

Introduction to Frisson

This subreddit will focus on explaining, how **Frisson** 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 Frisson 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 Frisson mean/Represents:

- **Frisson** is a term that was coined to represent the extremely [euphoric](#) or [ecstatic](#) emotion(energy in motion) that you experience when coming in contact with an internal or external thing that activates this response.
- It sometimes comes with the physical reaction of [goosebumps/chills](#) but the truth is that that energy in motion(emotion), can be separated from every physical reaction.
- Many cultures have also discovered the experience of Frisson before the term Frisson was created and documented this then explained that this is caused by the flow of your [vital energy](#) inside of you that can cause many physical reactions like [goosebumps/chills](#), body temperature control, dilated pupils, sweating, teary eyes, smiling and etc. See [Vayus](#), [Prana](#), [Qi](#), [Tummo](#) and [Piti](#).

The difference between the western term of Frisson and the other cultures that have experienced with it is that, they discovered that the [euphoric](#) or [ecstatic](#) emotion(energy in motion) that is present when experiencing a Frisson has been and can be used for a list of incredible Spiritual feats once one learns how to induce this energy on demand.

- This [vital energy](#) 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 feel the activation of your Frisson, 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 [Countering Stress](#) and I **discovered other usages** which are more **spiritual** like [Full Body Euphoria](#) and **even [more](#)**.