on my web site. Say YES to life, and become involved with those of like-mindedness.

In this month's newsletter, I'd like to share Part II of the writing of one of LightSong's students, Marilyn Schwader. Marilyn incorporates the learning she has gained through LightSong into her personal and business life, teaching others how to use writing and storytelling as a healing method. This is an excerpt from the book she is currently writing.

The Genius Consciousness: Your Inner Landscape - The Energy of Belief, Thoughts, and Feelings

Science and the laws of the universe have done well to explain the external sources and uses of energy. However, the internal landscape is still a largely unexplored territory. One reason why so many people are not in touch with this powerful source of strength is because the way it works inside of us is still one of the great mysteries of life. To begin to unravel that mystery let's start with how energy exists.

The world around us is made up of things that we experience through the five senses: touch, smell, taste, sight, and hearing. These objects are all made of atoms, the essential building blocks of all the matter in the universe. But what are atoms made of? When you get to that level of observation, you'll see that atoms are made up of energy - pure energy. One unit of that energy is called a quantum, and quantum physics is the study of how that force works to create our reality.

You cannot see, sense, or hear quantum energy. In fact, at that level, there is nothing physical for you to experience at all. Yet, everything you see in your world is made up of these vibrations of energy existing in empty space. The quantum field of energy within you is invisible, even as it drives your very existence. Understanding this concept is the start of a whole new level of understanding of how you create your reality through your energetic vibration---your inner landscape of beliefs, thoughts, and feelings.

Now let's look at how energy is impacted by your thoughts, emotions, and the resulting choices you make and actions you take.

Everything you think, feel, and do requires energy. Have you ever been thinking about a list of things you need to do and suddenly your mind wanders and you realize you can't remember what you had previously intended to do? To return your mind to the former thought takes energy. If you pay attention, you can feel the effort it takes to expend that energy.

Remember a time when you felt jealous? Envious? Angry? Those feelings all take a significant amount of energy. Even pushing them away takes energy.

Feelings and the resulting energy you are expending can also change in the moment. Think back to a time when your parents grounded you because of something you did. You were devastated, moping and sullen in your room for days. Remember, too, when you were finally released from that captivity. In a matter of seconds, you had more energy than you knew what to do with.

You have an incredible amount of energy within you. When it is full and available, you can take on anything and everything. It's palpable. You can actually feel it coursing through your body, like a swirl. If you focus on it and follow the flow, with practice, you can actually trace it to different centers of your physical being. You are full of beautiful energy from the depths of your being.

Although science is just now revealing the principles that govern your inner energy, humans have been aware of its presence and power for millennia. All spiritual traditions acknowledge and work with this inner spiritual energy. Many names have been used to describe the energy in the human body: Chakras are energy centers; Chi is the flow of energy through meridians of the body; Kundalini refers to the energy that builds at the base of the spine and rises up in spiritual awakening; Samskara refers to the energy held in the heart; and Spirit is the term used in shamanism.

This energy is yours from your birth to the present. There is no limit to it. No matter your age, you can call upon it whenever you want. It never ages, never dies, never needs any nourishment from external sources. What it needs is very simple: openness and accessibility.

If you don't feel energy within you, it's because you have

somehow blocked it. Without realizing it, you've closed your energy centers, restricting what you allow yourself to feel. When you do this, you shut off the light to your inner energy. Nothing flows. That is why you don't have any energy when you are sad or depressed. You've closed those channels.

Ultimately, you will reach a point where your energy can no longer remain in the dark. That whisper is your spirit urging you to open to the light. In the journey to reclaim your purpose, this is your call to adventure.

The energy center you know most about opening and closing is the heart. Have you ever been in love and you feel as though your heart is bursting? This is because you have opened your heart. Have you ever been disappointed and your heart feels heavy and hurt? This is because your heart is closed. Have you ever felt a loved one has hurt you, then found out they didn't cause the pain you are feeling? Your heart was closed with the disappointment, then opened with the relief.


You can see that there are two ways of being: open or closed. Allowing energy in opens - blocking energy closes. It's that simple. The question to ask is, "How much do I want to experience of love, enthusiasm, and feeling happy?" To experience these, you must stay open.

You can make staying open a habit, just as much as you have made closing a habit. Once you learn how to question your mind, you will see that you have a choice.

Unfortunately, most people base their choices on past experiences. If it was a bad experience, they close their heart. If it was good, they open, and energy flows.

Did you ever spend a summer night with the window open, the night full of the sound of crickets chirping? How you feel when you experience those sensations again, depends on whether the breeze you experienced was comfortable and the sounds lulled you to sleep, or whether the temperature was stiflingly hot and the sounds distracted you from sleeping comfortably through the night. We are encoded to respond based on our past impressions. If you begin to be aware of your responses, you will begin to see how your energy is affected.

The more open you are, the more energy will flow into you. That may feel strange at first because you might not have had a lot of practice at it. But closing your energy ultimately doesn't protect you. It cuts you off from your most important source of knowing. That shield you put up works both ways. It might seem to protect you, but what it



truly does is keep you from accessing your brilliant inner energy---the source of your genius. That energy is necessary to bring what you desire into your life. Without it, you will remain in a closed state, wondering why you aren't feeling more joy.

(To be continued...)

To read more about Marilyn, visit www.clarityofvision.com

I welcome any comments you might have regarding the content or format of the LightSong Newsletter.

Heart to Heart!

Jan Engels-Smith
LightSong School