

# Hurting Others with Energy: Part 2

by Penney Peirce

You may have noticed that the vibration of our planet and body has been steadily increasing. This causes us to become more ultrasensitive and empathic. We feel more. We're learning to live by and use "frequency principles"—the way energy and awareness actually work—and we are penetrating into the reality of the Golden Rule. We are realizing why it is the core truth in every religion, and are discovering more subtle ways we hurt each other and ourselves—with energy. Today, because we can feel the more nuanced repercussions of negative thought and behavior, what used to be glossed over as "nothing much" is now being understood to be as detrimental as the seven deadly sins.

## ↓ WE ARE ALL BECOMING SENSITIVE, EMPATHIC, AND TELEPATHIC

Because the world is accelerating, we're becoming ultrasensitive, which means we're building more skill with reading energy patterns, deciphering preverbal telepathic communication, and feeling more of what's going on under the surface. We can practically read each other's minds and bodies now. If someone is judging me, for example—no words spoken—I may immediately feel unwanted or unloved without quite knowing why. It can take a while to realize what happened and return to my own deeply comfortable home frequency or preferred state.

When what's expressed verbally by another person doesn't match what's being thought internally, we sense it now more easily than ever before. Even these sorts of subtle "lies" or misalignments—which can cause confusion, blocks to clarity, and the contraction of energy—can be thought of as hurting others and ourselves. When we cause confusion for others, we hurt them in a subtle way. Whenever we make things more difficult for others, we hurt them with energy. When we communicate clearly, though, and say what we're feeling and thinking in a tactful way, we relieve hidden tension and this becomes an act of compassion.

It also hurts others when we think negative things about them or don't believe in them. Because we are so telepathic today, we *do* pick up on the thoughts around us, even at a distance, especially when they're aimed at us. If we're not centered and conscious of what we're noticing, it's easy to fulfill other people's negative expectations of us. I wrote a poem about this once:







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don't hold a friend  
to the fumes of past fears  
if they rise as a vapor  
in your presence—  
hold a moment longer, won't you?  
and wait for what's real,  
see beyond  
what the Soul is evaporating  
with Her heat;  
see Her warm motive  
steadily persist

### WET-BLANKET OVERLAYS

Another subtle way we hurt each other with energy has to do with projecting thoughts, feelings, needs, and whole realities onto others. “You’re great because you fulfill my needs. You complete me.” We used to glorify the kind of love where we *needed* each other, but now we see it as codependence that doesn’t allow either person the freedom to evolve without setting off the wound of the other. If your friends or partners aren’t happy for you when you grow to become more of yourself, this is a new sort of pain. When someone has expectations of you (you’ll follow in your father’s footsteps, right?), or pity for you (What a shame you failed the bar exam; maybe you’re not cut out to be a lawyer), or even great envious admiration for you (You’re much more talented than any of us!), this projected *attention-with-an-agenda* can handicap your consciousness like a wet blanket thrown over your head. You first must see through the projection, then separate yourself gracefully and compassionately, give their energy back to them, and help them understand that only they can provide themselves with the experience they need.





**Be careful with your words.  
Once they're said, they can  
only be forgiven, not forgotten.**

When two people enter into an intimate partnership, and one projects fantasies of a certain kind of life together onto the relationship, believing the partner will behave a particular way, this also causes a subtle pain, because there is no faith in the spontaneous creativity of both people to bring forth their best selves and a co-evolving life. There is even a way of praying for or trying to heal others that can be debilitating: when someone

believes strongly in the badness of your situation and wants you to change so they themselves won't feel bad when they think about you . . . then the prayer or healing carries their own agenda, which may not be at all what's needed for evolution.

So whenever we limit the potential of another person's soul expression, we hurt them, and we hurt ourselves because what they might have offered could have been crucial for something we need for our full soul expression. Whenever we second-guess what someone is going to say, or finish sentences for them, we deny them the freedom to be creative and spontaneous. Wherever we sacrifice our own self-expression, we hurt ourselves, and others, because they may have needed what we were going to express via our joyful creativity.

### **WORKING WITH THE INNER BLUEPRINT**

Whenever you make an agreement, you create an inner energy blueprint that begins to shape an external reality. As soon as an inner blueprint is set, defined, and agreed upon, the energy tries to materialize. So when you say you're going to do something, then don't follow through, the energy that started flowing toward the goal dams up and stops partway there. Jammed up energy always feels painful.

For example, in a romantic partnership based on the desire both people have for transformation, when one partner decides he or she doesn't want to change so fast and retreats to old controlling behaviors, this causes pain. The inner blueprint was trying to materialize according to the original

agreements, and now the external actions are out of alignment. Therefore, results materialize in a chaotic way because the energy can't flow through cleanly. Clear communication at this point allows them to reassess their positions, and they can then agree equally on a new, *true* inner blueprint, which relieves pressure and frees the Flow to materialize a new appropriate reality.

When people shift midstream without consciously communicating and re-negotiating a new inner blueprint, a lack of congruence arises, which feels painful in its confusion and contraction. When you set a process in motion then jump ship midstream, or expect others to read your mind and adapt to your wishes, or let them clean up after you as if they don't matter, this is a kind of cruelty.

Here's another example. When you borrow money with an agreement to pay it back or when you are paid to provide services or products, then default on the loan, the business deal, or declare bankruptcy, you cause a misalignment and block in the flow of energy. You have created a financial debt, and an energy debt as well. You've hoarded energy

and validated the reality that there is lack. Validating realities that are not in alignment with universal principles causes subtle forms of pain. Anything that is out of harmony with universal laws causes pain, and eventually intensifies and builds into problems, stuck places, systemic breakdowns, and failure.

I am using the word *pain* here and it's interesting to note that there are various frequencies and levels of pain. To me, when I feel into what pain is, I get that it is a place in yourself where you don't place enough attention to be able to feel yourself—your soul—right there. You're avoiding something and creating a “void”! When and wherever you don't feel yourself as the soul, you have the sensation we call *aching*. An ache is really a yearning to reunite with all of yourself, to remember who you really are, so you can relax into that and feel naturally ecstatic and harmonious.

In Part 3 of this exploration, I'll touch more on how our growth, our empathy, and our feeling and perceptual habits can turn these hurtful habits around.

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