

CONSCIOUS ENERGY PSYCHOLOGY

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Conscious Energy Psychology will explore the pathological cause of symptoms that include the physiological impact of negative thoughts, emotions, beliefs, attitudes, and behaviors and the tremendous influence they have on the life-force energy that keeps the body alive and healthy. This class will delve deeply into the intimate connection that exists between *consciousness, energy, spiritual psychology, symptoms, and intuition*.

- **Consciousness** means to be fully *aware* and keenly *alert* to what is occurring in each moment—internally and externally, personally and globally. In addition, it also means we are mentally, emotionally, and physically *awake*, as well as reliant on, the *six sense-abilities*: smell, taste, sight, touch, hearing, and intuition for accurate and beneficial information.
- **Energy** is the *source of life*, the dynamic force or strength required for any activity or state of being. Humans respond to several forms of energy: physical, mental, emotional, perceptual, spiritual, levels of consciousness, and soul.
- **Spiritual Development** is the act of learning and growing *spiritually*, in context to living life with the guidance of the *sacred 7 C's*:
 1. Connection
 2. Cooperation
 3. Courage
 4. Compassion
 5. Choice
 6. Consciousness
 7. Contentment
- **Spiritual Psychology** is the study of the mind and how it influences the energy of spirit in regard to greater self-awareness and self-actualization. It also includes the study of *spiritual pathology*: unconsciousness, survival stories, false beliefs (illusions) and how strongly they affect energy flow and spirit.
- **Symptom** is defined as that which serves to indicate a *warning* of malfunction. They are symbolic signposts that draw attention to parts of our lives that are not working. Symptoms force us to **stop, look, and listen** to what is occurring in our lives.
- **Intuition**: a *subtle, soft, pliable* form of “knowing” that is not always acted upon.
- **Intuitive Intelligence**: an *insistent, solid, urgent* form of “knowing” that arises from unified fields of intelligence that *drive our decisions and actions without doubt or hesitation*.

PARTS OF INTUITIVE INTELLIGENCE

1. *Cellular intelligence*: mini brain, memory, sensations of knowing
2. *Energy intelligence*: Triune Energy System (aura, meridians, chakras)
3. *Sensory intelligence*: physical 5 senses
4. *Emotional intelligence*: recognition and best use of emotions
5. *Mental intelligence*: thought, ideas, planning, active participation
6. *Soul intelligence*: sacred wisdom, inspiration to act on information
7. *Cosmic intelligence*: universal wisdom, cooperation, consciousness

AURIC WISDOM	MERIDIAN WISDOM	CHAKRA WISDOM
Informative	Identifies	Storage
Warning	Activates	Guidebook
Responsive	Emotions	Soul Wisdom
Adaptive	Transports	Transformative
Expansive	Unites	Choice
Non-local	Sympathetic	Consciousness
Intuitive	Intuitive	Intuitive

STAGES OF LEARNED CONSCIOUSNESS

1. *Simple* consciousness (awareness)
2. *Complex* consciousness (awareness relative to relationships)
3. *Individual* consciousness (deepened self-awareness)
4. *Sacred* consciousness (authentic compassion)
5. *Higher* consciousness (awareness of speech, deep listening)
6. *Super* consciousness (strong awareness of spirituality and intuition)
7. *Unity* consciousness (awareness of oneness, connection, cooperation)

FOUR PRACTICAL STEPS TO ASSIST HEALING

1. *Identify*: admit and take accountability for negative mental patterns and emotional habits that are core of energy flow malfunctions.
2. *Explore*: energy malfunctions that cause symptoms.
3. *Formulate*: steps for change and transformation.
4. *Apply*: steps with discipline, courage, and self-trust to complete goals.

FOUR NOBLE TRUTHS

1. *Suffering is a part of life* (no one escapes it)
1. *Cause of suffering* (continual desire, craving, illusions)
2. *Cessation of suffering* (there is a path out of suffering)
3. *Eightfold Path*:

Right view/thought
Right intention
Right speech
Right action

Right livelihood
Right effort
Right mindfulness
Right focus, concentration