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Energy 101
The Power Within
Energy cannot be destroyed,
but it be changed and transformed.

There is an undercurrent of energy thrumming through the Universe. Like the wind or a whisper, we can sometimes hear it and often feel it. Most of the time, we sense this energy unconsciously without any tangible proof it is really there. Thoughts, emotions, and the life force in all living things are forms of this kind of energy. So are creativity, growth, and change.


The impressions, images, and vague premonitions we get about people and situations are other examples of formless energy. When you enter a space and feel an "intangible tension" in the air that gives you a sense of foreboding in your gut, what you are likely experiencing is energy.

Energy cannot be destroyed, but it can be transformed or transferred from one person, thing, or source to another. Though energy is formless, it does take form and shape in the way it flows and resides within all things: a grain of sand, a bird, a stone, and an ocean wave. Living things radiate complex vibrations while nonliving things' vibrations are simpler.

Energy is a magnifier that can attract like energies while repelling disparate ones. Many of our reactions to people and circumstances

are based on unconscious reactions to their energies. We may even intuitively tune into the energy of a situation we are facing when making a decision about how to proceed.

With careful practice and meditation, we can learn to sense the energy within other living things and ourselves. We can also become more attuned to how we are impacted by different kinds of energy. For instance, being around too many energies can leave one person feeling edgy or excited, while another person will feel tired and drained.



While some people feel that energy can be controlled, others see it is as the unknowable force that moves through all things. The combined energy in all things plays a hand in birth, death, growth, movement, and stillness. Practitioners of Aikido believe that all living beings share a common energy source that is our life force. Whatever your beliefs, it is worthwhile to explore the roles energy plays in your life so you can understand it more fully.

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December 2016 • The Coconut Telegraph • 23

Not All Ethnic Jokes Are Bad!

JEWISH GRANDMOTHER
A Jewish grandmother is giving directions to her grown grandson who is coming to visit with his wife.
"You come to the front door of the apartments. I am in apartment 301. There is a big panel at the front door. With your elbow, push button 301. I buzz you in. Come inside and elevator is on the right. Get in, and with your elbow, push 3rd Floor. When you get out, I'm on the left. With your elbow, hit my doorbell. OK?"
"Grandma, that sounds easy, but, why am I hitting all these buttons with my elbow?"
"What, You're coming empty-handed?"
+ + + + +

IRISH BLONDE
An attractive blonde from Cork, Ireland, arrived at the casino. She seemed a little intoxicated and bet twenty thousand dollars on a single roll of the dice. She said, "I hope you don't mind, but I feel much luckier when I'm completely nude." With that, she stripped from the neck down, rolled the dice and with an Irish brogue yelled, "Come on, baby, Mama needs new clothes!"
As the dice came to a stop, she jumped up and down and squealed. "Yes! Yes! I won, I won!" She hugged each of the dealers, picked up her winnings and her clothes and quickly departed.
The dealers stared at each other dumbfounded. Finally, one of them asked, "What did she roll?"
The other answered, "I don't know, I thought you were watching."

WISE ITALIAN GRANDFATHER
An old Italian man in Brooklyn is dying. He calls his grandson to his bedside, "Guido, I wan' you lissina me. I wan' you to take-a my chrome-plated '38 revolver, so you will always remember me."
"But grandpa, I really don't like guns. How about you leave me your Rolex watch instead?"
"You lissina me, boy! Somma day you gonna be runna da business, you gonna have a beautiful wife, lotsa money, a big-a home and maybe a couple a bambinos."

MORAL OF THE STORIES
Not all Irish are drunks, not all blondes are dumb, but all men ... are men!
Thank Trader Dick for this one!

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