

## Energetic axis (2,50)

### How do you feel? Where is your energy focussed?

It amazes me that we often intuit the state we are in with words that we know others will understand because we all have felt the same way at some point in time. For example, you may have heard:

“ I was beside myself”

“ She was out in left field”

“ I was out of my mind”

These comments actually depict where our energetic axis can be found.

The Energetic Axis are lines, one vertical and one horizontal, that ideally are situated in the middle of our body. They will however move around our body depending on where we focus our energy.

**On the right:** the right side represents the yang or masculine energy, it is the side that gives (from inside to outside). This is where we reflect, think and use our mental capabilities.

**On the left:** the left side represents our yin or feminine energy. It is the side that receives (from outside to inside). It is also the side where we experience our emotions and feelings.

**In front:** this represents going forward, going into action.

**In the back:** this represents our pulling back, choosing to go into inaction, or feeling tired.

**Up high** (most often on the left side): this means the person has unconsciously interrupted their connection with the current “system” or situation. This happens when a person has surpassed his/her capacity to cope at the time.

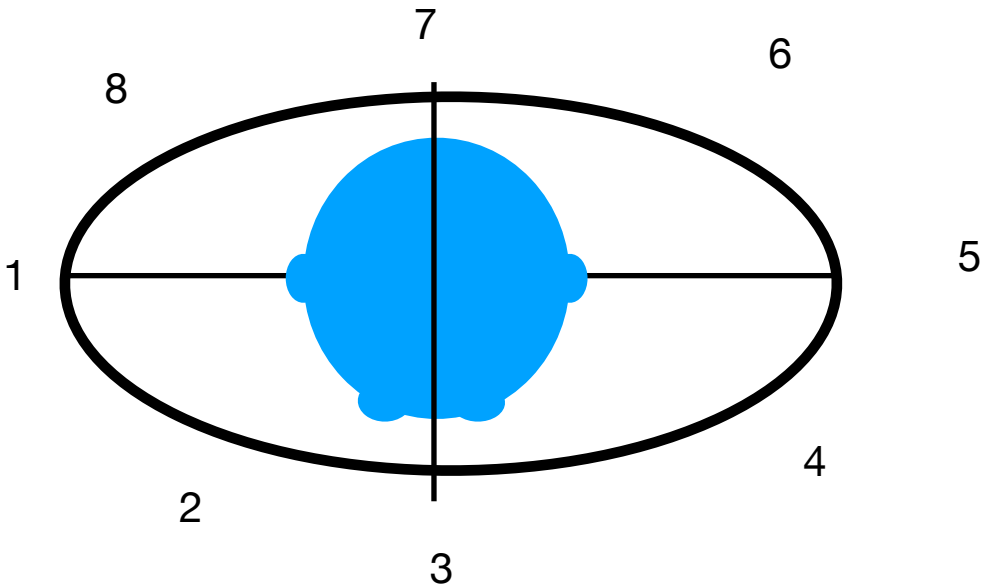
Our energy actually does move, depending on our emotions, feelings, and thoughts.

The ideal position for our energetic axis to be is in the centre of our body, what we call “**Centered**”. It is the location of the energetic body axis with respect to the axis of the physical body. Being centered means we are able to access all our inner resources and are not pulled in one direction or another. When we are in our middle, we are the master of our life, able to experience our emotions and better able to make appropriate decisions.

I again want to reiterate the importance of being grounded. Without this anchoring, the energetic axis can be much more subject to changes, somewhat like a tree without roots. Imagine a tree that floats in the air, pushed and pulled by the winds. Grounding with the earth allows us to be nourished by its electromagnetic field. It is very good for the human body to be in this field. Think of the astronauts who have difficulty walking after spending months without gravity.

A person who is not centered always experiences tiredness, whether it is conscious or not. When uncentered, we cannot manage our lives as well, our energies are not coherent, we are not at our best.

Finding the energetic axis with the Lecher Antenna can help us understand where a person focusses his or her energy. The following are a description of the possible positions where our energy can go. Imagine the following drawing to be a person, view from top of the head.



- **Position # 1.**

Facing us, the person's energetic axis is on the **right**, and is **centered** in side view:

- The energy is on the yang side, the action oriented, giving side. This is a state of physical or mental activity. When in this state, we believe that in order to get what we want out of life, we need to work hard, that everything must be earned. In this position, we may feel okay because our mental capacity is well managed, but our emotional body may feel misunderstood or not listened to. We may be tired but not be aware of it. This process can overuse the adrenals, as a response to stress. Sometimes people develop back problems.

- **Position # 2:**

Facing us, the axis is on the **right**, and in **front** on side view:

- This state is action oriented both on the right and front, so we may be always on the go, in a hurry. After a while, this can create tiredness and impatience. We unconsciously can become drained and nervous. This state usually shows great optimism, but secretly, we start to feel more and more pessimistic. Generally insecure, we can develop low back pain, or problems at the 5th lumbar (sciatic nerve). This is a state where we lack confidence in life, and it encourages fears of "not having enough" in life. The adrenal system is weakened because we ask too much of ourselves, and we may feel lonely because others do not follow. After prolonged time in this state, we are at risk of burnout.

- **Position # 3:**

Facing us, the axis is **centred**, but the person is in **front** on side view:

- This state is that of a person who projects him/herself in action, bringing others along with him/her. S/he seems to know where s/he is going, balanced, ambitious but s/h has the tendency to exploit others. This person needs to be in charge, and because s/he is not centred, draws energy from others. Examples are being a guru, politician and religious

leader. S/he wants to be perceived as someone who knows the way, is a leader. This person needs to be around other people.

- **Position # 4:**

Facing us, the axis is on the **left** and in **front** on side view:

- Feeling overwhelmed by emotions, not quite knowing where we stand, mostly trying to “stay above water in order to not drown.” We tend to have things happen without feeling in control. It is difficult for us to know where we stand. The emotions are so involved that it is difficult to enjoy life and to know what to do. Too much power is given to our emotions, and decisions made reflect this. After a while, we can grow tired of this situation, and try to take control, perhaps by blaming others, society, or life in general.

- **Position # 5:**

Facing us, the axis is on the **left** and the other **centred** on side view:

- On the left side, this person experiences emotions but is able to manage them well. The problem is that in this state, we get tired, not realizing that our emotions are the only consideration for decision making. We get used to dealing with life through emotions only. We don't understand that it would be easier to find solutions with the help of other internal assets, e.g. thoughts, beliefs.

- **Position # 6:**

Facing us, the axis is on **left** and **behind** on side view:

This state depicts a person that is completely overwhelmed by his/her emotions, so much so that s/he feels powerless. S/he sees no solutions, is resigned, pessimistic, sometimes even to the point of desperation. Feeling victimized, this person gives all his/her power to his/her emotions. After a while, the tendency is to lack vitality, muscle tone, may become depressed or experience burnout. The farther away the axis is from the body, the more a person may be thinking of suicide, or wish for unconscious ways to

escape life, e.g. fatal disease or accident. S/he can create various dependencies, e.g. drugs, alcohol, other people, or become an energy vampire.

- **Position # 7:**

Facing us, the axis is **centred**, and **behind** on side view:

- This is the position of someone who is too tired and doesn't want to do anything else, a normal state at the end of the day. When it is time to be active, this position depicts a state of a person who appears emotionally, physically and mentally balanced, but is generally behind in everything. S/he actually doesn't care. This is the state of dropouts, people who wish to live their life their way, and they rely on other people's energy. There is a lack of goals, or they may have unrealistic goals. Appearing apathetic, the person may take refuge in a world s/he creates, feeling guilty, anxious, and unable to go forward. S/he can escape into such things as loud noise, music, and drugs.

- **Position # 8:**

Facing us, the axis is on the **right** and **behind** in side view:

- This is the position of someone who is overwhelmed by events, feeling everything is happening too fast. S/he feels there is too much to do, and doesn't have enough time. S/he drags his/her energetic body into action, thereby experiencing lots of tiredness. S/he may develop an inferiority complex, lacking confidence, feeling defeated.

### **Bringing the energetic axis back to the centre:**

Using my Lecher Antenna, I can find and bring back the axis to your centre, using the (2,50) wavelength.

Another way of doing this is to emit the (2,50) wavelength in the middle of your body, with the intention of the axis finding its way back to the centre.

It is good to have a discussion about how you got into this position in the first place, and contemplate changes to allow some problem solving.

**Practice exercise without a Lecher antenna:**

When you don't have an antenna, you can intend to center yourself with the help of this simple procedure.

1. Find a quiet place / internal space for you to relax. Close your eyes to focus on your inner experience.
2. Take a few deep breaths to calm and sense yourself. Be attentive to your inner experience. Try to feel where your energy is at.
3. With determination, "call in all your energy from all past time and places", and imagine all your energies coming back to your center. Take a deep breath.
4. Feel yourself being neither emotional or mentally charged, not too active or turned off. Being in your center allows you to think before you act, to respond to the world's challenges without being reactive or charged. This is where your power is.

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