

Have You Ever Run Energy?

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Have You Ever Run Energy?

By Jan Tincher

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Have you ever run energy? Do you know what *running energy* means? (I know that this may be something foreign to many of you at first, but then that's how you learn, right?)

If you haven't run energy before, you probably have questions. Your questions might be: What is *energy* specifically? Who runs energy? Why do they do it? How can I do it? What does it do? How can it help ME?

First off, energy is like a tingling or a warmth in your hand, a feeling you get in your body that something is there that wasn't a minute ago. You can direct that energy with your mind.

For instance, watch your hand. Wait for the tingle, warmth, or whatever, that may show up in your fingertips, your palm, or wherever, just from your concentration. Now when you feel that feeling, in your mind, take it from where it was, let's say it's in your fingertips, and move it down your finger. You have just run energy.

Wasn't that great? Now, on to your other questions.

Who runs energy?

Answer: Anyone can run energy.

Why do they do it?

Answer: Once you learn to run energy, you can direct healing energy to a place that has pain. Everyone is different, and therefore use it for different purposes, but that is one answer as to why people do it. Another might be for more warmth.

What does energy do?

Answer: It soothes the pain. It can help with circulation, also.

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How can it help ME?

Answer: Learning how to run energy can help you help yourself in times of need.

Let's say you have arthritis. You are just beginning to get it in your fingers. If you spend five minutes 3 times a day running energy through each of your fingers, you will feel a difference in your finger joints. Once you learn how to do that, you can run the energy through other joints and help the pain ease there also. Once you learn to instantaneously run energy, you will be able to lower or eliminate pain in many areas immediately.

You can do this in your spare time, no less. Let's say you are sitting at the dentist office, you are nervous and your tooth hurts. That's a great time to run energy, both in your teeth and gums and in your stomach! When you learn how to help yourself, you can show others how to help themselves also!

In my new web site, I go into depth on how thoughts help and how they hurt. There are also issues that help you handle your emotions, like fear, anxiety, even hatred. If you are interested in learning more, click here: <http://www.tameyourbrain.com/subscribe.htm>

Thanks for reading.

Jan

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Do you like this article? Let me know. Click here:

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Obtaining The Best Energy Efficient Appliances For Your Home

By Cathy Peterson

Today homeowners are faced with various rising costs surrounding the maintenance of their homes. One such rising cost that can be seen is in the area of energy prices, such as gas and electric bills. One great way to cut back on costs such as these is to purchase energy efficient appliances for one's home. This not only helps homeowners save money in the long run but will also provide individuals with the most modern, up-to-the-minute appliances which are available on the consumer market. Therefore, the reward is two-fold. Not only will homeowners be able to save approximately \$50-\$75 per year on their energy bills but they will have a new and improved appliance in which to do so.

Many individuals may wonder how these new types of appliances enable them to save money on their energy bills each month. Well, the answer to that is quite simple. Some appliances are equipped with improved motors and compressors which enable them to work more efficiently whereas other appliances have better insulation installed within them. There are many new techniques which manufacturers use to ensure that the product which individuals are purchasing is one which will present them with the best possible energy conserving methods out there. This is beneficial not only for a consumer's wallet but for the environment as well. This is especially true in the case of washers. Many of the newer washers on the market use less water for each cycle which helps out the environment as a result due to conservation methods.

When one is thinking about getting rid of their older appliances for new and improved models, one of the most efficient trades which can be completed where homeowners will see the greatest result is with refrigerators. These items are the ones which use the most energy and will make the largest impact in the end by replacing them first.

If one wishes to pursue energy efficiency measures yet is not ready to trade in their old appliance for a new one, there is another option. One can always look into the purchase of a new motor or efficiency tool which will enable one's older appliance to run along the same lines as a new one.

These energy fixers can be purchased to alter the current used on an appliance or provide installation of insulation in certain cooling appliances. There are a number of options available to the homeowner today who wishes to do something about their high-energy users without having to get rid of a household appliance in order to do so.

Cathy Peterson writes about

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and

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