



The Tesla Principle

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As energy practitioners, we realize that energy is far more than something that turns lights on and off or runs our cars. We understand that we are made of energy and that we interact with people and animals on an instinctive, energetic basis. All living and non-living substances are made of vibrating electromagnetic energy – just like light, sound or microwaves. We literally send off an invisible electromagnetic field in all directions, like ripples created by pebbles tossed into a pond. This energy field is a connection to our animal companions, wildlife and natural surroundings. It connects us to every being on the planet.

Scientists recently made a profound discovery supporting this concept when they captured the Higgs Boson or “God Particle.” According to particle physics, every field must have a particle associated with it – the pebble in the pond. We may not be able to see the waves, but if we find the pebble, then we know the pond exists. The Higgs Boson was theorized to be the particle associated with an energy field that connects everything – hence the name God Particle. After years of painstaking work, the Large Hadron Collider in Europe measured the Higgs Boson. Science is now proving what spiritual teachers have always maintained. We are truly all the same - all species are part of the same “force field.” The human-human and human-animal bonds are not only emotional - they are *physical*. When we think of someone, we are instantaneously connected because we are part of the same energetic soup. Have you ever thought of someone with whom you have not talked in a long while

and they call out of the blue? That is not coincidence – that is nonverbal energetic communication through the ethers of the cosmos.

Long before the Higgs Boson there lived an eccentric genius named Nikola Tesla. Among his inventions are alternating current, the radio, appliance and ignition switch motors, and the Tesla coil which creates an electromagnetic field. His theories led to the development of Magnetic Resonance Imaging (MRI), an advanced technique that helps healthcare providers see the body in a way that is light years above a standard x-ray. In addition, he has a pretty cool car named after him.

One of the most well-known stories about Tesla involves his theory of magnetic resonance. He believed that if an oscillating device is placed on a structure, it would ultimately cause its demise. The oscillations would resonate with the structure’s inherent frequency and slowly cause it to vibrate. With each oscillation, the energy intensifies and the vibration of the structure magnifies. It is similar to a child on a swing – with every gentle push she goes higher than the time before. Ultimately the physical composition cannot withstand the force and breaks down. Collapsing bridges and opera singers shattering crystal glasses are two examples of this concept. Tesla decided to test his theory. He placed an oscillating device on a support beam in his basement laboratory. The police arrived within hours because tenants had called to report an earthquake. The entire building was shaking!



It was only natural that I read Tesla's work because I grew up hearing fascinating stories about him. He is a distant relative of mine, and my father made sure we knew who he was and what he contributed to humanity. Then one day I had my "ah ha" moment. After re-living a painful situation in my life for the seemingly thousandth time, I realized it was just like Tesla's theory of magnetic resonance! The players may have been different, but the underlying dynamic was the same – over and over again. If oscillating devices can tumble a skyscraper, why can't a repeating energy pattern topple our lives? As with Tesla's oscillating device, our childhood wounds are energy patterns that recur over and over, becoming increasingly stronger.

tioner, I have come to see animals as a wonderful expression of *The Tesla Principle*. Guess who comes into our lives and reflects our oscillating patterns back to us? Can you conceptualize that your two dogs fighting with each other is a sign that two humans are not getting along? It may be spouses, parent and child, or boss and employee, but an important relationship needs to be healed. Moreover, the oscillating pattern began as a childhood relationship that was not healthy, so it returns through future relationships. If these or any of our other patterns are not illuminated and healed, they will continue to manifest until something crumbles —just like Tesla's skyscraper. This could be a relationship, a career, or our bodies.

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We believe the obstacles holding us back in life are *new* problems or the current disease is a *new* illness, but they are not. They are physical manifestations of an old wound recurring in different forms, waiting to be acknowledged. I call this *The Tesla Principle*.

We cannot heal a disease or relationship until we understand what it really is. In fact, *that is what healing is!* Healing is becoming aware of our energetic patterns, discovering what they teach us, and learning how to stop reacting in a negative fashion. If we perceive ourselves as victims, the cycle will continue. Once we understand this concept, we can respond differently and get off the "swing." Moreover, this energetic completion is the reason we exist – our very life's purpose. With this finishing point comes healing, balance, harmony, and the expression of our highest self. Our life flows more easily and gracefully and we are able to experience peace in the midst of suffering. I invite you to look back over your life. Can you see your recurring patterns? They are also played out generation after generation, lifetime after lifetime.

As a veterinarian and Healing Touch for Animals prac-

You may not think that your cat urinating on your favorite oriental carpet is a high spiritual purpose, but it is. He is illuminating your own life by "acting out" your energy. Perhaps you are unwittingly permitting someone to take advantage of you OR "piss on you." Animals may exhibit unwanted behaviors, but they are never inappropriate when they help us see an energy pattern that needs to complete. In this way, our pets guide us through life. It is part of their higher purpose.

Horses also mirror what we humans need to see. Anyone who does equine therapy, and who is *really* in tune with the horse, knows that *it* is doing the work. I smile to myself when I watch a session in which the human therapist is trying to control the situation. I know the horse is helping the patient and therapist by *not* letting them have control.

I have been blessed to be a part of true healing with *Equine Assisted Awareness*, a therapy that was shown to me by very some gifted horses. Horses reflect our *Tesla* patterns back to us through their behavior and channel a beautiful healing energy for each partici-



pant. Any horse can be a conduit for this work and it is an amazing process to experience.

Is this not true of all animals? I believe every animal can provide us with energetic wisdom, even on a larger scale. They reflect what is happening with humanity. As long as there is a child being abused, we will have violent dog fighting. Some animals do more than reflect our energy patterns. Feral cats, for example, show us poverty and also hold a healing space for the humans and other animals living in difficult conditions. When there is no more poverty and homelessness, they will not be needed.

I invite you to look for the patterns in your life and open to a new mechanism for healing. Be aware of when you are being the angry or woeful victim. That state of being only energizes patterns and never allows for completion. When we understand that our own energy fields are creating everything in our lives, we cannot blame others. They are merely acting as our *Tesla* patterns require and playing the role of the people from our childhood. This includes both two-legged and four-legged “actors.”

Do not resist what is happening. Instead, see it as your life's purpose to understand the wisdom within the situation and complete the cycle. This may be a difficult task, depending on the severity of the original wound. It may require help from a caring professional or spiritual advisor. I truly believe that life was not meant to be abusive. Humans somehow became disconnected from their lifeline of positive energies. This allowed people to lose themselves in darkness which resulted in horrific acts for many children. Healing those wounds takes time and support.

I suggest a three step process to work toward completion of *Tesla* patterns. This helps us connect to our intuitive side and allows illumination of our highest path. It is very simple, yet may not be easy. The steps usually need to be repeated many times as the *Tesla* patterns return in different forms. Be patient and have fun with it! When you can laugh at your patterns, you will know you are very close to completion.

First: Be aware of when you are being triggered. What emotions are you feeling? Experience them – what we resist persists. If this is too difficult to do alone, work with a professional.

Next: Ask yourself, what wisdom is imbedded here? How can you work with it for the greater good? Take a deep breath and be still. You may receive a visualization or message right then, or it may come during other quiet time of reflection.

Lastly: Think of something peaceful that allows your heart to open. Visualize putting the energy pattern right into the higher vibration emanating from your heart chakra. Then let it go! Be patient – you will see results as problems solve themselves or you will receive clear guidance on action steps needed for resolution.

I also invite you to look at your pet's “bad” behavior differently. They are walking a path with us and open doors to greater self-awareness and healing. Animals are our connection to power and teachers of wisdom. They work incognito, in different forms, yet knowingly lead humanity to wholeness. All we need is to be open to their messages and receive their gifts. My hope is that someday each of you will come to know them as the energetic teachers I believe they are.

The spiritual landscape is shifting. More and more people are reconnecting to their intuition and searching for a higher purpose. It may not look like it now, but peace is being created on the planet. As each of us complete our *Tesla* patterns and find peace in our own lives, we make the journey easier for all who struggle. Consider walking into the painful emotions and look for the wisdom hiding within them. Tell yourself to get off the *Tesla* swing and see what starts to open for you. Keep the pure intention of moving forward and completing all old patterns. Most importantly, remember to stay in a calm, peaceful place – where all true healing exists. €