

## Awaken Your Spirit

By [Harrison Barnes](#)

The most productive state you can be in is when you are “awakened” in a way that drives you toward a goal with an almost unstoppable “fire in the belly.” People who experience this awakening have an enthusiasm within them that moves them in an almost spiritual way toward achieving certain results in their lives.

- The energy is spiritual and religious.
- The energy is sexual.
- The energy is physical.
- The energy is mental.
- The energy gives a higher state of consciousness.
- The energy is metaphysical.
- The energy is bioenergetic.
- The energy is psycho-spiritual.

People who experience this sort of awakening and tap into this energy often become enlightened and inspired—and may also become very wealthy, famous, and successful. This energy can produce genius. Once you are able to tap into this energy, your life and experience on this earth can change profoundly. People with this energy are able to drive incredible transformations in the world and people around them.

This energy—available to all—is a cosmic, primal sort of energy that has been written about for thousands of years:

- In Christianity, this energy is called *the holy spirit*.
- In India, this energy is often called *prana* or *kundalini*.
- In China, this energy is called *ch'i*.
- Russian psychic researchers have called this energy *bioplasma*.
- In ancient Greece, this energy was called *ether*.

Even Carl Jung wrote about this energy. According to Jung, there are more than fifty synonyms for this energy used in various alchemical literature. Each of these synonyms is used to talk about this force that drives movement, thought, perception, and other activity. This energy is referenced in the Bible as “the solar principal of man,” talked about in the Koran, in Kabalistic writings, in Hermetic writings, in Masonic literature, and in works by Plato and other Greek philosophers.

It is this sort of awakening that can drive people toward incredible levels of achievement in virtually any discipline. Without this awakening and being moved by this energy, most of what you do will be merely “normal” and will likely be uninspired and not notable in any respect.

In referring to this energy, much of Western civilization rolls its eyes and acts as if it does not exist, or ignores it. Much of Western civilization is based on rational, scientific-oriented thought and not the unseen, spiritual energy I am referring to here. I would go so far as to say that science today has the same sort of mind-set that occurred during eras such as the Spanish Inquisition: Namely, arrogance and dogmatism, and the idea that nothing besides it is correct. In fact, science largely ignores the spiritual side of humanity.

Most people are unable to conceive of a state of consciousness that is vastly different from their own. A child, for example, cannot conceive of what it is like to be inside the mind of an adult. Someone without an innate gift for music, for writing, or for math, cannot imagine how the mind of someone so inclined works.

Most of us simply cannot imagine what this energy is because we cannot step outside our own thought processes and ways of perceiving the world. A bloodhound, for example, can follow someone's trail for hundreds of miles despite thousands of other smells left behind by other animals. Whales can sense squid miles beneath the surface of the water using sonar. A bee uses polarized light to see that which is invisible to people. We cannot conceive of what it would be like to have senses like these at our disposal—just as most people cannot perceive what it would be like to awaken this energy (which is available to us) that I am speaking about.

People who have awakened and used this energy include people as diverse as Jesus and Hitler. Others who have likely had this energy include:

- Beethoven
- Albert Einstein
- Emily Dickinson
- Mark Twain
- William Shakespeare
- Buddha
- Michelangelo
- Benjamin Franklin
- Socrates
- Rosa Parks
- Ernest Hemingway

- Mahatma Gandhi
- Henry Ford
- Leonardo da Vinci
- Abraham Lincoln
- Steve Jobs
- Thomas Jefferson
- Charles Darwin
- Thomas Edison
- Martin Luther
- Napoleon
- Plato
- Nelson Mandela
- Muhammad
- Florence Nightingale

The people listed above had an incredible level of energy and enthusiasm to make a huge contribution in their lives. They each were able to contribute a level of inspiration to give mankind an insight into higher levels of consciousness and reality.

People in history who were able to start and lead huge movements and inspire millions of people, in most cases, had access to and brought this energy out in themselves. For example, books such as *The Spear of Destiny* and *The Occult and the Third Reich* propose that Hitler and many others in his inner circle engaged in many activities—such as yoga, the use of psychedelic drugs such as peyote, and other actions-- to raise consciousness. Hitler's ability to enlighten his mind in such a way led him to once say to one of his generals that, "The purpose of human life is to gain a mystic view of the universe."

It is important to understand that this view of Hitler is far different from the way most people perceive him. In history, Hitler is typically portrayed as a regimented and one-dimensional character. The reality, though, is that he was someone whose life was dedicated to tapping into a significant energy that the most powerful figures in human history have also tapped into.

In understanding this energy, it is important to understand that it can be used for either good or evil. The Hitlers of the world are those who, of course, ended up using the energy for evil. The use of the energy could have been used for good and to better humanity—but ultimately ended up being used for evil. Inner vision and genius became distorted in a way that was evil.

The energy I am speaking about is not recognized by science. Once this energy is activated, though, you will experience a great ally in any effort you engage in. This energy makes huge obstacles easier to conquer, gives you vitality, and can advance everything you are trying to achieve very quickly.

When you see people prancing around on television with a fiery spirit trying to sell you this or that, many of these people have awakened this energy. When you hear about people overcoming incredible hurdles in their [careers](#) and persisting despite massive obstacles, many of these people have awakened this psychic and mystical energy.

Your brain is the most powerful computer on the planet. In fact, very few people ever tap into its full power. If you tap into its potential, you can use it to create just about any result in your life you have ever wanted. What you do not realize, though, is that in order to get your energy going, you need to tap into the full power that is within you.

You have a power within you (we all do) that will allow you to succeed and achieve beyond your wildest expectations. Tapping into this energy will allow you to ignite yourself so that you can achieve your very fullest potential in your life and career. Tapping into this energy will allow you to successfully break through all of the limits that may have stopped you or slowed you down in the past. When you tap into this energy, you will know you have done so because nothing will ever be able to stop you.

How do you release this energy within yourself and what can you possibly do to tap into it? I have a few suggestions and, to help you understand these suggestions, I will relay my own experiences to you on this subject. I believe that the "spiritual side" of life and the power that can come from tapping into this power is profound.

While it is not talked about a great deal, most religions exist primarily to bring awareness of this energy out in every human being. I do not care what the religion is—Christianity, Islam, Buddhism, Hinduism—the aim of every religion is to bring out this awareness. Different forms of yoga and meditation try to bring this out as well. Some people use drugs in an attempt to awaken this energy (not advisable). More modernly, many motivational speakers also try to bring this energy out in people, using nondenominational methods. To some extent, various forms of physical fitness are even our personal attempts to bring out this energy.

When you drive down the street in any decent-sized city, you will see churches, gyms, pharmacies, and yoga studios. When you watch television, you will see motivation-oriented speakers and products being advertised. Our world is actually run around—and revolves around—people trying to tap into this energy. When you look at most wars, the wars are about one school of thought fighting for what they believe is their correct form of tapping into the energy over the other. Whether it is the church, the temple, the mosque, the yoga studio, the gym, or the motivational seminar—everyone wants to tap into this energy.

I could write in greater depth about this energy, but my thought is that whatever religious and/or quasi-religious way of finding this energy appeals to you the most is how you should go about seeking it. However, if you get involved in a religion, yoga, a self-help movement—or something similar—you should remember that *you are there first and foremost to discover the energy within you and not to participate in the organization's politics*. There is nothing wrong with being involved in the politics, of course, but you should never let it distract you from your spiritual mission. I have known far too many people who let the politics of their attempt to awaken their spiritual energy get in their way of the awesome power of what the organization offers.

For example, I have met many Catholics who were so put off by the politics of their church growing up that they turned away completely from the religion. This is a huge shame because the religion has many positive aspects. I have known people who became very involved in the yoga community and turned away due to the political nature of it. The same goes for motivational sorts of movements. Regardless of who you are, remember that you want to bring out this energy I speak of and that is why you are there.

Once you decide you want to tap into this energy, the next thing you need to do is throw yourself into whatever method you

have chosen to bring it about. Most stories of people who have experienced this profound transformation, involve them undergoing a period of intense study and immersion in their chosen method. It could be weeks, or it could be years; however, at some point and after much dedication, the person can be overtaken by this energy and knows that it has arrived. From then on, the life of the person is never the same.

One famous “awakening” was of that of Gopi Krishna, an Indian yogi. After meditating for many years, he had an experience at the age of 34, which he describes as a *Kundalini* experience:

Suddenly, with a roar like that of a waterfall, I felt a stream of liquid light entering my brain through the spinal cord.

Entirely unprepared for such a development, I was completely taken by surprise; but regaining my self-control, keeping my mind on the point of concentration. The illumination grew brighter and brighter, the roaring louder, I experienced a rocking sensation and then felt myself slipping out of my body, entirely enveloped in a halo of light. It is impossible to describe the experience accurately. I felt the point of consciousness that was myself growing wider surrounded by waves of light. It grew wider and wider, spreading outward while the body, normally the immediate object of its perception, appeared to have receded into the distance until I became entirely unconscious of it. I was now all consciousness without any outline, without any idea of corporeal appendage, without any feeling or sensation coming from the senses, immersed in a sea of light simultaneously conscious and aware at every point, spread out, as it were, in all directions without any barrier or material obstruction. I was no longer myself, or to be more accurate, no longer as I knew myself to be, a small point of awareness confined to a body, but instead was a vast circle of consciousness in which the body was but a point, bathed in light and in a state of exultation and happiness impossible to describe.

Gopi Krishna believed that most religions were founded by someone who experienced a similar energetic awakening.

However it is that you get to your full potential in your life and career, you should know that there is a higher form of energy you can tap into and make use of, which has been used by the most influential people throughout history.

### **THE LESSON**

You are in your most productive state when you are “awakened” and driven towards your goal. Once you experience this kind of awakening and tap into your inner drive, all aspects of your life can profoundly change; people with such drive attain incredible levels of achievement in virtually every discipline. The most successful people throughout history tap into this higher form of energy to achieve their goals, and you can too.

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