

WHY AM I SO TIRED?!

BY ANTONIA HARMAN

"I feel that something is depleting me, messing with my energy levels. I used to wake up in the morning feeling great, now I am always shattered and it doesn't feel right!"

My friend said this to me one afternoon. Hmm I thought, what the heck is up? I scratched my head for a second, whilst waiting for inspiration. My first question was *"What time does the tiredness come on?"*

Having studied bits of Chinese medicine I know about the 'Meridian Cycle'. This translates to 12 organs, each with a 2 hour slot in the 24 hour clock. During their processing time, Chi energy is focused on the meridian, strengthening and vitalizing the organ associated. If your organ is in 'toxic state' when the cleansing starts, there can be some side-effects. These range from nausea, coughing, fever, aches and pains, chills, sore throat to fatigue. If you get a couple of these symptoms at the same time most days, then you may have an issue with the corresponding organ.

In a former existence I worked in an office. I would hit a wall at around 5pm daily and be forced to have a biscuit or two. That was partly so I could have a gossip with my co-workers, but I would notice tiredness come on around that time each day. I later learned that 5pm is a changeover time, going from bladder to kidney. This meant I had a weakness in both of these organs. I have subsequently done quite a bit of work to strengthen them, and I no longer feel I need a 5pm nap! Similarly, if you wake up between 3am and 5am regularly you may well have a problem with your lungs, this often happens to smokers. I myself am partial to a tippie here and there, when I do; I sometimes wake up around 2am wide awake and have a job getting to sleep again. This makes sense as 1am to 3am is your livers' turn to regenerate.

So, my first question was *"What time do you get tired?"* assuming I would be able to pinpoint the lacklustre organ and get to work. Her response was not as I expected: there was no specific time. Okay, thinking cap back on. Diet - was she eating a food that her body was sensitive to? When we

eat food that our body recognizes as a threat, it takes a whole lot of energy to process it. It is basically a poison to us, so our bodies have to work extra hard to expel it. I went through a list of potential allergens. There were items that she was sensitive to, but as she was fairly in tune with her body she was already avoiding them, and did not miss them. I offered to help her clear the sensitivities, but that was the job for another day.

So, the time that her fatigue hit appeared random, not tagging a particular organ. Neither did it seem diet-related. Back to the drawing board, and another scratch of the head. It was time to think outside the box.

What next? Inspiration struck and I started to scan energetically. I noticed a gash in her energetic body around her forearm. Eureka! But what was it?

I probed a little deeper. I could see a nasty-looking hook lodged in the hole. The hook was attached to something; it had a tail leading off into the distance. Having studied Vortex Healing® for a number of years, I had heard of energetic hooks, although I have developed this concept a lot further.

At last I figured out what was making her tired! This hook was siphoning off her energy, depleting her 'life force'. My friend also mentioned that over the last few months she had developed what she described as 'hazy brain' and 'couldn't think straight', which was affecting her at work.

What next? Well I had to remove it of course. I took her hand and energetically carved out the hook. This made an even bigger gash in her energetic body. I need to repair it. If I didn't, she could easily get another and would still be leaking energy, all be it at a slower rate. Time for some 'dynamic meshing' to seal up the hole. That works in a crisscross pattern, with many thin layers. It looks kind of like a chess board during the process. Curiously a bruise came up on her arm seconds after I removed the hook, a metaphysical by-product made physical.

My friend was obviously intrigued by what had happened. She experienced physical pain in the location of the hook when I removed it. Then within a minute the discoloration had appeared. In the next few days her energy levels started to return to normal, and within a week she was buzzing around at her natural optimum level.

She is not the only one. Whilst I was studying, I became friends with an artist called Samantha. We were on a course together in Holland, when I had just started dowsing with a pendulum. After dinner, I was playing, checking which foods she was sensitive to. The results were strange, although she was very sensitive to common allergens such as yeast and coffee she was also not getting the vitamins from any of the foods we tested, and we tested all sorts. I looked into the absorption and utilization of nutrients in her small intestine, as 90% of absorption happens there, and managed to get those working at 100%, using Vibrational Medicine.

A while later she still did not feel as though she was getting all the goodness from the food she was eating. I looked at her again, and started to scan. I saw a hook coming out of her small intestine. It was leaching energy from that area specifically, so although on the surface her small intestine was functioning well she was not getting the full benefit. I removed it, and 'dynamically meshed' the breach. I had a sneaking suspicion that we were not there yet, I scanned her again and saw another hook in her right temporal lobe. I simultaneously experienced an empathetic pain in the identical place informing me that there was indeed an issue there. When I pointed out the spot on my head, she told me she had been experiencing migraines stemming from that point for a number of weeks. This was an especially nasty kind of hook, as well as siphoning off life force it was also injecting pollution. Once they were gone, she was in much better shape, as she could access the proper amount of nutrients from her food.

I was treating a client yesterday who had noticed a steady decrease in energy over several years and a 'confused brain' as she called it. I commented that she may have some hooks in her energy system. Elaine then mentioned she was having 'communication issues at work' and was unable to express herself. She was about to take a management position and was concerned that people would walk all over her and 'take credit for her hard work'. As I scanned her system I saw she had a hook lodged in her throat, it was directly leaching off her power to articulate. After removing it, I noticed another in her lower left abdomen, and one in her occipital lobe, in the back of her head. I dislodged them both. Next I 'dynamically meshed' all three gashes and charged up her system.

In the consultation afterwards, I mentioned the places where the hooks were. She had been experiencing ongoing pain in her lower left abdomen. Elaine assumed the pain to be related to her appendix, however the appendix is in the lower right abdomen, so was not the cause, nor was it involved. It seemed to me to be linked to her large intestine, which was not working to its full capacity due to the hook. The one in her head was likely to be the major cause of her 'confused brain'. I also advised her to wear a turquoise scarf or a necklace with a turquoise crystal. This helps with communication, although I had removed the hook, it is also a good idea to open the throat chakra to aid with free expression, especially if you have been stifled for some time.

Energetic hooks are a problem as they can affect anyone. People in esteemed positions are likely to be the target of a hook. This could be from the cheerleader at school everyone was always jealous of, the mother who seems to have it all under control, the business man who is earning big money, to someone who is always in the limelight. Negative focused attention can create hooks. They are very tough to release as they are coming from the outside in. You need to be very much in your power to remove them, and even then they don't always shift.

If you do get them removed it is also crucial to have the gash 'dynamically meshed', or your energy will still be depleted, albeit at a slower rate. If you don't do this then another hook could appear. Energy work such as Tai Chi, Chi Gong and even Yoga will help prevent hooks attaching, as they strengthen your internal energetic field making you less susceptible to attack. If you do feel as though your energy is being tapped, it is a good idea to have your system checked, hooks removed, the holes sealed, and your system as a whole boosted or charged. If you are in the public eye especially, or simply stand out, you may be the target of hooks and regular check-ups are recommended.

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