

## EVERYTHING IS ENERGY

LEARNING



1

### SOURCE – THE UNIVERSE – QUANTUM FIELD

What are some things we know exist but we can't see? Air, electricity, bluetooth, wifi, radiowaves. There are many things that exist all around us, like energy that we can't see. Quantum Science tells us there is an invisible energy all around us. It is made up of waves and particles of energy.

This energy is alive. It has a frequency and vibration. It is a constantly moving and vibrating universe.

#### ENERGY IS VIBRATION & FREQUENCY

Energy is everywhere and everything! Things that seem hard and heavy is actually condensed energy vibrating at a lower frequency.

Imagine that you are a fish and you are swimming in the Ocean. The Ocean is a great energy with ever changing waves and currents. You, as the fish, are made up of energy too.

We are continuous moving waves of energy in a boundless universe.

Sometimes we can feel people before we learn more about them. Sometimes we can walk in a room and feel how people are feeling too. This energy isn't wild and crazy, it's actually organized and intelligent. Let's learn more about it in the next Learning.

## *Divine Practice*

Want proof you can interact with energy? Let's do an experiment. Together you and your parent will set a clear intention to see a particular thing. It could be a yellow flower, a purple insect, an old abandoned shoe. Be creative! Wait a few days and if you don't see your special thing set the intention again!

### *01 Set the Intention*

### *02 Be Observant*

This particular thing can be unexpectedly seen anywhere! It could be an image on the side of a bus, in a storybook, a movie, or on someone's coffee mug. Open your mind to what's possible.

*TIP: Say it out loud for the universe to hear! Visualize it! Be specific!*

---

## *Imagination Field Trip*

In the weekly meditations you will deepen your understanding and experience of each weekly Learning.

Let's use our imagination and allow the energies to flow while tuning into our bodies to really *feel* the energy.

Get comfortable. Close your eyes and enjoy the experience. Really tune into your feelings. What do you taste, smell, feel? Go within and take note of all your sensations. After, share your experience together.

Please listen to it every night for a week. At bedtime is best!