

Energy and Happiness

March 17, 2020 [Blog](#), [General](#), [Insights](#)



[Marc Steinberg](#)



With the spread of spiritual principles as well as the recent discoveries of quantum physics, we keep hearing that everything is energy and, indeed, even that WE are energy... But what does that really mean? And more importantly, what does energy have to do with our happiness?

To be clear, the idea that we are energy isn't just popular belief, it's a physical fact. Physics left the material dimension a long time ago when emerging technology began allowing scientists to conduct experiments below the atomic level, all the way to quants, quarks, and “god particles.”

What has been indisputably proven through all of this research is that on the most subtle level, we are indeed energy. And not only us, but everything in the known universe. Even space itself is not empty, as we once thought. On the quantum level, everything merges into everything else, and everything is connected – meaning that everything impacts and communicates with everything else.

Though we each appear to be separate entities, this separation is merely an optical illusion occurring in our brain. If our brain didn't translate incoming light – which itself is energy – into this 3D illusion, we would see an infinite, colorful ocean of energy.

Given this perspective, we can easily see that everything we are exposed and connected to – internally and externally – impacts our energy, or the electromagnetic field that contains and surrounds our body.

That all makes logical sense, but how does it relate to happiness?

Well, we can experience happiness in two ways.

1. ***The first way we experience happiness is by getting what we want, which is conditional.*** If we get what we want, we're happy; if we don't get what we want, we're not happy. It's as simple as that. The problem is that this type of happiness will always be temporary because conditions are always changing. Thus, conditional happiness never lasts. Even if we get what we want in one area of our life, if our desires are not met in other areas, our happiness is incomplete.
2. ***The other way to experience happiness is the spiritual way, which is not conditional.*** We are just happy, regardless of any circumstances. For this, all of our four bodies – physical, mental, emotional, and spiritual – need to be healthy and in balance.

If you've ever been ill or in a lot of physical pain, you know that it is difficult to be happy when the body is out of balance. And there are many factors that can cause an imbalance in the physical body including unhealthy eating habits, insufficient exercise, overuse, and so on – generally speaking, too much of one thing or too little of another.

However, we also know that we can be perfectly balanced in our physical body but have a very unbalanced mental body; as is the case if we are unable to get adequate mental rest or we are overwhelmed by negative thoughts, isolating belief patterns, and other limiting or pessimistic states of mind.

Likewise, when our emotional body is off-balance, we can be physically healthy and mentally balanced, yet feel unhappy nonetheless. And while many define the emotional body as simply a part of the brain's limbic system, in truth, it stretches all over our entire body. All of our traumas – any unresolved, emotionally incomplete events that happened in our past or even in past lives – are stored in certain areas of our body in what is called our cellular memory. As long as our cellular memory carries these traumas, our emotional body will be unbalanced to some degree.

Lastly, there is the state of the spiritual body. While it is very subtle, the well-being of our spiritual body *can* indeed be sensed, and it is a very important affair. You can begin to get a sense of your own spiritual balance by asking yourself the question, "Is my soul *smiling*?"

Because this body is the most subtle of the four, some may think that they can get away with being unbalanced spiritually as long as all of the other bases are covered. However, we've all seen countless sad examples of famous and well-loved people for whom happiness was elusive despite having all the physical luxuries and material wealth they could ever want. In those tragic cases, it is strikingly apparent that even when all other bodies are well and balanced, if the soul isn't smiling, happiness can never truly be experienced.

Just as we need all 13 vitamins to live – and we can't get away with just 12 – we need all of our four bodies to be happy in order to experience unconditional happiness. This is the Holy Grail for which everyone is consciously or unconsciously searching.

And just as nutritional needs can vary widely from person to person, the composition of each person's four bodies is incredibly unique and individual. There isn't a one-size-fits-all recipe that works for everyone. We each have to find out for ourselves. And the fastest way to do that is by learning to sense whether one's energy field is expanding or contracting.

Our energy field is always a representation of all of our four bodies, and energy always moves – it never stands still. From moment to moment, our energy field is consistently expanding or contracting; sometimes dramatically, but often just subtly. However, it always can be sensed.

This contraction or expansion happens both horizontally and vertically. Vertically, it means that our energy ascends or descends; we can call it high and low frequency. The higher our energy ascends the better our lives work, the better the law of attraction can serve us, and the closer we come to our divine source. However, the contrary is also true. The more we allow our energy to descend, the less our life works, the lonelier we feel, and the harder it seems to realize our destiny.

If you desire to find and live in unconditional happiness, you need to educate yourself about all the aspects of your energy field. By courageous experimentation and sensing you will discover what expands and contracts your energy and thus, what makes your energy ascend or descend.

It may sound like an arduous task at first, but the result of a life lived in true happiness is more than worth the effort. It's a fantastic and most gratifying journey.

With love, Marc