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How do energies create our reality? And how can I use this principle to create the highest flow in my life?

When I asked for guidance about this month's newsletter topic, I kept being drawn to the shooting at "The Dark Knight Rises" screening in Aurora, Colorado. It was a shocking, devastating event.

Of course, no movie producer, director or actor would ever wish for something like that shooting to happen. But when we create movies with tremendous darkness and violence, can we be surprised if that energy occasionally comes to life? The shooter in Aurora brought the Joker to life. So convincing was he that, at first, audience members thought he was simply part of the entertainment.

Just think of the energy of a TV series such as "Touched By an Angel." Now compare it to the energy of "The Dark Knight Rises." Is one more likely to bring a sense of hope and magic? Is one of these shows more likely to create a vibration of anger and fear?

Whenever I watch a TV show or a movie, I am always aware of the energy it creates within me. I choose not to watch many things that I found disturbing. Everything we experience leaves a subtle impression in our psyche. Someone who is disturbed may be especially vulnerable to violent impressions. But these violent impressions affect all of us.

You can start to create a higher flow by noticing the resonances inside of you as you experience a garden, a movie, a friend, a TV show. You can choose higher, lighter, more uplifting experiences. When you are confronted by someone's sadness, anger, depression or anxiety you can consciously choose to be the light, to stay in a higher vibration, and let that person be uplifted. If it is your own anxiety or sadness or fear, you can begin to uplift yourself through prayer, meditation, healing energy and uplifting actions such as service to others or kindness to yourself.

Our thoughts and emotions create a matrix on which events take place, and things in our life materialize. Always try to create from joy and faith. If you have other feelings--fear or jealousy or anger--do your best to dissolve them. For instance, if you want to buy a house, you can see the house as sphere of light and keep adding light for joy, harmony, flow and beauty. Eventually a beautiful house will come to you. Conversely, if you keep thinking about what

you don't want, you may not be as happy with the house that comes to you.

In the same way, if you are going in for a cosmetic procedure, whether it's a chin implant or a breast reconstruction, think about the joy and happiness it will bring. Sometimes it's best not to proceed until you've worked through feelings of loss or anger or other negativities.

We are very complex beings with many different energies, thoughts and emotions. None of us is perfect. Transformation is an ongoing process. So always be kind to yourself.

The good news is that we can slowly heal our worries and our negativities and self-defeating patterns. As we do, all the experiences we magnetize to us will become lighter, more joyful, more beautiful and more harmonious.