



Living Life with *Constant* Energy and Bliss

*Become a living conduit of
Light, Love, and ENERGY*

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~ To my wife Veronique

I thank God for sending you to me! Thank you for your patience and words of encouragement throughout the writing of this book. You are a true angel.

Introduction

Out of all the books I've read and programs I've seen dealing with energy and wellbeing, very few of them offer any real suggestions and solutions which work the way I am lead to believe. Most just give you some theory and throw in a few ideas about what you *should* be doing. However, they fail to give any solid, practical suggestions on how exactly to go about *doing* it. For example, many authors give the same old "be grateful" speech and give you some vague idea that you need to practice being grateful. Okay, that is all well and good. Most would agree that being grateful is a good idea. But if you are like me, I need more practical guidance than that. I need exercises; step by step suggestions that walk me through the process of how one is supposed to exude gratitude. How is this done? Are we supposed to just look up to the sky and say "hey, thanks for my house, my car, and my laptop?"

Other authors write in similar generalizations and say pious phrases such as, "honor yourself." Well once again; what does this mean and how should we go about doing that? What exactly does honoring yourself entail?

In addition, any well written book should enable you to fully comprehend the specific *benefits* of putting these solutions into practice. Precisely, what will you achieve? How will you feel? When can you expect solid results? You should understand the bigger picture, yet at the same time have real solutions and processes to work with that help you attain the stated benefits.

It was for these reasons that I wrote this book. I have literally scoured through hundreds of books and programs on self help, love, energy, happiness, relationships, and spirituality. You name it, I've probably read it. Some of these were more effective than others and even offered a few decent suggestions and solutions. However, most had a commonality of neglecting the first and most basic step towards "having it all", "living with passion", "finding your true purpose", or whatever other idea was being sold. That commonality was this: *without a healthy self love and love for others*, it is almost impossible to achieve those ideals and be that person who lives with constant energy and bliss; the kind of person who seems to have so much love and energy flowing out from them every second of every day; the kind of person who seems to be victorious in all areas of life; the kind of person who truly attracts what they desire.

Whether it be a relationship, your health, career, or basically any area of life where improvement is both possible and desired, it all boils down to one very basic concept: the flow of ENERGY, and the desire to have life, and life more *abundantly*. Whatever area of your life that is out of

balance or that you wish to improve, it is based on that which is unseen; a proper *flow of energy* within that area.

There is good news regarding not only self improvement, but living in a constant state of energy and bliss. That is, ALL imbalances of energy can be corrected; and here is even better news – it does not require an enormous effort. What it does require is the application of a simple acronym. I love the sound of this acronym because basically it says it all: LUVV – that is, to **L**ove yourself (**U**) first, and in that process, you will achieve double victories: tangible **V**ictories, noticeable via the five senses, and intangible **V**ictories, noticeable via the sixth sense. Many people use the word ‘blessings’. However, I prefer the word ‘victories’, because I believe it describes the process more accurately.

Loving yourself involves WAY more than just having a positive self image and being “happy”. It involves tapping into another dimension which is beyond our full comprehension, and truly living within a higher frequency of energy. It involves attracting wealth in all areas of your life by applying certain laws of the Universe. Yes, it does also involve diet, nutrition and exercise. However, it is mostly a state of mind we are dealing with. It is an unseen force; a Spirit force if you will. When you allow a higher vibrational frequency to flow through you, constant energy and bliss are inevitable. They are mere *byproducts* of a new way to think, act, and BE.

Given that this book deals with the concept of energy, you may see certain terms that refer to an *original* source of energy, such as The Universe, Higher Source, God, Original Energy, and other terms. Whether you believe in an original source of energy creation such as God, or whether you just know that energy exists but have no idea where or if it originates from anywhere, it does not really make a difference with regard to the many benefits of tapping into life’s river of energy. Having real energy and bliss on a constant basis is one hundred percent possible for every single one of us, because there are just certain Universal laws of physics that exist, and nobody can dispute their reality.

Lastly, although occasional references to various scriptures may be quoted throughout the book, the author respects and appreciates ALL beliefs and ALL religions, without exception (well, excluding any faith which promotes hate, violence, and destruction of the human spirit). This is not a book about any particular religious philosophy per se. It is a book about comprehending the concept of energy, and thus allowing it to flow through you and transform your life in more ways than you can imagine.

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Section One – What’s LUVV got to do with it?

The concept of Energy flow is based on the unchangeable laws of the Universe. These Universal laws, such as the law of gravity, are here to stay whether you comprehend them or not. Another Universal law – the law of Energy – is also a constant, unchangeable law that touches each and every one of us on a daily basis. Energy can either work for you or against you, but let us not jump ahead of ourselves.

Here is what confuses many people about the law of Energy: Energy is never created, nor is it destroyed; it simply *transfers* from one form to another. Albert Einstein proved this mathematically with his theory: $E=MC^2$, in which E represents units of energy, m represents units of mass, and C^2 is the speed of light multiplied by itself. So energy is equal to matter, and vice versa. Matter is simply another form of energy. Energy transforms into other forms of energy, but it is never created or destroyed. It *already exists*; we just need to tap into its existing power, and we can live harmoniously with constant energy and bliss. Sound too good to be true? Maybe a little too “pie in the sky”? It is actually quite simple.

Our physical bodies are just another form of... you guessed it, *energy!* Once you understand that you are made up of one hundred percent pure energy, you can begin to experience your life as part of a very powerful and wonderful force that exists within our Universe. This force is a free flowing river with both rapids and still waters, and yet all you have to do to feel its awesome power in your life is to simply let it *flow through you*. It is not so much a warm, fuzzy feeling as some may believe; rather, it is a constantly moving force which has the power to transform your life with *infinite* possibilities; unimaginable possibilities which your mind cannot even conceive of (just yet).

Remember – energy is constantly and willingly taking on other forms every second of every day; between people, places and things both seen and unseen. Right now, at this very second, energy is transferring between galaxies millions of light years away. It is EXACTLY the same energy that transfers between you and another person when you are having a conversation. It is the same energy that flows out from your mind when you are thinking thoughts, both consciously and subconsciously.

Therefore, in the process of allowing this higher, Universal energy to flow directly through you, you *will* experience a greater level of joy and bliss. It is simply inevitable. Energy and bliss are BYPRODUCTS of allowing an *already existing* energy to flow through you, easily and naturally. Essentially, it is a perfect state of being in which we are *supposed* to be living. It is how we were all meant to live since the day we were born!

There are literally mountains of information available on how to improve virtually every single area of your life. However, as The Beatles so famously said, “In the end, the love you take is equal to the love you make.” This lyric in the song ‘The End’ is referring to the love we *receive* in our lives being an exact reflection of the love which we *give*. They also got it right when they said, “all you need is love” from the song of the same title. It turns out that this phrase is both

spiritually *and* scientifically accurate. But before we can be capable of loving others, we must first love *ourselves*.

Again, by loving yourself first, you are then able to love others, which in turn leads to an even greater self love because this energy will eventually come right back to you. This is based on the Law of Attraction, which deals with the concept of energy attracting like energy (more on this later). However, although loving yourself first is the initial step, it requires you to first open yourself up and accept the love that *already exists*. You will learn about that in greater detail soon, but just realize that ultimately you need to be a *conduit* of energy in order to experience constant energy and bliss.

So before we begin our journey on the road to LUVV Energy, let us first become familiar with what energy actually is, how it works, and why the idea of loving yourself is the necessary first step towards having this incredible life force live, grow, and flow right through you.

Energy can be seen and felt in ways too numerous to count. However, there are really only two general types of energy in their natural state. They are 1) potential energy, and 2) kinetic energy. Energy is either stored (potential) or it is in motion (kinetic). All forms of energy fall into one of these two categories.

Let us briefly discuss potential energy. Potential energy is simply energy that is stored somewhere – the *potential* exists for that energy to be released. Even a rock has stored energy because that rock has the potential to be converted into other forms of energy. There is potential energy stored in the bonds of every single atom and molecule in the Universe. Every living being possesses stored energy because every plant, animal or mammal is made up of atoms and molecules.

The fact that you are alive means that you possess an enormous amount of potential energy already, and yet you are quite capable of having significantly more. How much more? Well, that decision is entirely up to you; the Universe has unlimited potential, therefore the same holds true for your own potential for healthy, positive, love energy.

We are not talking about some sort of hyped-up caffeine type of energy; but an everyday, constant feeling of true happiness, peace, confidence, warmth, joy, and bliss. The truth is that the Universe *WANTS* us to have life, and life more abundantly. It supports us and offers us *unlimited* potential!

On an unfortunate side note, we humans have discovered how to harness potential energy in very negative ways as well, such as the creation of nuclear bombs which store enormous amounts of destructive energy.

So just bear in mind that potential energy is an extremely important and powerful concept. Whether internal or external, it can ultimately be transferred into kinetic energy for whatever purpose we choose.

Examples of Potential Energy:

Mechanical energy can be stored within objects by the application of a force. Compressed springs and stretched rubber bands are examples of stored mechanical energy.

Gravitational energy is a form of potential energy. Water in a reservoir behind a hydropower dam is an example of gravitational stored energy. When the water is released to spin the turbines, the energy is now being used. The potential energy becomes motion, or *kinetic* energy.

Food contains stored energy. It is stored as a chemical with potential energy. When your body uses that stored energy to do work, it now becomes kinetic energy. If you overeat, the energy in food may not be transformed, but stored as potential energy within fat cells.

In general, human beings contain vast amounts of potential energy. Our energy can be expressed in a whole multitude of ways. We never really *create* it; we just transfer it from one form to another. Thus, by nature we are *conduits* of energy. This being so, we also have the unique ability to draw on the existing energy of the Universe and actually raise our level of potential energy. We are the only species that can consciously tap into and “store” energy within our bodies and minds.

The process of increasing our potential energy does not involve a complicated, spiritually burdensome process. It is actually a whole lot easier than you might think. As mentioned, we can never create energy; that is a scientific fact. What we really need to do is to just open ourselves up to the energy that *already exists*. There are several easy ways to do this, which we will soon discuss. But the point of this section is to understand how the concept of potential energy can also be applied in our lives. There is potential positive energy, and there is also potential negative energy. We can store both.

Although negative energy is also a powerful force, it is WEAK when compared with the magnitude of positive, love energy. This is the state of being which you want to live in on a constant basis. Allowing this energy to flow through us brings into our lives a constant state of bliss, confidence and freedom.

Does this mean you will never encounter a stressful situation or become upset at anyone? Well, no, not exactly. If you are alive on this earth, you will no doubt run into situations every day that are stressful. You may experience loss, tragedy, sadness, and other difficult situations which come with being human. However, when you are vibrating at a higher energy frequency, you can handle these situations in such a way that they never have any *power* over you. You will deal with stressful situations more effectively, and with a calm, peaceful state of mind. The reason many people cannot adequately handle difficult situations is that their “cup runneth low” – their stored energy is not at the level it should be.

Whatever energy frequency you are sending out, a like energy is guaranteed to return. *Energy attracts like energy*. When you make even the slightest effort to store positive energy (i.e.: to

love yourself more), you will notice immediate changes in the energy you receive. The positive energy you store within will attract more of the same, and this process can continue indefinitely. We all attract to ourselves *what we are internally*. This will be covered in greater detail in section Five.

In contrast, negative energy will ultimately *destroy* everything in its path. By its very nature, negative energy is a destroyer of all things good. Only positive, love energy leads to life, and life more abundantly. For now, just understand that love is the **ONLY** way to living a life of constant energy and bliss. It is the highest form of energy that exists, period. This kind of energy is not contained within a can of the latest energy drink, nor does it come in a pill. It comes from within ourselves; from the amount of love we possess. The main goal is to increase our *capacity for love*, and simply allow that energy to be put into motion.

Examples of Kinetic Energy

Energy in motion, or *kinetic* energy, is realized **ONLY** when a potential energy first exists. This is worth repeating – the potential energy *must exist first*. For example, the movement of waves, electrons, atoms, molecules and substances are all energy in motion based on a prior potential energy.

The potential often exists for lightning when certain weather conditions are present. Lightning is simply a flow of electrons which we refer to as electric energy. Weather conditions contain the potential energy, and as a result, lightning is “created”. Well, not actually created; the electrons have just been transformed into a visible *motion* energy.

Kinetic energy, just like potential energy, can also exist in many forms. Other examples include light, sound, as well as my personal favorite – LOVE.

Wait a minute... so love is a form of kinetic energy? Yes, absolutely. Love is not an “emotion” per se, but an action; pure energy in motion. Think about it. We may love someone – or more formally – the potential love energy may exist within us, but how does the other person feel it? Well, we express our love for someone through our *words* and our *actions*. That is why love is a form of kinetic energy. It is an *expression*; an *action*. We don’t just love people and never show it. We do things to express the love we have for them. We call them, say that we love them, do things to help them, buy them flowers, make them dinner, pray for them, etc. The warm, fuzzy feelings that make us daydream about someone, or the sweet and genuine emotions we have for a loved one are *byproducts* of the love which that person brings to our lives. In essence, the emotion of love is simply a form of potential energy. The potential energy exists, but it doesn’t just stop there. We *express* it. Thus, love is pure energy in motion. This is why it is so important to build our own potential love energy for *ourselves*, so that we can express this love for others; for *humanity*. The Bible refers to this process as “keeping your cup full”. That is, keep your spiritual “cup” full of love.

Now, if the love we have for somebody is mutual, in other words, if that person feels the same way towards us and expresses this love, it follows that their love energy is also being

transferred to us, raising our own level of potential love energy for them. When this love energy is constantly being transferred and expressed towards one another, the result is extremely powerful and can feel absolutely incredible.

So again, when we love someone, our nature is to express it. Love is constantly being transferred back and forth in any relationship (a healthy one, that is). This process is usually magnified in the beginning of a new romance when the two parties are willingly and eagerly giving each other their love energy. That initial, blissful state always feels so wonderful! Later on in the relationship, oftentimes the two people will try to manipulate each other for that same energy that was once so effortless to both give and to receive. Some examples of how we manipulate someone for energy are to follow. Regardless, did you know that you can feel this sort of energy and bliss *all the time*? You absolutely can. You just need to feel that love and excitement for someone, and have that someone constantly giving it back to you. If you do not think this is possible, think again...

You already have an enormous amount of love and energy that is being transferred to you on a constant basis. I can already hear you saying, "Huh? My husband or my wife is definitely not like that... maybe 20 years ago, but not now!" Well, I am not exactly talking about a human being here; more like a Supreme Being – an omnipotent, powerful, original force that gives you WAY more energy than any human being is even capable of. But many of us choose not return that same love, either because we are too stubborn in our ways, too confident in our limited human intelligence, too cynical, self-righteous, fearful, agnostic, or we simply do not care. Many think, "If there is so much evil in this world, how can God exist?" I have witnessed so many people babble on and on about things they know almost nothing about. I ask them, "Have you ever actually opened up a Bible and read the New Testament, front to back?"

Don't worry, continue reading. Nobody is preaching anything religious here. However, this Being I am referring to might be called the Original Source of energy. Others may refer to it as God. And yet others may refer to this as a Higher Energy or a Higher Power. It does not really make a difference. There is a very real, original, limitless source of love and energy in the Universe, and it can be tapped into fairly easily. If you are skeptical about this, have no fear. You do not even have to believe in any higher power in order to feel its presence and energy. You just have to increase your capacity and *potential* for this energy to flow through you. Here is the proof: we, along with everything that exists within the Universe, are an expression of energy. As human beings, we are essentially living, breathing, moving *expressions* of energy. In other words, we are energy in motion. However, no form of kinetic energy can exist without there being a prior *potential* for that energy to exist in the first place. If we really stop and think about it, and *humble* ourselves (a near impossible task for many people), we just might have to accept the fact that we are but an *expression* of an Original, Potential Energy Source.

This boundless Energy Source is in a constant state of expression. It is shameful how so many of us close our minds and our hearts to this Energy. If we only knew how much love energy exists, and how it desires to *flow through you* and dance with you every step of your life. All we need to do is just make the slightest wink of an eye towards this energy, and it'll be more than

willing to come to us and flow right through us. This is what creates the feeling of bliss, peace, serenity, joy, comfort, laughter, and all the other words to describe what we will feel when we have a proper flow of love energy in our lives. Remember, love energy is the strongest force in the Universe. It is really all we need in order to feel constant energy and bliss. And again, do not think for a minute that you need to get all religious and spiritual in order to feel its powerful force.

In addition, you might be thinking that there are people in your life who you love, but perhaps they do not love you back as much, or even at all! Yes, but this cannot not prevent you from giving them your energy, either in person or via your thoughts. Their very existence brings love into your life, even if you do not *like* them very much. Your perception and concept of that person make you love them unconditionally.

Love is still transferred in that case, because you have enough potential energy and love to give to them, just based on their sheer existence. Whatever these people do or say has little effect on how much you love them. Your energy frequency for them vibrates regardless, just based on their meaning in your life. By the person's very existence, you love them. Wouldn't it be utopia if we felt like that about everybody, and everybody felt this way about us? This would most certainly be a perfect state of love and bliss. It is actually the way we were all meant to live with one another; in a perfect state of harmony and bliss. However, we all know that this kind of utopia does not exist right now on this earth. What a shame!

What most of us spend our time on is trying to *get* energy from others. Arguing is a perfect example of this phenomenon. When we argue with someone, it becomes an *energy struggle* for the people in the argument. Both parties raise their voice to be heard and literally try to take the energy from the other person *by force*, because we feel that this is the same thing the other person is trying to do to us. Well, you are right! That is *exactly* what is happening. The other person is trying to make their point and get you to see it their way and *feel their energy*.

When you are not accepting and receiving the other person's energy by agreeing with them, they try harder and harder; to the point where they may even insult you in some way in order to just get a *little* energy from you by means of stealing it with an insult. If the insult made you feel bad, they succeeded in at least getting that small amount of energy from you. If the insult REALLY hurt, then they succeeded at stealing a LARGE amount of energy from you... but at least they got something, and they feel good about it. Even *stolen* energy can have its satisfaction.

There are endless methods which one can use to manipulate others for energy. Many of us do it at least a *little* on a daily basis without even recognizing that we are doing it. Without going into too much detail, there are several common ways in which we manipulate others for energy:

- Aggression – verbal or physical
- Denial – refusing to admit a wrongdoing
- Acting aloof – like you could not care less

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