

# *LIVING ENERGETICALLY*

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*Accessing & Utilizing Our Innate Energy  
For Health & Harmony*

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*by Rowan Emrys, C.N.M.T.*

*Illustrated by Jeanne Jeffrey*

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**Dedicated to all my teachers over the years but  
especially to Louisa Beatty, D.C. and herbalist Hanna  
Kroeger who, each in her own loving and wise way,  
initiated me into new perceptions.**

*... and to Andrea, Chetana, Dawn, Donna, Jan, Jane, Jenifer, Julie, Regina and  
Sharon: Your many hours spent reading and marking drafts helped me immensely in  
refining my thoughts into a legible and cohesive whole. Thank you!*

Publications

HorseSense  
Living Energetically

In Process

The Real Food Diet

COVER PHOTO of a spiral galaxy taken by the Hubble telescope and freely available on the internet.

ILLUSTRATIONS are by my friend, artist Jeanne Jeffrey of Loveland CO. Jeanne was kind enough to provide us all with these wonderfully simple yet alive line drawings so we would not have to depend on my non-existent artistic talent. She normally draws marvelous and intricate equine portraits, but is breaking into illustrating. Any replication errors are mine alone. Jeanne may be reached through me at [www.tarryall.net](http://www.tarryall.net).

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October 2006

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## *PREFACE*

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IN THIS COMPLEX WORLD where health care costs are rising astronomically and personal stress is devastating to individuals and families alike, it seems to me that we need a simple way to get a handle on these issues. It is my intention in this handbook to show how to access and utilize innate universal energy using only our own bodies and energy flow; no expensive props or long education needed in order to help strengthen our own selves and coincidentally, be able to perhaps provide a healing space for others: human and animal alike.

Such universal energy is freely available to everyone and it certainly is nothing new. Over eons, various techniques were developed world-wide that really work although learning them sometimes took a lifetime of effort and devotion. Even today there is a plethora of books and videos available to teach numerous “energy techniques.” So why yet another volume? Because it is my belief that too many programs are still far too convoluted to be easily accessible to most, while others are oversimplified to the point of absurdity or even danger.

Energy is real and powerful. We ignore that reality to our possible detriment. It is rather like viewing energy as a wild horse. You can rope the horse, tie it up tight, toss on a saddle, and perhaps even stay in the saddle on top of a frantic, bucking animal. Or you can woo the animal slowly, earn its trust, build a relationship, enjoy being with each other and maybe have a wonderful partner with whom to race over the prairie. Whether riding a horse in full partnership or working with energy in a cognizant manner, both can lead to emotional and even spiritual depths (or heights!) that otherwise are rare indeed.

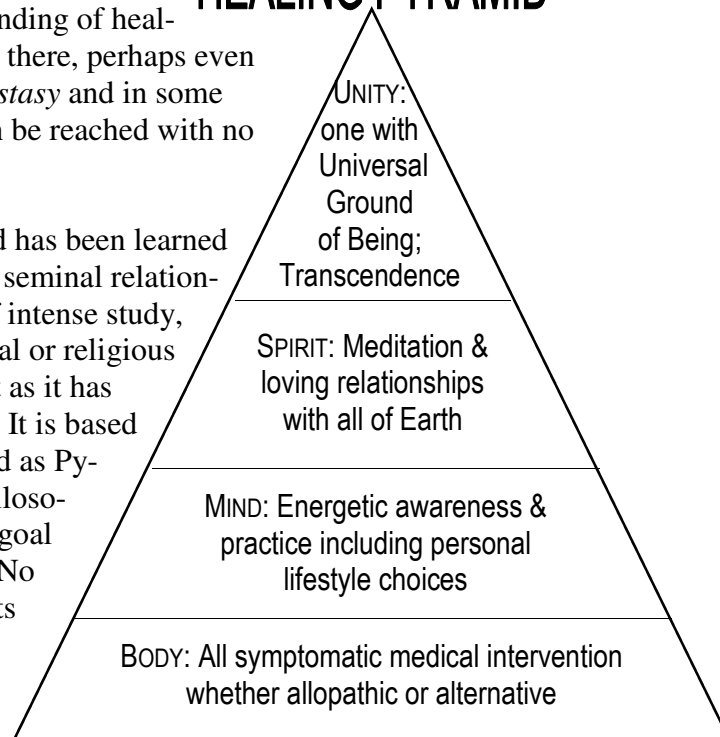
As can be seen from the following graphic, both allopathic medicine (standard medical care) and alternative methodologies form the base of the Healing Pyramid. Both have their strengths and weaknesses, both are necessary in their place, and both can be used effectively in tandem. Most

important to know is that they both depend on interpreting symptoms in order to find appropriate compensatory treatments. This symptom-based approach, however necessary it might be as a physical base, *can* result in various levels of ultimate imbalance. In the next level up on the pyramid, that of Mind and Energy, we go *behind* the symptoms and work on areas even before they become entrained within cellular structure. This enables us to release them within the energetic field so that symptoms may disappear within the physical. It is this level that is being dealt with in this handbook.

You can also see from the graphic that my understanding of healing work rises from body to mind to spirit and from there, perhaps even to Unity. In western thought this is referred to as *ecstasy* and in some eastern thought is referred to as *samadhi*. Either can be reached with no preparation at all other than a purity of heart.

Everything presented here is natural and normal and has been learned on a personal basis over a lifetime of interest, some seminal relationships with incredible mentors, and a few decades of intense study, use, and teaching. None of it depends on the mystical or religious although it has been utilized within those forms just as it has been utilized within various martial arts disciplines. It is based on both modern physics and ancient teachings as old as Pythagoras who was not only a mathematician and philosopher, but also an Orphic shaman and mystic whose goal was to bring students to harmony with the cosmos. No religious faith is necessary nor should these concepts interfere with any religious beliefs; the techniques shown here are natural and simply lead to a more complete expression of the totality of our innate abilities.

## HEALING PYRAMID



It is also important to understand that an individual who utilizes such energy is not necessarily someone special, let alone a “healer.” Each of us heals him/herself; no one else “heals” us, so therefore each of us is a “healer.” However, because we each act as an “energy generator,” we can hold the energy for someone else to use to direct it and heal themselves. To accomplish this, we must mentally step aside with our little personic ego allowing our authentic Self to be in attendance, and that, perhaps is one of the greater “side effects” of this work which leads directly up the pyramid if you so choose. Ultimately, where you take this energy work is a totally personal choice.

So here is to a more harmonious and energetic future!

Rowan Emrys, CNMT  
September 2006