

# Chronic fatigue: a result of the modern world



SAMANTHA KEEN

Compare the consciousness of a person now to a person living 100 years ago. People today are faster, they contend with a lot more change and their relationship to the land has changed dramatically.

Changes in the way people use the land in the US illustrate well the trends of the modern world. The US had more than 90% of people living and working on the land. Today in the US more than 90% of people live and work in urban environments. Further, in the United States, the estimated 21 million metric tons of sulfur dioxide from factories and cars that are released into the atmosphere annually cause serious environmental problems.

This change in the way people live compared to just 100 years ago has impacted the non-physical or subtle energetic levels of the human system. There is no longer any guarantee that the environment nurtures the life force of a human being. Pollution and the pace of modern environments both drain people's life force.

In addition, people are increasingly out of touch with this subtle level of their energetic body, negating its natural protection mechanisms and regenerating functions.

"Life force and *qi* are one. Like fresh air, healthy *qi* moves freely; like stale air, stagnant *qi* is heavy, oppressive, constrictive, and congestive," according to Harriet Beinfield and Efram Korngold in their book *'Between Heaven And Earth: A Guide To Chinese Medicine'*.

## What drains *qi* in the modern world?

### 1. Perverse Energies

The body of *qi* has natural protection mechanisms against perverse and toxic energies. However, when people are out of touch with their life force, much of the functionality of this layer is lost. Some people with CFS benefit a great deal from

getting back in touch with this layer of *qi*. This also involves learning how to seal and protect the *qi* body. One of the results of increased pollution on a physical level is that there are also more perverse or toxic energies to contend with.

In his book, *'Entities, Parasites of the Body of Energy'*, Dr Samuel Sagan defines

the term 'perverse energy' as an energy which is just in the wrong place when in a human body. Dr Sagan says; "Not all *qi*, or (etheric) 'energies', are regarded by the Chinese as being beneficial to health. On this topic, people are sometimes confused by the word 'energy'. They think: 'If it's energy, it must be good for me. One can

## Tips to nurture your *qi* while working in the modern world

Here are a few simple techniques that help to nurture or revive the *qi* body after a long day at the office.

- 1 The first technique of recovering from contact with perverse energies is simply to wash your hands with awareness on the level of *qi*. This can be extremely useful after a period of sitting at a computer or a train journey that left you a little drained. The technique involves placing the hands under a tap of running luke-warm water. Ensure that as much of the inside forearm as possible is exposed to the water. There are important acupuncture points in the inner wrist that can be used to excrete toxic energy from the *qi* body. The technique involves breathing out the perverse energy down the arm, letting it flow out with the running water. You can use the other hand to gently rub the arm with the flow of the water, almost pushing the energy out of the hand. If done correctly, this technique can have the affect of a global flush of the body of energy.
- 2 A great way to revive the *qi* body and flush toxic energies after a taxing day at work or a trip to the shopping mall is to have a good bath. It sounds simple, but

if you soak in the bath with awareness of the level of *qi*, there is a way to actively excrete out any energetic toxins that might have sunk into your system.

In my experience floating in water does more than allow a simple excretion of toxic energies, it also allows an expansion of the mental faculties of a person. This sensation of expansion is the best way to bring about a flow in the *qi* body. When the *qi* begins to flow it is also in a state which facilitates recuperation and regeneration.

One of the greatest problems for many people with CFS is that their life force is grasped or wrung-out by the intensity of their mental or emotional system. If you can picture the mind like a glove that fits gently over the body of life force, it is as if a person with CFS has the glove stuck tightly onto the hand. Therefore many people with CFS end up feeling as if their life force has been wrung out or severely drained. Sometimes the mental or emotional level of a person with CFS is so tightly grasping onto the life force that it cannot expand and let go at times of rest. This stops much of the natural regeneration of *qi*.

- 3 The most successful techniques to combat the drain of mental and emotional stimulation that I have seen are those that work on developing the centres of energy above the head.

Just as there are centres in the body of energy at the level of the physical body, such as the heart in the centre of the chest, there are also centres above the head. Techniques that work on the centres of energy above the head have been found extremely beneficial for some people with CFS. These techniques begin with steps to build the ability to function a kind of energetic muscle. This is particularly useful for people with CFS as they have often got a breach or weakness in their energy that causes a kind of crash or dumping in their subtle bodies making them very ill.

A number of people with CFS that I have interviewed have described a dramatic onset of symptoms like a crash of their energy, a big fall in their energy, a sudden heaviness in their body, or even a weight falling on them causing pain and fatigue. With these sudden heavy symptoms, the simple techniques working on the centres of energy above the head can be practiced to actually avert the 'energetic crash' and dramatically reduce symptoms of CFS.

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never have too much energy.' This completely overlooks the qualitative side of the *qi*. There is actually a great diversity of *qi* energies, some favourable to the body, others toxic."

**2. Mental and emotional stimulation**

Life force supports the physical body and the mental or emotional level of a human being. Therefore, as the mental and emotional levels of people become more

demanding on the life force, it leaves fewer resources for the physical body to draw from. This energetic sense of being drained is more than the physical tiredness experienced after a good day of hard work. **Tiredness that results from mental and emotional stimulation often has the effect of leaving the mind wired or running on overdrive, while the body is battling to go to sleep at all.**

Many people with CFS find that they need to withdraw from the modern world and intense mental stimulation in order to cope with their illness. It is not unusual to meet people with CFS who have adapted their lives to avoid facing lots of intense mental and emotional stimulation.

At the same time, I believe it is important to emphasise that there are people with CFS who find techniques to change their subtle energetic bodies so

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that they can operate in the world without getting exhausted. I have interviewed many people who have shown me that they do get good

results from learning to reduce the impact of mental and emotional stimulation on their energy.

In addition, I recovered fully from CFS using subtle energetic techniques to strengthen my subtle system to the point where I can completely re-integrate into a busy professional life without any CFS symptoms.



Samantha Keen is a journalist and recovered CFS sufferer who has been researching the effects of Chronic Fatigue Syndrome for two years. Her experience has helped her uncover some of the mysteries behind Chronic Fatigue Syndrome. This year, she is writing a book on the topic. Samantha will present a 2-hr workshop called 'Unlocking the mysteries of chronic fatigue' at the Melbourne Living Now Expo from 10.00 to 12.00 on Saturday, 29th April, Flemington Racecourse, Grandstand Function Centre. Tickets are \$20 and may be purchased after entry to Expo. No prior sales.

**Samantha Keen 'Unlocking the mysteries of chronic fatigue'**

Unlock some of the mysteries of Chronic Fatigue Syndrome from the perspective of working with the body of energy or life force. Her workshop looks at: How to identify CFS, how to prevent CFS, how to help someone who suffers from CFS, how other people have overcome CFS, how the body of energy works for people with CFS and how managing the body of energy can bring about a recovery from CFS. Pathways TV, channel 31 is screening an interview with Samantha Keen on Mon 24th April, 9.00am & 11.00pm, Thurs 27th April 3.30pm.

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For details see:  
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