



WHAT IS A BIOLOGICAL POWERHOUSE? ©

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pow·er·house (as defined by GEMC)

/ˈpou(ə)rˌhous/

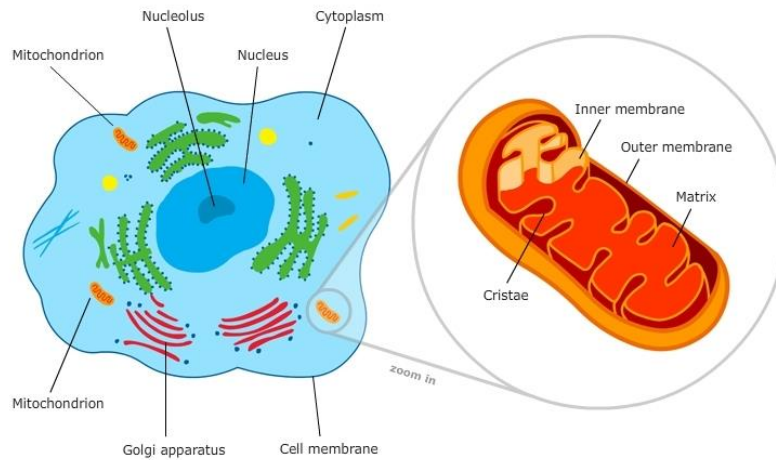
noun

1. a person, place or thing of great energy, strength, or power.
2. a place where energy is created or stored.

THREE LEVELS OF THE POWERHOUSE IN YOUR BODY

Level 1. PHYSICAL

- a) MITOCHONDRIA – specialized organs inside of human cells used to **make energy** [figure 1]. They absorb and utilize vitamins, minerals and other nutrients to create powerful energy molecules that are fuel for the cell. Having an abundance of strong, healthy mitochondria creates higher energy production, thus increasing the energy you feel each day!



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Figure 1. Contents of a typical human cell, highlighting the mitochondrion [i.e. the mitochondria which is the powerhouse organ within the cell]¹.

b) WHAT CAN I DO TO BOOST AND STRENGTHEN MY MITOCHONDRIA?

- i) Certain molecules found in plants, called phyto-nutrients, can strengthen the mitochondria. **Polyphenols**, a type of phyto-nutrient found in red, purple, and blue fruits and vegetables such as beets, cabbage, berries and grapes, directly stimulate the mitochondria, making them better able to turn food into energy. They're also found in green tea and sprouted legumes (beans, lentils, alfalfa, peas, etc). Polyphenols help to *prevent* most harmful bi-products of the energy making process from forming (that lead to



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- inflammation and pain) and quickly eliminate any that do form. **Eating polyphenol rich-foods is like taking your mitochondria to the gym!**
- ii) **Avoiding** food and drinks with *added sugar* like desserts, boxed foods with high sugar content, sauces with hidden sugars and sweet teas, soda, etc. will increase the efficiency of the mitochondria. ALL **refined** (processed) sugars, such as granulated sugars and high-fructose corn syrup (aka corn sugar, syrup solids) have been found to be very harmful to mitochondria² by damaging their physical structure, impairing their ability to function and making them smaller in size.
 - iii) **Exercising** will both increase the number of mitochondria and make their walls sturdier so they won't leak free radicals (unstable, cell-damaging atoms that lead to further illness and aging). Basic strength training, yoga and simply **walking** will lead to a boost in mitochondria quantity.

By choosing to regularly eat fresh fruits, veggies, sprouted legumes, drinking green tea, avoiding sugary foods, and getting regular exercise, *sick mitochondria and low energy can be easily converted into **healthy mitochondria with abundant energy.***

Level 2. BIO-ENERGETIC

- a) *THE INTERNAL FLAME* – a pillar of energy that connects the physical body to the higher self, the energy of the cosmos, and to Divine energy. This internal flame is the force inside you that leads you to evolve and grow as a person. It also connects you to other living beings (people, plants, etc.). It is linked to the body's lower energy center (aka lower dantian*, *pronounced don - t'chee - on*) which is where the creative, compassionate, life-giving energy essences are housed. Through the lower dantian, we can nourish the flame, cultivate life-force power, and start the process of unconditional self-regard and effectiveness in the world [figure 2]. Tuning into yourself, you can access the energy of your flame and use it to fuel your life and purpose.

* The lower dantian is one of three energy centers in the body. Read more about them here: <https://taichibasics.com/three-dantians/>

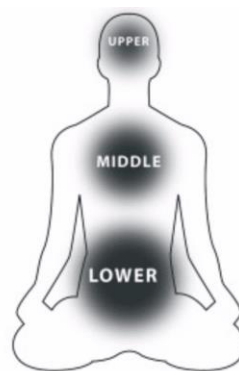


Figure 2. Cosmic energy³ fills the human body in the dantians⁴ and activates the internal flame.



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Prana [figure 3⁵] is the life force energy found in all living things and elements of nature. It can be harnessed through various means and converted into usable, physically nourishing energy. This includes being used to support a vital constitution (a person's genetics, ability to handle stressors or extreme conditions and capacity to heal) which is a reflection of a healthy internal flame.

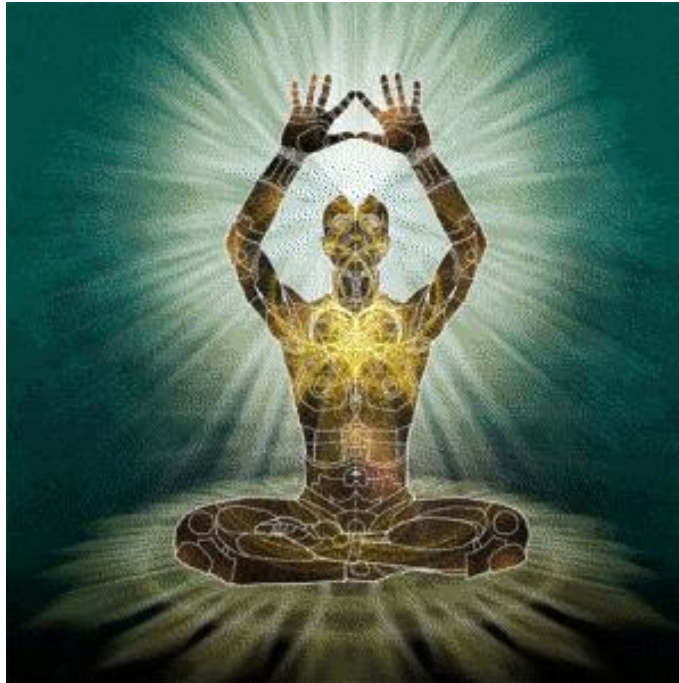


Figure 3. The body empowered and plugged in to pranic energy⁵.

You can find the internal flame throughout the core of the body with concentrations in the center of your body (above your navel) connected to the diaphragm, the muscle that moves to allow you to breathe [figure 4].

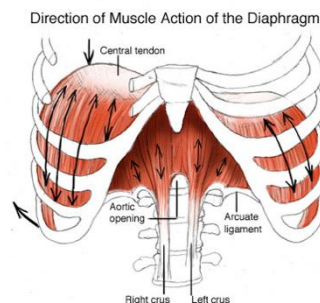


Figure 4. The location and motion of the diaphragm the muscle⁶ used for breathing and as a location for a concentration of internal flame energy.

In the same way that the sun powers the Earth, the internal flame lights up and warms the organs with life force and provides energetic nourishment to the body.



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Some main organs that are given vitality and support by the internal flame are the stomach, liver, small intestine and pancreas. Health problems related to these organs can result if your flame is inactive or small including inflammatory responses such as autoimmune issues, allergies, skin eruptions, headaches, diabetes and other organ (heart) disturbances.

If the internal flame is well-nourished, you will have robust digestive functioning, high levels of self-regard, clear thinking, internal peace, and balanced expressions of anger.

b) WHAT CAN I DO TO STRENGTHEN MY INTERNAL FLAME?

To strengthen the internal flame, one must identify what weakening it or keeping it from staying lit and then address the causes. Below are steps which can assist you in this process. There are quite a few life experiences listed in step 1 that are red flags indicating the flame has been snuffed out or may not be bright and hot enough to fuel your life.

1. **Examine your life** for habits, mindsets and trauma linked to any type of abuse (mental, emotional, physical, spiritual or sexual), including but not limited to: strict, authoritative parental figures, bullying by family or peers, disempowerment in the form of religious, cultural/traditional or social conditioning, self-criticism, mental bashing (by yourself or from others), etc.
2. **Turn on the light of awareness.** The easiest way to do this is to notice how you feel and explore that feeling. For example, if you have pain, start with noticing your pain, then notice any emotion or memory associated with it. Generally, a memory (could be recent or childhood) will come up. If/ when the memories surface, usually other emotions show up too. One at a time, slowly and deliberately explore all the emotions.
3. **Take the time** to notice how you feel emotionally and really feel it. The key is to STAY PRESENT here; it can be difficult for many people to not wander into thoughts of past or future. This can be very uncomfortable. We encourage you to stay present anyway; **you are important and worth the effort.** Notice where you feel the emotion in your body (or if you are numb). If you feel discouraged, angry, unclear, small, chaotic, confused, uncertain, indecisive, stupid (or another specific emotion), know that there is a thought associated with that feeling.
4. **Look for the thought** fueling your emotion and turn it into one of love or gratitude to shift and change it to lift up your spirits. This will support the internal flame and help it to grow. If you have a hard time changing the thought, take a moment and *think about someone you love*, imagine what you would say to them if they were talking to themselves the way you are talking to yourself. Say the supportive, encouraging, loving, thankful words you would offer them **to yourself.**
5. *Sit in gratitude to yourself for showing up today.*



Level 3. SPIRITUAL or SUBTLE

- a) THE POWERHOUSE / CORE OF YOUR BEING – the structure that contains and stores the vortex of life within you, made up of the vibrational, electrical current of life force itself.

It is located inside the body in front of the spine and follows the form of the healthiest version of you, creating a body-shaped vessel for holding your energy reserve. *People who are chronically ill do not have much in their reserves and thus have weakened cores.* Energy that would be devoted to the joy of being alive or enthusiasm to learn and grow is diverted and used to maintain sickness instead.

- b) WHAT CAN I DO TO STRENGTHEN THE POWERHOUSE / CORE OF MY BEING?

You can strengthen, rebuild and cleanse your core with **deep breathing**, including expansion of the pelvic floor [figures 5 and 6], belly, ribs and chest, and with **therapeutic gemstones**.

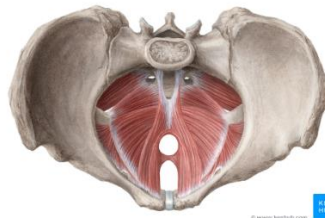


Figure 5. Illustration depicting the muscles of the pelvic floor⁷.



Figure 6. Location of the pelvic floor within the human body⁸.

i) How to deep breathe:

- a. Place one hand just under the navel and the other over the ribs on one side and breathe into the areas under your hands. Feel your chest, ribs and belly expand with air.
- b. Counting silently to 6 as you **slowly** inhale will help elongate the breath and bring the air deeper into your body down to the pelvic floor [figure 7].



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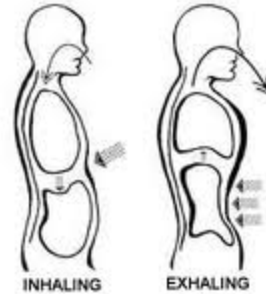


Figure 7. Focus on the left part of the illustration, labeled “Inhaling”. This representation is to aid you to picture your own pelvic floor expanding downward with air as you breathe in slowly⁹.

- c. If you are having trouble locating your pelvic floor with your mind and breath, it may help to move your hands to that area as you breathe.
- d. Holding your breath for a second or two before your exhale, *take a moment to be grateful for the ability to breathe.*
- e. Then exhale, silently counting to 6 as you release the air from the pelvic floor, belly, ribs and chest.

Spend a few minutes doing 5-10 breaths.

ii) Support with therapeutic gemstones.

The best gemstone for the powerhouse/core of your being is coral (figure 8).



Figure 8. White, pink, orange and red coral gemstones¹⁰.

Red coral¹¹ supports the powerhouse foundation. It does this by giving the body the ability to draw to it what it needs. For example, it will help the body to make substances (enzymes, etc.) for absorbing nutrients better or make the body crave certain nutrients that it needs. (eg. You need magnesium so you crave leafy green foods.)

Emotional neglect, abandonment, abuse, and lack of overall nourishment as a child will cause holes in the structure of the core. **Pink coral**¹¹ helps fill in and rearrange the “bricks” to make the structure stronger and seal up any energy leaks. Pink coral works mostly in the realm of emotion, rebuilding or adding onto an incomplete core foundation.

White coral¹¹ is the protector of the mind from influences that are unhealthy. It reflects and repels any thoughts either external or internal from



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harming the core of the wearer. It can also insulate a person from pollutants or irritants in the environment. White coral is excellent for helping the inner child to heal.

All coral is best used in small, round spheres worn by someone who understands that their entire reality will be altered and they are ready and bravely open to the changes.

Following the above steps and recommendations with regular frequency as part of a healthy lifestyle can facilitate improved energy and a robust powerhouse, in all of its facets. While these are key elements of increasing and maintaining healthy mitochondria, the internal flame and the subtle body, **there are additional exercises, nutrients and practices which can further support these elements and overall health.**

For more information, please contact the authors at Contact@GuidingElementsMC.com

Find more articles and other **useful** information on **GEMC's website** under the KNOWLEDGE BANK tab.

To your glowing health!
Dr. Shanna & Dr. Christy

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