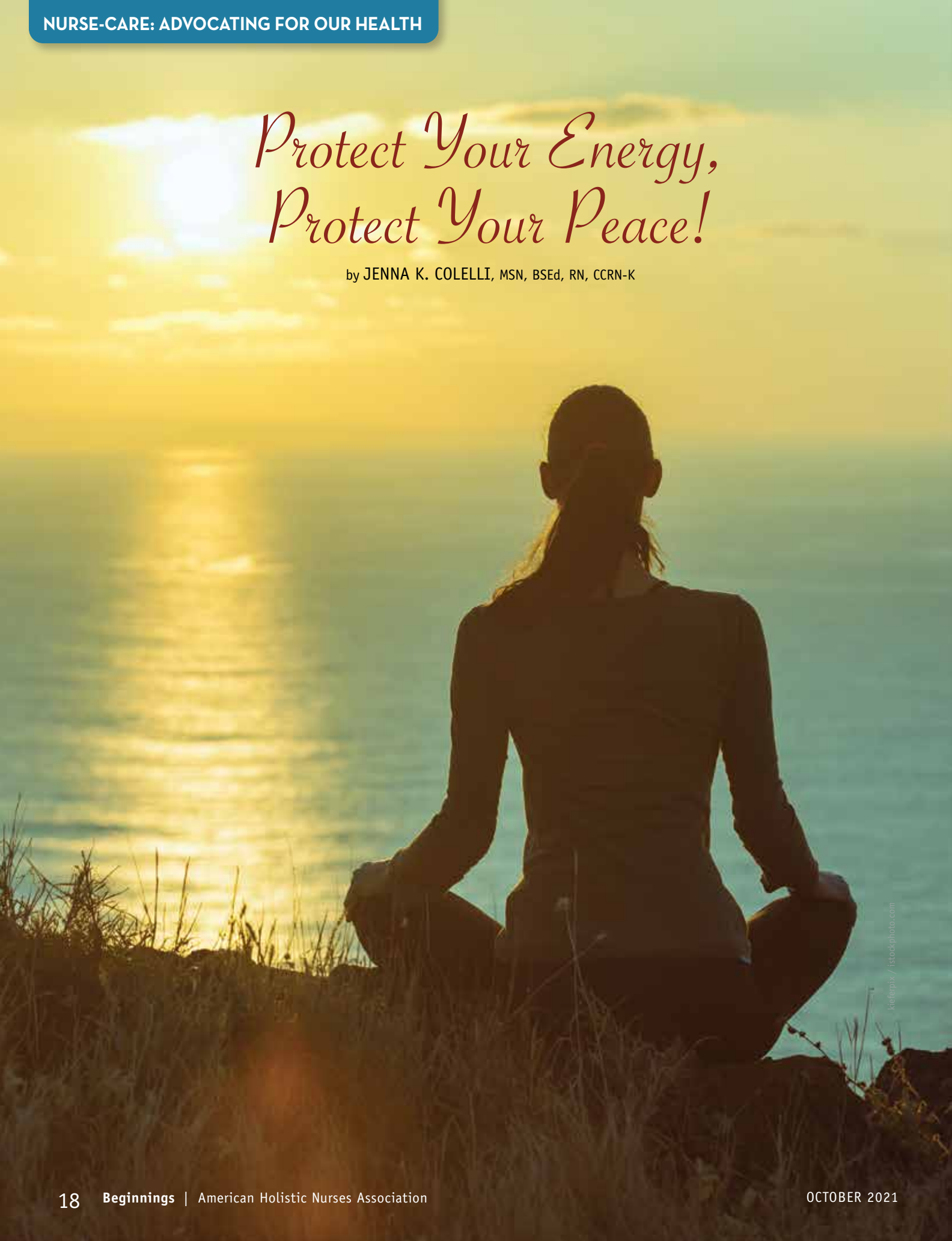


Protect Your Energy, Protect Your Peace!

by JENNA K. COLELLI, MSN, BSEd, RN, CCRN-K



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We live in a world entirely made up of energy. No matter what you are – right-brained or left-brained, spiritual, or scientific – the fact remains that everything around us is energy. Energy is transferable. Exchanges of energy are happening all the time, constantly moving and interacting (Wilson, 2022). Energy can have a positive or negative charge and will affect its surrounding environment in kind. In fact, positive emotions vibrate at higher frequencies, while negative emotions vibrate at lower frequencies (Curtin, 2013).

We, as humans, are no exception to the exchange of energy. A registered nurse for 10 years, I have experienced the impact of positive and, unfortunately, often negative energy exchanges. Have you ever been in a space where the energy felt heavy? Did you feel your mood and your energy levels drop? What about a space where the vibes were positive and uplifting?

The Human Energy Field

The Human Energy Field (HEF) as a concept has been interacted with for thousands of years. In fact, it is the basis of Traditional Chinese Medicine (TCM) and is referred to as *Qi*. Those who practice TCM believe that the human is healthiest when the *Qi* is in balance (Liu, 2018). However, only in the last century or so, have we begun to see research and theory applied specifically to the concept of the HEF. Martha Rogers (1970) first introduced the concept of the energy field to the discipline of nursing more than 50 years ago and defined it as “the fundamental unit of the living and the nonliving” (as quoted in Hanley et al., 2018, p. 12). She described it as infinite, irreducible, indivisible, and in continuous motion (Hanley et al., 2018).

The premise behind the HEF is that as living beings, we are complex, open systems who are always self-regulating, responding, and in communication with the environment around us (including other living beings) in a manner that promotes homeostasis (Wilson, 2022). The way we do this is through a biofield that exists around us which emits frequencies both internally and externally by interacting on a cellular level with our emotions, social connections, and the environment, thus maintaining our individual health. For example, several studies have been performed on the heart to identify the existence of electrical, magnetic, chemical, and thermal fields of energy that are uniquely different from the rest of the body (Wilson, 2022). The electrocardiogram (ECG), a frequently performed test in the healthcare environment, is an example of the intense electrical frequencies given off by the heart. These energetic waves are so small that they are not visible to the human eye, which can only see a narrow spectrum of frequencies (Wilson, 2022).

Often, the HEF is referred to as an aura. The concept of the aura involves an electromagnetic field surrounding the body. Again, the aura is not visible to the naked eye. One theory posits that the iron in the hemoglobin of red blood cells influences the electrical flow of neurons, the pulses along each cell membrane, and the vascular system which distributes iron throughout the body resulting in an electrical flow around an iron core (Wilson,

2022). There are likely numerous other waves interacting with the auric field, especially when we are in the presence of others, suggesting that this concept may be oversimplified. However, it does provide yet another explanation for the origination and composition of the auric field or, as it's also known, the HEF.

Whether referred to as HEF or aura/auric field, the general agreement is that each person's HEF is unique and possesses a unique pattern. A balanced HEF is in flow, is rhythmic and symmetrical, and has a gentle vibration (Hanley et al., 2018). Those possessing a balanced HEF often reflect a picture of health – mind, body, and emotions. On the other hand, an imbalanced energy field is experiencing a disruption in the normal flow of energy (Hanley et al., 2018). Those possessing an imbalanced HEF often reflect a picture of dis-ease such as pain, inflammation, and illness.

We, as energetic and vibrational creatures, have a tendency to not only sense energy, but to actually hold that energy within our physical bodies. Most often, the energies we are working with are our own. However, it is not uncommon for us to take on the energy of others – energy that is not ours but perhaps has been spread to us via some type of emotional release (healthy or not!).

Each of us possesses an electromagnetic field and, because of this, when we are in the presence of another, each of our electromagnetic fields are influenced. The very presence of another changes us. In addition to the electromagnetic waves our field emits, there is also a mental component that carries intention or caring. Emotions arise from chemical reactions that influence the brain's neurons and thinking. They emit waves that can interfere with nearby molecular bonds. Waves of compassion, love, and kindness start out as molecules of information packages traveling with waves and electrons. These principles illustrate the importance of the nurse as a healer who can literally affect change just by the energy of care and concern that they bring to the bedside (Wilson, 2022). Likewise, if a negative attitude, judgement, or criticism is present, we can presume that it will also affect change, and the result will likely inhibit or hinder healing rather than promote it. It is for this reason that human beings, possessing their own energetic fields and working in cooperation with universal energy, can learn to intentionally influence the HEF as a way to compassionately heal themselves and others (Hanley et al., 2018). The discipline of Quantum Physics has dedicated years of research to explaining how our conscious minds create our reality. Nothing is separate. Our thoughts and intentions have the power to transform energy into our perceived reality (Curtin, 2013).

Caring for Your Energy Field

It's important to develop awareness around what energy is yours and what is not. It's also important to don the appropriate energetic protection to shield yourself from taking on energies that are not yours to carry. The following are some tips and strategies that I use to keep my vibe high and preserved.

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1 Self-Care is not Selfish. For me, self-care is a non-negotiable and absolutely essential. It may be cliché, but the old adage is true, “You can’t pour from an empty cup.” We need to be filling our own cups to the brim so that we simply overflow to the people around us. As we continue to navigate through a global pandemic, concerns for caregiver stress have never been more apparent. For this reason, it has been recognized as a national priority by the American Nurses Association, the American Holistic Nurses Association, and the World Health Organization. Research demonstrates that unless nurses adopt their own self-care practices, they are not prepared to coach families in dealing with chronic illness and in developing health-promoting behaviors (Shields & Stout-Shaffer, 2022).

Self-care does not have to be expensive. While massages and weekend getaways are a great way to care for yourself, they are certainly not the only way. When was the last time you drew yourself a bubble bath? Do you like to read? Do you enjoy singing or listening to music? Carve out 30 minutes every day to spend time doing an activity you enjoy and that feeds your soul.

2 Prayer and Meditation. A fundamental principle to remember is that we are conscious, spiritual beings who are embodied (Shields & Stout-Shaffer, 2022). When an electronic device is displaying a low battery, what do we do? We connect it to the power source to recharge. The same must be done for an energetic being. We must establish a connection with Source in order to have our batteries recharged. When we make it a priority to spend time in prayer and meditation with Source, our Higher Self, and core healing team, we deepen our connection. As this connection deepens, we find ourselves making more decisions that are in alignment with our highest good, which results in protected and preserved energy.

3 Get Plenty of Sleep. Most of us don’t sleep enough. We get up early to go to work or tend to the children or to whatever is calling us that day. Then, we stay up until all hours of the night “relaxing” and, when all is said and done, most of us are probably getting about 5-6 hours of sleep per night. The truth is that each of us requires a different amount of sleep. So, are you meeting your body’s requirements for rest? Rest is a very restorative process. The body (both energetic and physical) is doing a lot of work behind the scenes during sleep. If you are not prioritizing rest, you are prioritizing burnout because that is exactly what will happen. Burnout equals stress on the body, and high amounts of stress lead to an increased likelihood of disease.

4 Establish Healthy Boundaries. Take a minute to audit who and what you allow into your space and how they make you feel. This not only includes people, although they are an important factor, but also includes everything you are consuming from TV shows and social media to podcasts and YouTube channels. If you find yourself getting triggered, it is important to set limits and/or remove the catalyst from habitual consumption. For example, over the past several years, watching the news became incredibly triggering for me. It would cause fear, anxiety, anger, and frustration to well up in me daily. Because consumption of the news added stress to my system and was not for my highest good, I made the conscious choice to stop watching it.

Loving boundaries may also need to be established with others. Our energy fields are constantly interacting with those around us and influencing our thoughts and feelings. Think about the five people you spend the most time with. What is their demeanor? Are they positive and uplifting, or negative and constantly complaining? If you are looking to shift your mindset, and thus, your energy, consider who you are spending time with. This does not mean you have to cut people you care about out of your life, but it is important to identify the energies you *are* and *are not* willing to entertain. If they truly care for and about you, they will respect your boundaries and you will protect your energy!

5 Energy Protection Strategies. In addition to the four points above, here are some strategies I use when sensing that my energy level and frequency may be in trouble.

- ✓ **Clairsentient channels.** The clairsentient channels are one of the four main channels of energetic communication. They assist in our ability to *feel* energy. These channels have a tendency to “pop out” and scan the environment for anything that might threaten our safety. When channels are turned *out*, they will pick up energy from the field. By simply asking for my channels to be turned *in* (i.e., focused inward), I am able to tell if that energy is mine or not. With this awareness, any feelings of fear, anxiety, or of being overwhelmed typically ease off. I have found that 90 percent of the time, the feelings I was experiencing were not mine, but rather from the field.
- ✓ **Step into a protective bubble.** When I’m entering a situation or environment that I know is going to be wrought with low frequencies, I visualize myself stepping into a bubble of

electric blue Christ consciousness. Frankly, the color/frequency doesn't matter. For you, perhaps the bubble would be a rose pink quartz love frequency or maybe a white light. The importance of this exercise is the visualization and the belief that once you've set the intention of stepping into this bubble and sealing it around you, that you are safe and protected.

- ✓ **Pray for protection.** It sounds oversimplified to say, "Just pray to Source for protection," but, it really is that simple. All we have to do is ask! We tend to overcomplicate a lot of things. There is peace in knowing that we are never alone and can always ask for what we desire. In this case, you can ask for your energy field to be protected.

- ✓ **Carry crystals.** Known as powerful healing instruments, crystals such as amethyst, selenite, and clear quartz are wonderful for energy protection. Amethyst provides a protective barrier, while selenite and clear quartz can absorb negative energies around them and cleanse the energetic field.

- ✓ **Get grounded.** When things start to feel chaotic or unstable, always come back to your breath. You may not be able to step away to pray or meditate, but you can always take several deep breaths. Breathing deeply in through the nose and out through the mouth six times in a row creates space to move from instability to grounding in mere minutes. Feel your feet firmly planted on the earth and know that you are supported, safe, and protected.

We live in a world where fear runs rampant and threatens our peace daily. You have the power to change that. Take responsibility for the status of your energy, mindset, and emotions. By making small shifts over time, you will experience a massive transformation that can take you from disempowered to empowered in no time!

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Jenna K. Colelli, MSN, BSEd, RN, CCRN-K is a clinical nurse educator, energetic alchemist, spiritual coach, and author. A registered nurse of 10 years, Jenna has experienced firsthand the burnout that comes with taking care of others, putting others first, and taking on other people's energy. This led to her own personal radical transformation where, with incredible guidance, she went from disempowered to empowered. Now, she shares her journey with others, and guides them to experience their own transformation. Jenna lives with her husband, Anthony, in South Florida and enjoys reading, singing, traveling, and the beach.



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