

# Introduction to Mana

This subreddit will focus on explaining, how **Orgone Energy** is another form of expression of your [Vital energy](#) from your **Spirit** (*soul/astral body/etheric body/energetic body/emotional body/true self*) to help spread this information and **help everyone learn** about the different **spiritual/biological discoveries, usages** and **benefits** that were documented on the **activation of this type of energy**.

**This community presents to you an opportunity to empower yourself with your control of your Mana by gaining the ability to really tap into all the reported, documented and written spiritual/biological usages that are said to be achievable with your conscious cultivation of it.**

## What does Mana mean/Represents:

- **Mana** is a term that **originates from the Polynesian/Melanesian culture** describing a [supernatural force that permeates the universe](#). **Anyone or anything** can have Mana. It is a **healing power** that can be **amplified/cultivated** or **lost by your actions/emotions/thoughts**.
- **Mana** is an energy that can be **developed** either **positively** or **negatively** and that **all depends on the person** cultivating it.
- They believed in the cultivation or possession of this energy and that one can notice the person with a well developed source of Mana through his **actions** and **movements**. (This is similar to how the term [Aura](#) coined in Indian culture, is said to be **noticeable on people** just by their very **presence** and **how they act/talk**.)
- **Mana** is equivalent to what can be considered your "[Spiritual Energy](#)" because your **spirit** (*soul/astral body/etheric body/ energetic body/emotional body/true self*) is **made of** that **same energy in motion** that activates when you experience it.
- In its **neutral state**, [you unconsciously draw that energy with your breath](#), the **foods/liquids you consume** and especially **the thoughts you think, the actions** you do and **the visual content** that you watch either **emits or draws in** to amplify your base of this [BioElectric Energy](#).

Here's a simple way that's explains how you can become aware of your [Spiritual Energy](#), it is that [extremely comfortable Euphoric wave](#) that can most easily be recognized as present while you experience [goosebumps/chills](#) from a positive external or internal situations/ stimuli like listening to a song you really like, thinking about a lover, watching a moving movie scene, striving, feeling thankful, praising God, praying, etc.

- That [Euphoric wave](#) is the **animating energy behind life itself**, Other cultures that have experienced in other ways with this energy **found their own usages** for it and then **documented their results** as they coined different terms for it.
- That [energy](#) **activates** [goosebumps/chills](#) not [the other way around](#). You can **learn how to separate** that [extremely pleasant energy](#) from the [physical reaction of goosebumps](#) and eventually **learn how to activate only that** [Euphoric](#) energy part **whenever you please, feel it wherever or everywhere on yourself and for the duration you choose.**
- It was **discovered** that **this** [energy](#) can be **used in many beneficial ways.**

Some which are more **biological** like **Unblocking your lymphatic system/Meridians, Feel euphoric/ecstatic on your whole body, Guide your Spiritual chills anywhere in your body, Control your temperature, Give yourself goosebumps, Dilate your pupils, Regulate your heartbeat, Counteract stress/anxiety in your body** with this energy, **Internally Heal yourself, manually access your Hypothalamus on demand,**

and **I discovered other usages** which are more **spiritual** like **Accurately use your Psychic senses (clairvoyance, clairsaudience, spirit projection, higher-self guidance, vision from your third eye)with this energy, Managing your Auric field, Manifestation, Energy absorption from any source and even more to come.**

If you're interested in learning how to use this subtle energy activation for these ways, here are [three written tutorials](#) going more in-depth and explicitly revealing how you can do just that.