

## Transmission of Energy

**Q:** Can you explain the energy field that I feel when I am around you, and that I have experienced around other enlightened teachers? Is it something that can be explained, or do I need to accept that it's something mysterious that can't be understood?

**Linda:** In a way, it can't be explained in words; you have to experience it. The more open you are – the less you are in your mind, the more you can feel this energy, which is nothing to do with the mind.

If you are around someone who is happy, you can't help but feel that to some degree, and if you are around someone who is depressed, you pick up on that too. So, if you are around someone who is in a permanent state of deep peace, you are going to feel that peace.

Even though in the relative sense I'm in this body, in the absolute sense I know I'm not limited by this body. I'm not bound by this body - so energetically I'm everywhere. It's only the mind that makes you believe that you are the body – that you begin and end with the body. There is very intense life energy contained in this body. There's an incredible sense of peace, but at the same time, it's extremely energetic – and people feel that when they're around me. Someone who is free from the mind is vibrating on an energy level that is much faster than the mind – the intellect. It's the pure energy of life. The mind actually sucks that energy. It's like a leech that's always sucking our pure energy. When you stop feeding it, and redirect the energy inside, instead of allowing it to continually dissipate through distractions, it starts to build up inside you. This is what meditation really is – it's all about containing energy.

That's what Nature is – pure energy that is not contaminated by the mind. That's why we feel a sense of peace, but at the same time, passion and wildness – freedom - in Nature. Nature is completely non- intellectual.

The energy is very concentrated in this body. It's like a concentrated package of pure energy that's not dragged down by the mind. All the cells in my body are oscillating at an incredible rate, because they are not being dragged down by the intellect. When people are around me they feel that sense of peace and freedom - sometimes exhilaration. I know I used to feel it myself with my teachers. That's the reason that I'm in this body now; that's my use. When I die, it will dissipate. But while I'm in this form, it's of great use to people who long for freedom.