

Pure enlightenment! This book contains information gathered from thousands of psychic channeled readings in which spirit guides explain how you can turn illness, misery, and poverty into health, happiness, and wealth. Chock full of self-help healing methods, this book is a must read for health care professionals, healers, and seekers.

Energy 101: The Key to Understanding Holistic Health

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# **Energy 101**

**The Key To Understanding**

**Holistic Health**

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## **About the Author**

Jan Meryl is a holistic medical intuitive, a psychic consultant, and a hypnotist. Her intuitive readings present channeled information from angels and spirit guides, spirit communication, and holistic, energy field health scans. Since beginning her career as an intuitive, fifteen years ago, she has assisted thousands of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Jan has an M.F.A. degree from Florida State University and has exhibited her paintings throughout the state of Florida. She currently resides in Sarasota, Florida.





Dedicated with love to Spencer



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## **Preface**

Information is power. I wrote this book to share the higher teachings of the spirit guides with anyone who is interested in obtaining this type of information. Every day I learn something new. Therefore, new articles, scheduling information for workshops and readings, and contact information are available on my web site. The URL is <http://members.aol.com/Readings4u>.



## Introduction

At the age of twenty-two I came face to face with death. I was on a two-lane road called Alligator Alley. The road connected the east coast of Florida to the west coast, and it was surrounded by swampland. It would take almost three hours to complete the drive. The road contained only a couple of exits that led to an Indian reservation located somewhere in the middle. Consequently, once my journey began, there was no way to turn back.

There was a light drizzle when I drove my red Ford Falcon onto the Alley to begin my journey home. However, ten minutes into my drive, the afternoon skies exploded. Looking out of my windshield all I could see was a wall of water. My windshield wipers were old and useless, and I could not see beyond the inside of my car. Although my life had hardly begun, I made my peace with God and decided that since I had no choice, I was ready to die. I drove on and waited for my final moment.

It was by the grace of God that my car did not veer off the road into the swamp. I remember thinking that there wasn't any point in steering the car because I could not see the road, when suddenly, out of nowhere, a flashing yellow light appeared directly in front of my windshield. I followed the yellow light through the deluge of water for about twenty minutes. When the rain began to decrease enough for me to see out of the car, the yellow light mysteriously disappeared. Where could it have gone? If it was coming from a vehicle, there was nowhere for it to have exited the roadway. When the angels come to the rescue, they leave behind a distinctly mysterious feeling to an event.

By all logical accounts, that was my day to die, but I didn't. Instead, I went on to live what appeared to be a very normal life, with a sparse sprinkling of surreal experiences and spiritual communications until the day arrived that turned my "normal" life upside down. I reserved my account of that day for the first page of this book. Needless to say, after my premature, unexpected confrontation with death, something inside of me knew that my life would reveal that there was a reason why I had experienced that miraculous rescue.

In hindsight, I believe that the entire drama was created in the spiritual realm and implemented on the earth plane to send a message to me that my life had a purpose. From that day forward, I knew that I had an important destiny, although I did not have a clue as to any of the details. I merely knew that I would not die, and could not die, until my contract with God was completed.



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The impact of that day was very strong, but after awhile the memories were stored away in my permanent memory files. Only now am I beginning to reflect upon that apparent rescue and connect it to the results of my intuitive work. Now that I have done thousands of personal intuitive readings, I look back to that terrifying and enlightening day and say, “What if I had not lived to do all of these readings?” I can speculate that there are some clients that have come out of a reading thinking and feeling no different than when it began; however, there are also so many people that freely express the positive effects that the readings have on their lives. It is not uncommon for me to hear someone say, “Your readings have changed my whole life for the better. I don’t know where I would be had I not found you.” I feel blessed to be given the credit for being the voice of the angels and spirit guides.

Based on my readings and personal meditations, I have created a comprehensive description of who we are and how we function, which clarifies how and why we create personal reality on the earth plane. This, I believe, is a large part of my soul agreement. It is my destiny to learn and share this higher knowledge, presented to you in the form of this book called **Energy 101: The Key To Understanding Holistic Health**.

To those of you that have experienced my readings, here is the book that I promised you. I hope that it fills in the missing pieces and gives you an understanding of the underlying dynamics of energy. It is impossible to fully convey all of this information in the short time that we spend together in a reading. For those who read the book that have not experienced my readings, I hope that you can apply the knowledge gained from this book to your life and use it to your advantage. Perhaps it will light the way for you to discover your destiny too.

## **Part I**

### **The Big Picture**



## Chapter 1

### My Story

I know not of the road I take,  
I know not where it leads,  
But if I stumble and I fall,  
God will know my needs.

*I was a reliable, helpful, loyal daughter for thirty-seven years, a loyal, hardworking wife for twelve years, and a loving, conscientious mother for six years. One day, I volunteered my time to help hang paintings for a local fair. I had a terrific time working with a fellow artist into the evening hours. Before long, I noticed that I was purposely avoiding calling home because I feared that I would be asked to leave the fairgrounds. I was having carefree fun for the first time in many years. I returned home at 10:00 P.M. to an overly excited family. My husband and parents were all talking to me at the same time. They presented me with exaggerated claims about how difficult and nearly catastrophic the day had been because I was unavailable. This assignment of blame sounded preposterous to me.*

For one isolated day, I found freedom and joy outside of the family group. Serving as an enabler to all of the members of my family, I had not, until that day, put any energy into enabling my own self-expression and personal growth. Previously, I had allowed the endless needs of my parents, husband, and young child to harness all of my time and attention. In my mind, I was doing everything that a good wife, daughter, and mother should do. Continuously busy with the demands of my family, there seemed not to be any time left over for me. Taking responsibility for my own happiness was a non-existent concept. The joy, freedom, and fulfillment that I felt the day that I broke my pattern were diametrically opposed to the reaction that I received from them when I surprised them with my unpredictable lack of availability.

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I had broken tribal law. By not calling home throughout the day, I had not acted the way that my family had taught me to act. I had selfishly made my self-interest a priority. My change in behavior made a silent statement that I was beginning to take the responsibility for my happiness out of their control and place it within my own. Their absurd behavior was a clear sign of disapproval and an attempt to sabotage any future efforts to repeat the choice to recall my personal power.

I was on the brink of a huge revelation. Although they loved me, my family was not serving to enable and empower me at all. The fact was that they did not know how. They were living and perpetuating life as they knew it. Co-dependence was comfortable for them. They were experts at knowing how to need and be needed. The tug of war over my energy was only beginning. I was learning that becoming responsible for one's own energy is a personal journey and also a very scary thought. I bit the bullet.

I felt them clutching, like a cat whose claws grip into your skin. I retreated down the street and looked up seeking to find God in the beautiful night sky. "There is definitely something wrong here," I said to God. Apparently I was right. God must have taken it as a request to fix the problem because from that moment on, everything in my life changed.

I had many spiritual psychic experiences prior to that night, including astral travel, a pattern of having visions of pieces of events of the following day, two eerie near death experiences that looked and felt like miracles, and a full color, inner vision of the face of my Native American spirit guide in a full headdress. Still, I never dared to imagine the series of events that were to follow.

I remember feeling a snap in my back on that starry night. With my eyes closed, I watched a door rise up on my inner visual screen and in my gut I felt a deep sense of knowing that wherever I was headed, I could not go back.

A few days later, I began hearing an inner voice that was willing to dialogue with me, guide me, encourage, and support me in my new found moments of extreme devastation and confusion. The days and weeks that followed revealed that my life, as I knew it, was in rapid disintegration and fast-forward. I pleaded for answers. "Why? Why is my life falling apart?" I was simply told, "You will know," and then given the opening poem to fall back on in my moments of severe doubt. Although this short poem may seem like a mere morsel to you, it was a lighthouse in a storm to me.

After fifteen years, the pieces of the puzzle are fitting together into a complete picture that I now understand. My life, up to that unpredictable, climactic moment, had been based on hit and miss behavior. I, like most of us, did not have a clue about how to use energy to create health and happiness. My spirit guide informed me years later that had I stayed the course, I was headed

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for a good solid case of cancer. I will never be able to verify the truth of that bit of information because instead of clinging to my dysfunctional life, I took the hand of God, by that I mean that I looked inward for my power, and chose instead to listen to the voices of my spirit guides that advised me to follow my heart and foster my abilities.

I began to paint with the determination that I would not stop learning how to do it until I felt that I had reached my full artistic potential. This was my childhood dream, the one that I continually put off to satisfy my fears and everyone else's endless needs. I enrolled in graduate school for a Master of Fine Arts degree and began using my newly enhanced psychic abilities to channel from the voices of angels and spirit guides for the mutual benefit of myself and others that shared my belief in these entities.

Fifteen years later, I can say that I have done thousands of readings. I feel very fortunate and grateful to have access to the loving, intelligent energy that emanates through the dimensions, transmitted from wise master souls through the doorway to human consciousness. As if peering through the back of a one-way mirror, they communicate to me what they know to be true. In the following pages you will find an organized exposé of all that I have seen, heard, and understood from these spirit guides in my many thousands of personal channeled readings.

This book contains the invisible, unprovable truth. I do not ask you to believe this information. I merely present it to you as a philosophy for your own choosing.

BEAR WITH ME. WHAT I HAVE TO SAY NOW  
MAY GO AGAINST EVERYTHING THAT YOU HAVE EVER BEEN  
TAUGHT.

The goal of this book is to shed light on who we really are, and what we really need, as opposed to whom we think we are, what we think we need. As a species, it is time that we stop feeling like victims of outer circumstances and learn to identify our choices of thoughts and beliefs that manifest into unacceptable situations. We must learn to create alternative solutions to our own problems, rather than depend solely upon constant prayer requests to be saved.

By learning to ask the proper questions to ourselves, we can begin to access information that we carry within our own energy fields about how we participate in creating our own health, happiness, illness, and misery. By learning about the architectural structure of our energy fields, and the forces that underlie the dynamic movement of energy through our energy fields, we can begin to

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understand how and why we function as we do. With this knowledge we can make the changes necessary to increase the quality of our lives by turning the process of living life from an unconscious, diseased, lonely, needy, fear based, immature journey, into a mature, responsible, conscious, expansive, fulfilling one. By learning the energetic laws of the universe and how they mold our energy into manifested reality, we can begin to make some sense out of the apparent chaos of our lives. When we learn how to recognize the causal order, we can evolve more rapidly from feeling like powerless victims to understanding our part as conscious powerful creators. When we begin to take more responsibility in the production of our own energetic manifestations, we will access a higher level of joy and satisfaction heretofore unavailable to us as human beings.

## Chapter 2

### Who Are You?

*You are me and I am you. We are made up of a singular, indivisible, intelligent energetic force. We are one spirit taking the form and appearance of separate individual entities. All matter creates the illusion of being separate form, but within each form, every subatomic particle and wave is alive with intelligent, interconnected, spirit energy. Throughout this book I have used the terms Spirit Energy, Spirit-Self, God-Self, Oneness, Whole-Self and All Is One interchangeably to refer to the unified, energetic, creative force.*

In his book on the science of quantum mechanics, Gary Zukav talks about the ubiquitous wholeness when he states

"all that exists by itself is an unbroken wholeness, that presents itself to us as webs of relations....The physical world, according to quantum mechanics, is ...not a structure built out of independently existing unanalyzable elements, but rather a web of relationships between elements whose meanings arise wholly from their relationships to the whole."

When describing the qualities of the new science Zukav says,

"the philosophical implication of quantum mechanics is that all of the things in our universe (including us) that appear to exist independently are actually parts of one all-encompassing organic pattern. We are never really separate from it or from each other."

Gary Zukav, *The Dancing Wu Li Masters*

Because everything we see with our eyes appears to be separate from us, it stands to reason that we would seek to relate to a creator God as a separate identity too. But, things are not what they appear to be. In truth, all the while that we have been blaming our life circumstances on an invisible outside force



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that we call God, the universe, or chance, we have actually been manifesting our own personal external realities through the unconscious use, or misuse, of our own internal energy. Perhaps it is difficult to believe that you are constantly using the power of the God-Self to create your own unhappy circumstances because you wonder how and why you would create, illness, difficulty, and loss. My answer to you is that your soul, along with all the other souls on this planet, is choosing to experience what it means to be human.

### **Being Human**

What does it mean to be human? Being human means to experience feeling like a separate individual. I shall use the term ego-self, to refer to the self that perceives itself as separate from the whole. In order to feel separate, one must turn off the spiritual light that shines on the indivisible wholeness of the Spirit-Self. We do this by forgetting the truth.

Once the lights are turned off, turning them back on and functioning from a state of wholeness, rather than from the ego-self, is very difficult to do. The catch is that everything and everyone that appears to be outside of you will invite you back into your ego-self perspective, including organized religion. The temptation to believe the separateness that we see with our eyes will always be in front of us. This apparent separateness is the root of all of our doubts, fears, and insecurities that motivate our uncontrollable, undesirable behavior and circumstances.

### **Who Turned Off the Lights?**

There is a myth that provides an answer to this question. The myth tells us that as a whole, unlimited, and complete being, God got bored. God thought, "I am all there is. I contain all possibility and all potential. I am complete fulfillment. This is what I am. This is what I always am. But, I am bored." What do we do when we get bored? We imagine something different. God imagined something different. God imagined, "What if I were not what I am?" In an instant it imagined itself experiencing what it was not. So, in a playful mode, the God-Energy, which is us, created the thought of separation from its unity, which is a negation of what it is. It left the truth of itself behind and went on a little imaginary, fun filled vacation. By denying its unity, it turned itself inside out

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and entered a very scary fun house of unlimited possibilities. God imagined time and space in which to experience what it is NOT. The Bible states,

"And God said of every tree of the garden thou mayest freely eat; but of the tree of good and evil thou shalt NOT eat of it; or in the day that thou eatest thereof thou shalt surely die."

What is being said is: Do NOT split the wholeness into duality, for if you do there will be death to the unity (there will be separation) and that will cause conflict and imbalance. Conflict and imbalance inherently create dynamic movement. When we choose to deny our unity, for the purpose of having human experiences, the constant unchanging stillness and peace of knowing that we are the "All That Is" is gone. And so it is.

# O

**ALL THAT IS = A SINGLE WHOLE**

Think of duality as a line with two sides. The ends represent two opposite concepts. Yin and yang, heads and tails, right and left, inside and outside, good and bad, are all examples of duality. Now, think of the line as a rope, where the two ends can come together to form a circle. In a duality, the two opposites join to form a single whole. When we experience both sides of a dualistic concept, we gain a whole, complete understanding of it.

**LIGHT** \_\_\_\_\_ **DARK**

**YOU** \_\_\_\_\_ **ME**

**INSIDE** \_\_\_\_\_ **OUTSIDE**

**DUALITY**

## **EXPERIENCING BOTH SIDES OF A CONCEPT CREATES A FULL UNDERSTANDING OF THE WHOLE CONCEPT**

### **The Human Paradox**

Allow me to summarize the human paradox. While you and I appear to be two people, you and I are actually one singular, indivisible, spirit energy. Albert Einstein showed us that  $E=MC^2$ . Energy becomes matter and matter changes into and out of multiple forms, but it always continues to be energy.

Our earth plane is set up to support the perspective of the separate ego-self and negate the truth that we are one indivisible, whole, Spirit-Self. This denial of the larger truth is the source of our identity crisis and our constant inner conflict. Just as the grain of sand in the oyster produces a pearl, the discomfort of this denial of the true, unified self instinctively leads us on a path to search for the light of truth. When we are able to recapture it, we rediscover who we really are. This process constitutes the spiritual journey.

For example, if I were to turn on a flashlight in a well-lit room, the beam of light from the flashlight would not be visible. But, if I were to turn a flashlight on in a totally dark room, you would easily see the beam. When you see and know yourself as a separate, individual, ego personality, you agree to negate all that you truly are. Turning off the light is the equivalent of saying, "I am NOT the Creator, we are NOT one, and I do NOT have that kind of power." The earth plane becomes a place where you can rediscover your own inner light, which is the creative power that comes from your internal connection to the Spirit-Energy wholeness. Learning to see beyond the illusion of separation is the circular, spiritual journey that takes us home.

### **Life Is A Spirit Game**

We are continuously deciding whether to dream on with the illusion of separation, which is to leave home and continue the vacation, or whether to complete the trip by returning home to the knowledge of our creative power and unity. Each time I choose to affirm my true power and unity, I dismantle the foundation of the fun house which I, or rather, You -We, built for the purpose of experiencing the "NOTs" of being human. Therefore, it is crucial for the

ego-self to keep reaffirming a negative perspective in order for the psyche to believe in separation and stay in the human, dualistic, experiential game.

As I have said, the cornerstone of this illusionary earth plane is dualism. We are here to invest belief in and experience what we think we are NOT (whole and complete). On this earth plane we must experience the negative without which we cannot know the positive. The meaning of each side of duality is derived from the relationship between them. We are here to understand poverty in relation to wealth, illness in relation to health, short in relation to tall, and happy in relation to sad.

**I AM** \_\_\_\_\_ **I AM NOT**

### **“NOTs” in the Energy Field**

Beyond the initial, “NOT” whole and complete, what exactly are those personal dualistic “NOTs” that invite our attention in the physical world of separation? They are those things which, as human beings living in a body, give us knots in our stomach. As individuals, we can feel NOT good enough, NOT valuable, NOT rich enough, NOT in control, NOT loved, NOT appreciated, NOT powerful, and NOT healthy. In the physical world, we can perceive both an interior and exterior world. We can see, feel, and touch things outside of ourselves. As separate ego personalities, we can experience feelings of need and lack. We can also have the experience of feeling anticipation of loss, which is fear. We can ride the wave of fear and use it as a motivational force, ever convinced that there is actually something to fear outside of our own perception of being separate, small, and powerless. We can choose to give these feelings the power to rule our lives.

With the arrival of the perceived separate other, we create roles and relationships such as: mother, artist, singer, hero, teacher, king, friend and enemy. We can attach judgments such as: guilt, sin, good, bad, right and wrong to people and their actions. We can create concepts of good and evil and build religions where we find someone or something to worship. Then we can assign good qualities to the idol and bad qualities to ourselves so that we have a reason to affirm more separation. We can compare, and we can judge each other, do to another or take from another. Conversely, we can feel blame by accusing another of doing something to us or taking something from us. We can create

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reasons to feel powerless and call ourselves victims. Oh, what fun we can have with this concept.

With our bodies, we can play games and create challenges. We can compete and experience concepts of winning and losing. We can push limits and break records, over perform and under perform, experience success and failure. We can seek to achieve more. We can feel better than and less than. We can yearn for validation from another, mistakenly thinking that it is the answer to the feeling of NOT being good enough. We can fly on the wings of love and crash land on its demise, while we blindly cling to the false belief that there is actually somebody else out there to love. On the illusionary holodeck, as separate ego personalities, we can both observe and create the meaning of being human by coping and juggling with the “NOTs.” We can dance the dance of life by allowing ourselves to deeply feel all the emotional highs and lows. This is how we experience the hands of time. We flow with the constantly changing appearance of what is and what is NOT.

We search, theorize, and debate with the hope of unfolding that profound inner secret held deep within our gut that we can feel but just cannot reach. All the while that we are looking for and creating some universal or personal meaning, we know something is missing. There must be more. If only we could access it. Whatever it is. We canNOT. We have those illusive feelings of potential inner peace and self-love that come and go, as we wonder, “Why can't we hold onto them?” We feel like outsiders who have lost the key to the door that shuts us out of the knowledge of our true identity and purpose.

The illusory world of separation takes the energy of “All That Is” and makes it appear to have gone through a meat grinder. No wonder we feel so lost. How can we ever put Humpty Dumpty back together again? Can discovering the indivisible, whole, creator, Spirit-Self be the profound illusive purpose that gnaws at our belly? Can this be truth calling us home?

Pure enlightenment! This book contains information gathered from thousands of psychic channeled readings in which spirit guides explain how you can turn illness, misery, and poverty into health, happiness, and wealth. Chock full of self-help healing methods, this book is a must read for health care professionals, healers, and seekers.

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