

Vital Force Energy

Fr. Martin J. Patton

Take a moment to hold your hands up about six inches apart and then make a big ball of energy. Just as though you were making a big snowball. Just feel that ball of energy going between your hands then round it off as you would a snowball, and then very easily put that ball right through your system to the base of the spine. When you have, just relax. Close your eyes if you wish, so that your concentration may be higher. But now just imagine that ball of energy moving up the spinal column, starting at the sacrum, S3, S2 and S1. Feel all the nerves that radiate out from the sacrum, down into your feet and into your ankles, just filling you with white light down to the nerve endings. Feel how good that feels. Now move up to the lumbar back. Starting at L5 just take all of the nerves that move out from L5 and bring that ball of energy up and have it fill all of those nerves from L5 all the way down into your torso and into your legs just filling every nerve with white light right out to the nerve endings. Now move up to L4 and L3. Do the same, just fill every nerve radiating out from those vertebrae right up to L4 and L3 to every nerve ending and let that white light just glow. Move up now to L2. Feel the white light just going into that nerve packet, into the top of your thighs and reproductive system. Feel every nerve filling with white light right out to the end, and each nerve ending filling, glowing with white light. Move up to L1 and do the same. Fill every nerve radiating out from L1 with white light, and let it go through all the branches, filling every nerve with white light right down to nerve endings. Now, move up to the thoracic back, starting at T12 to T6. Do the same. Take every nerve from T12 to T6 and fill it with white light right out to the nerve endings. Feel how good it feels. Wonderful. Feel it filling every nerve across your stomach and the lower torso with white light right out to the nerve endings. Feel the lower ribs relax. Take a moment to allow that to happen. Now move up to T6 to T1. Fill every nerve with white light. All the nerves that go underneath your shoulder blades. The nerves that move around your chest, around the rib cage, around your heart, around the kidneys. Just have them fill with white light right down to the nerve endings. Feel the nerves moving over the shoulders and down the upper arms, the elbows, the forearms, the

wrists and out to each and every finger. Every nerve fills with white light right out to the nerve endings. Now move up into the neck and into C7. Feel the nerves in C7 just fill with white light right out to the nerve endings. Move up from C6 to C4. Feel all of those nerves going up to the face, the lower jaw, the cheeks, the lips, the tongue, the roof of your mouth. Feel those nerves just filling with white light. Now from C4 to C2. Feel all of those nerves filling with white light around your eyes, and your ears, and the back of your neck. And then feel that ball of energy move right up to C1, the apex. Feel it going through the midbrain, not through the left side or the right side, but right through the midbrain to the center of your forehead. Feel it fill every gland in your head. Feel it filling every gland in your head. The pineal gland, the hypothalamus, the pituitary, coming down through the slope of your nose and into your mouth and find the glands in your mouth. And then feel it going into the glands of the thyroid. Just feel the thyroid glowing and balancing. Feel how good that feels. Let the thyroid just glow. Feel the energy now moving into the thymus, just about four inches beneath the thyroid, and just below the sternum notch. Let the thyroid just glow, full of energy and full of vitality. Feel all of the B cells going into the thyroid to become T cells. Feel the energy. Now feel that glow move right down into the adrenals, and feel the adrenals just glowing, easily, comfortably. As the adrenals glow, feel the adrenals - if you're female - move into your mammary glands and feel that glow in your mammary glands. Then feel that glow come together and go into the pancreas and just let that largest gland outside of the skin just glow. Feel it glowing. Wonderfully and beautifully. Just feel the solar plexus glow with the energy in the pancreas. Feel the energy now moving into the reproductive system. Women feel it in your ovaries, into the uterus and into the vaginal tract. Men feel it in your prostate and your testes. Feel the liquid energy that forms in the vaginal tract or in the prostate. Feel that liquid energy just grow, positively, completely, filling every part of your reproductive system. Then feel that liquid energy easily and comfortably move into the hips, moving into the joints of the hips, replacing and revitalizing the synovial membrane in the hips. Feel that energy just get stronger and stronger. Feel that energy just filling the hips easily and comfortably. Now have it move down through the tops of the thighs, filling the tops of the thighs, and right down into the knees. Feel the knees and the joints of the

knees just filling with energy. Feel the knees and the joints of the knees just filling with energy and vitality. Now feel it move down through and into the metatarsals and the anklebones, senovial membrane and the toes. Then feel it move back through the soles of your feet into your heels, and up through the heels from the Achilles tendon into the calf muscles and then back into the cups of the knees. More relaxed and more at ease than it's ever been before. Feel how good that feels. Now feel it going up the base of the spine, filling every nerve and every muscle, every sinew and every tissue, just filling with new liquid energy, new vitality. As each disc is filled with new liquid energy from the base of the spine up to the neck, feel that back just relax. Feel any discs that have been protruding coming together and raising your spine. Now feel that liquid energy as it moves up into your head, and now back down into your shoulders and all of the joints of your shoulders, and down into your elbows and down into your wrists, and out into each and every finger, filling each joint with new liquid energy, new feelings of energy and control. More relaxed and more at ease than you've ever been before. Now feel that liquid energy coming back to the base of the spine and look at your body. Feel each nerve filled with white light right down to the nerve endings. Feel each gland glowing. Feel the liquid energy in every joint of your body. More relaxed and more at ease than you've ever been before. Feel that energy now as you go deeper and deeper relaxed. Deeper and deeper relaxed. If its time for you to awaken, you'll awaken at the count from one to five. If its time for you to go into a deep and relaxing sleep, you'll ignore the count to awaken, and go easily into a deep, deep sleep, awakening at the proper time in the morning. Now just go even deeper and deeper relaxed. Awakening, number one coming up feeling a sense of peace and joy. Number two, feeling emotionally calm and mentally focused on your goal. Number three, feeling an internal harmony and balance from the top of your head to the tips of your toes. Number four, on the next count, you'll be wide-awake. Number five, eyes open, feeling good, feeling relaxed and wide-awake.

Transcribed by Dr. Tim Brunson, Anniston, AL.