



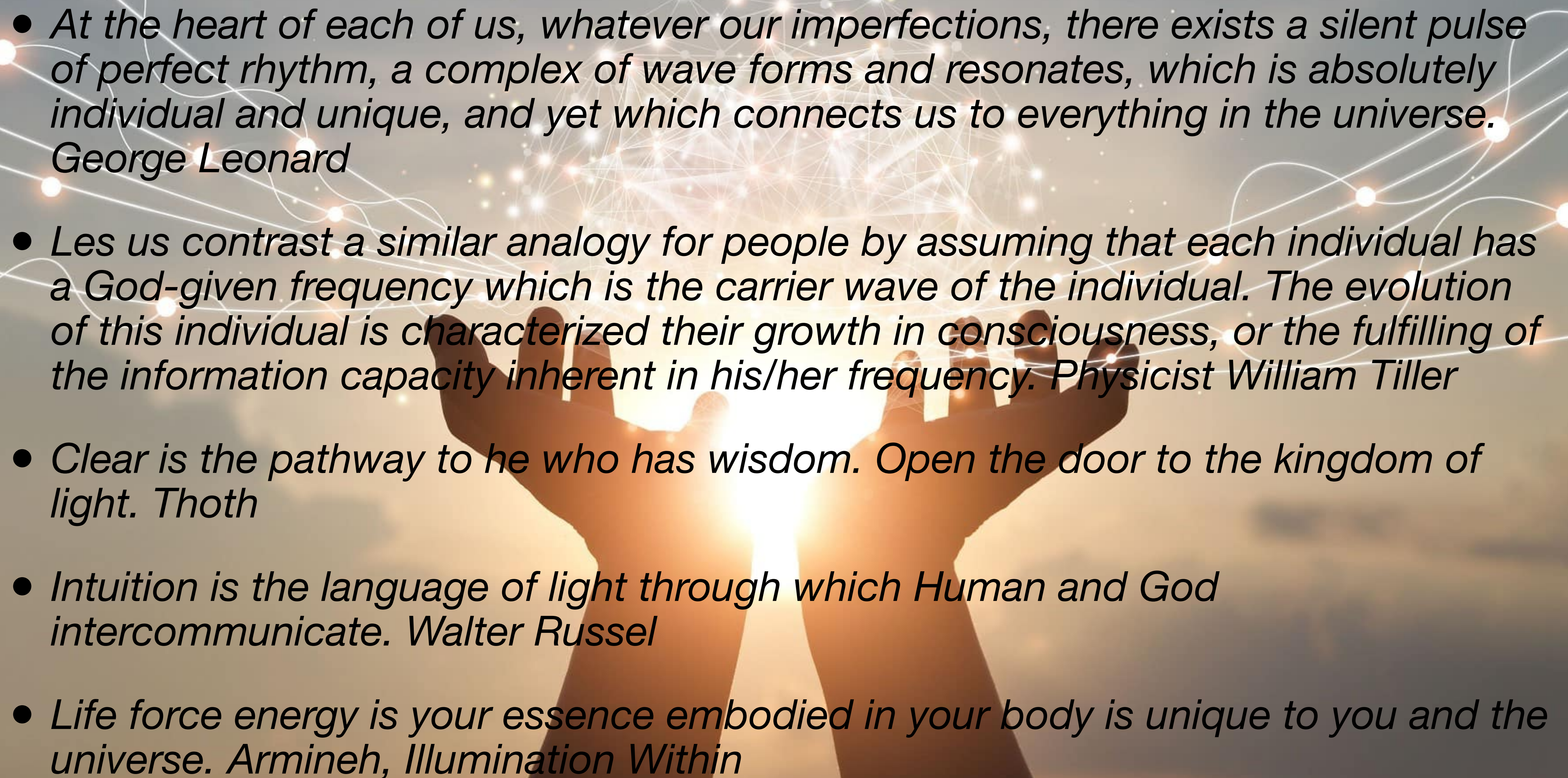
# Life Force Energy and Grounding

Your Personal Healing Energy

Armineh, Illumination Within, Body of Health, 7/8/22





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- *At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, a complex of wave forms and resonates, which is absolutely individual and unique, and yet which connects us to everything in the universe. George Leonard*
  - *Let us contrast a similar analogy for people by assuming that each individual has a God-given frequency which is the carrier wave of the individual. The evolution of this individual is characterized their growth in consciousness, or the fulfilling of the information capacity inherent in his/her frequency. Physicist William Tiller*
  - *Clear is the pathway to he who has wisdom. Open the door to the kingdom of light. Thoth*
  - *Intuition is the language of light through which Human and God intercommunicate. Walter Russel*
  - *Life force energy is your essence embodied in your body is unique to you and the universe. Armineh, Illumination Within*



Life force energy and earth energy naturally circulates through your body, organs, tissues and cells, clearing old negative energy and replenishing you with new, vibrant energy- this combination is an inner pharmacopeia of natural medicine. At times this natural inducer of health is diminished and we need to find ways to revive our well-being. Today you will learn about powerful self-enhancing tools for bringing balance and energy to your life.

Healthy living systems are organized in patterns; the energy field characteristic of a living system is a basic property of life. Life force energy is your energy or frequency signature that is unique to you like your finger print.

Life force energy is your essence embodied in your body. It generated with your first breath at birth and extinguished with you last breath.

So it's your natural inner medicine of healing. Your health and your well-being are dependent on the vital presence of this energy. So it's your personal vibration signature. It's unique to you to universe.

Chinese and Ayurvedic medicine, recognize subtle energy meridian networks in the human body that integrate the physical body with spirit body.

LF is your personal vivifying harmonic vibration, is responsible for your experience of who you are. As I mentioned before your health and well-being are dependent on the vital presence of this energy or vibration. Some biologists speak of an inherent vitality that is strong at birth and fades out during life. This is how we age and die.

## Some other names for LF:

Sufi: baraka

Chinese: chi, qi

Hindu: prana

African Masai: ngai

Aristotle( Greek philosopher): formative cause

Jung: synchronicity

Vitalists: life force

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and many others



## The Circle of Light

All living things depends on light for life. Human beings are photosynthetic, we use light as food by absorbing light through our solar energy cells that are all over the skin and inside the body. in the absent of light humans suffer from what some researchers refer to a malillumination. All living things constantly emit light and vibration. Your LF is always present in your body and it's pulsing with the rhythm of life. The quantity and quality of this vibration vary with your state of health and minds and your interaction with energies. Your light and your vibration is your LF. Your light vibration or frequency holds information and information is the currency of health.



## How LFE feels:

- Happy and very alive
- A light , refreshing tingle
- A diamondlike glow
- A soothing pulse, like a heartbeat
- Like a vibrating tuning fork
- Integrated vitality emanating from within