

In this
**Creatrix Experience
Sourcebook**

- What *IS* Energy ?
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- * **NEW** * *The Creatrix Experience Sourcebook Library*

This is the first of several *Creatrix Sourcebooks* which I'm writing this year. Each gives you a snapshot of a specific subject along with practical ways to braid it into your life & business. You can read the sourcebooks here or get your own printable version in the [NEW Creatrix Experience Library](#).



* ENERGY

Before I jump into this fascinating & rather mysterious topic, I'll tell you what I mean by "Energy" so we're both on the same page. I can go pretty deep when I'm talking about my favourite research subjects, so I'll do my best steer clear of any rabbit holes!

Energy is everything.

Literally.

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You can use other words to describe it -- light, information, chi, life, spirit, *the thinking stuff*, God, the universe. Or you might like my favourite definition, Source. This is the animating force of the universe(s) which has no beginning or end. It not only provides the building blocks for everything manifest but it also does the building (using nature & we humans as “tools”).

Energy also exists in an unmanifest state, as basically nothing. I’m steering clear of scientific explanations today as anti-matter, black holes & dark forces aren’t my specialty. However, I will talk about the *seemingly invisible aspects* of energy and the “Field” which is where I do much of my creative work.

What does it mean to *read* energy?

You can substitute “read” for perceive. When energy (as vibration) enters your 3-D body, it’s registered in some way, *always* in your body & *usually* in your brain. The interesting part is that we often record energy subconsciously. So, if you want to perceive it, you’ve got to draw it into your logical, conscious brain.

Imagine you’re hauling recorded energy up in a bucket from the bottom of a well. Once it reaches daylight, you have a *new* awareness in your system.

This may sound complicated & *it is*, but we are built to do this. We regularly entertain up to 70,000 thoughts a day or about 48 per MINUTE! Our thoughts travel faster than the speed of light which means we think almost 100 times faster than a computer PLUS we learn, naturally. Computers can’t do that (at least for now...)

We are amazing, simply complex beings!

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*** 3 Powerful Ways to Read Energy**

We are also energy beings.

Energy is ALWAYS flowing in/through/around us. We swim in a sea of energy, a fact which our logical brains often choose to either ignore or pretend not to understand.

We use our perceptive senses as tools for gathering & exploring information from inside & outside ourselves. To keep things simple, I categorize the different ways to read energy by how "it" enters our awareness.

1 - Basic energy access points = your physical 3-D senses

These are obviously the most recognized & accepted senses. We played with them as infants, were taught about them as toddlers & by the time we were in school we could easily rhyme off our FIVE senses: Sight, Hearing, Taste, Touch & Smell.



Scientists have explored our senses since forever & still aren't 100% sure how they work (or not). What they do know is that each records vibration as raw data & stores it in its own specific part of the brain. These "files" wait to be pulled up at the perfect moment to be processed by the brain & finally understood.

Some people are born with more refined human senses. Others choose to study & practice to expand their ability to perceive into *higher octaves of vibration*. In both cases, these people are better at using their 5 senses than "normal" people.

For example:

An artist who can see & remember more nuanced colours than others.

A pianist or experienced textile artist who can sense the most minute changes beneath their fingertips.

A professional perfume sniffer, a "nose", who can pick out the subtle differences & complex layers of scents.

An accomplished musician or linguist who can detect sounds which go unheard by everyone else.

A great chef or sommelier who knows exactly the tastes they are seeking & which ingredients to combine to get them right.

2 - Advanced energy access points = your non-physical senses

Unless you had a very progressive education, I'm pretty sure you didn't hear about the "Sixth Sense" until your early teen years. This is an umbrella name for things you perceive but can't explain how. I was born knowing how to use these intangible senses. Even as a little girl, I was mesmerized by anything that had to do with precognition, clairvoyance & communicating with spirits. (This made my "catholic" childhood even more interesting...**ahem**.)



I can't remember when I first heard about the "Clairs" but giving names to the various ways I picked up non-physical information helped me to understand how I function & focus on those which suit me best.

Working with the clairs means that you receive information via these senses when there is no 3-D source or logical evidence for what you have perceived. For example, you see a light in the middle of a dark night, smell perfume when there's nobody around or you know what someone else is thinking. This typed of information is coming mainly from your *personal field*, you might call it your aura, or soul.

There are various lists of these hyper "clear" senses which tell you what sorts of information you might receive from each.

Here's my Clairsenses List

Clairvoyance – remote viewing, inner visions, visualization, prophetic dreams

Claircognizance – deep knowing, information seems to "pop" into your head

Clairsentience – sensations in your body (heat, gut, shivers, pangs, caresses)

Clairaudience – hearing voices or sounds (in your head or outer environment)

Clairtangency – receive information from things when you touch them

Clairsalience – smelling a scent without a 3-D source

Clairgustance – tasting something that isn't actually in your mouth

Clair empathy – feeling someone else's emotions

There are no rules about which clairs are more important, how they might be grouped or the order in which they might be developed. When I first discovered clairs back in the 80's, the books said that only "special" psychic people with



magical gifts could use them. A few decades on & it's common knowledge that we ALL access information via our preferred Clairsenses.

Yes, I *know you do* or you wouldn't be reading this!

3 - Creatrix energy access = playing in the "field"

Now we've reached the *most expansive & powerful way* to read energy, by accessing your Creatrix state. Earlier, we were looking at what goes on in your personal field, now we're exploring your limitless eternal, "higher-self" field.

A perception happens when a vibration affects us in some way. The universe IS movement, so we are receiving information constantly. There is no mute button. How we perceive depends on where we place our focus & what we allow to enter our consciousness.

We automatically switch to our "higher" non-physical senses to engage with energy which hasn't descending in frequency enough to be detected by our "lower" physical senses (visible light, tangible things, audible noises...). We often doubt information which comes into our awareness through our "clairs" because it bypasses our logical brain.

When we're vibing at this level, I call this "*shopping in the field*" because everything is available here as pure information & can be transformed into whatever we wish. It's like wandering in your favourite craft/book/chocolate shop & knowing you can have absolutely anything you want!

As you're working with "Creatrix" energy, you not only perceive vibrations, *you become them*. When you're willing to allow energy to enter your physical & non-physical systems freely, without trying to judge/block/direct it and you aren't expecting a specific benefit, *you're reading energy like a Creatrix*.

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* How I Read Energy with My Clients

Writing this article has felt a bit like herding cats.

It's taken me quite a while to put words to *a way of being* which comes so naturally to me. I wanted to show you how I "read" energy & give you a glimpse of what I actually do with my clients. Now that I've laid out the basics, the easiest way to illustrate this rich process is to describe how I lead a [LIGHT Session](#).

Let's imagine this is *your* session.

Before a session, I asked you to fill in a short questionnaire so that you could organize your thoughts before we meet. I take a look at it as I prepare for our call but don't try to find "answers" for your queries.

Once we're together, *we begin with a short energetic exercise* which allows us both to relax & open in preparation for our "shopping spree". When I am in my Creatrix state, I "scan" the field looking for any ideas which catch my attention. These are usually ideas which you've been nourishing with your own attention but you haven't "drawn down" into your current reality.

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The interesting thing here is that *you've caught hints of these ideas before*. You feel like you're missing them because you actually ARE. When you're ready, we move towards the very areas which you've been avoiding because the first time you tried to access them your logical brain decided that they were too grand or complex or simple or delicious.

During the first stages of the session, we're working outside the confines of your logical brain. What we're doing makes "no sense" to a tool which only understands what it already knows. This is why what we discover in the field is exactly what you've been looking for—something new & exciting & completely creative!

As we continue, we *move into exploring & discussing what "clair" information* has come through for both of us. A LIGHT Session is a collaborative event, we are working together all the way through. You may have received words, symbols, colours or other information "packets" which we begin to unfold.

It's only at this point that *we start to speak about details, plans & possibilities*. Now, we welcome our logical brains back into the picture as we pull up memories, share stories & talk strategy. This is when I offer you the benefit of my collected wisdom & business knowledge (35 years & counting...).

Finally, *we weave the information* we've gathered into an elegant pattern for accomplishing your next creation. Suddenly, it's easy to see the things you want to do in your life / business as you move towards your vision!

Naturally, your interests, projects & energy are unique which means every session is completely customized. Sometimes, we focus more on the Creatrix & non-physical energies before we get down to 3-D business, other times, we jump straight into the flow & easily layout all the steps you need to get from where you are now to where you want to go.

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Two things are always the same, we have a good time & you come away with more clarity & energy!

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I hope this quick walk through about *Reading Energy* has shone some light on what's possible when we focus our attention & refine our abilities. If you enjoyed this, you can download your own copy from the library or share it with a friend.

Over the years I've developed all of my clairsenses (except clairgustance for some reason?). My strongest is definitely *claircognizance* followed closely by clairsentience & clairvoyance.

Which are yours? I'd love to know.

Send me an [EMAIL](#) or DM directly in [Substack](#)!

I've got more good stuff coming for you, soon!

Elizabeth