

Harmonizing with the Intelligent Energy of the Universe

By Roger Marsh, ITP Mastery teacher and GLEE co-coordinator



First, let's talk about energy. Energy is an interesting phenomenon since often it's something that cannot be seen. Usually it is the *effect* of energy that we can see or experience. I invite you to do a very simple, yet profound experiment: vigorously rub your hands together for five to ten seconds and then slowly move them apart several inches, then very gently pulse them toward and away from each other, see if you can sense anything *between* your hands. Most people experience some kind of heat, a magnetic repulsion or attraction, or some kind of tingling. There is *something* between your hands, that can be sensed but not seen. In physics, a field is a region in which each point is affected by a force. We could say between your hands is a *field* of energy, an energy of some kind.

George Leonard said the human being is more like a burning candle than a piece of clay. Building on this metaphor, a couple of well-known invisible energy fields of the body are heat and electromagnetic. We can feel the heat emanating from our body, a direct result of the burning candle that we are. And we can measure the electromagnetic field of the brain with the EEG (electroencephalogram) and of the heart with the EKG (electrocardiogram). These are a couple simple examples inviting us to open our senses to the vast array of energetic fields that we both are and are all around us.

In ITP, we practice *Leonard Energy Training* (LET). LET is an experiential practice. George once said, "I don't believe in Ki. I do it." Here he was referring to Ki as subtle energy. Through LET practice, based on Aikido, we are increasing our sensitivity and becoming more skillful in our interactions, even learning how to shape and guide them by harmonizing with the energy of the universe.

When performing LET exercises we work with three different experiences of energy: 1) our individual energy, 2) the energy when with another and 3) the energy experienced in a group. We find that people have different "energetic experiences" in these three very different scenarios. The aim of LET is to hold the awareness of all three experiences simultaneously!

Let's shift now from energy to intelligence. Consider that the invisible energy fields are incredibly intelligent, that the field itself has intelligence. Take, for example, your body. In LET, we often relate to "the body as teacher." We can learn things from the body, because it has intelligence, one that is easily taken for granted. Just think of the incredibly sophisticated intelligence it takes to digest your food, converting and distributing that energy to everywhere it is needed, literally into the various organs and structures that comprise your body. While we sit eating food and breathing in and out, millions of highly coordinated activities are taking place to enable us to simply "sit here!"

Each and every cell in your body has a critical role to play, an essential function to perform. How is it all coordinated? By intelligence. Notice that all these individual cells come together to make higher order structures: your heart, your brain, your lungs, your left pinky toe and so on. Notice that each of these structures has its own purpose and function to fulfill. These structures come together to form a structure called *you* with a higher order, purpose and function to fulfill.

So, we have this intelligent, energetic entity called the body serving a higher purpose called *you*. But let's now ask, where does your body stop? Does it stop at your skin? If you were a cell in your body, and you asked yourself, "Where does my body stop?" Would the correct answer be "at my cell wall?"

Knowing what we know about the larger context, the cell inside is doing its job to serve you, though that alone would be a very limited answer. In a similar fashion, if you look at the earth from the moon, each and every one of us is part of the *body* called earth. Just like the cells in our body, we are part of a much larger system. And, we are each, hopefully, an intelligent cell in this body called earth, contributing to the earth's higher calling and service or "earth consciousness."

Let's now turn to a community or a group of people. Just like each cell in your body has a purpose and a higher order structure it is serving, and just like each of us are a part of and serving the higher order earth body and system, so is each person in any community or group, a part of and serving the higher calling and purpose of the group.

Life thrives when purpose, at all levels, coalesces. Imagine that each group or community has an intelligence and higher purpose and that each member can align with and serve the realization of that larger whole.

We can envision that there is an intelligent energy moving through and guiding the universe at all levels - each cell, organ, person, group, community, planet, solar system, galaxy and universe. From that vantage point, we can practice increasing our sensitivity to "read," follow and serve this intelligent, evolutionary energy. And, we can fulfill our individual purpose by aligning with the intention of the universe and, in so doing, harmonize with the power and purpose of the larger whole - the cosmos!