

Introduction to Tension

This subreddit will focus on explaining, how the feeling we experience as **Tension** 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 knowledge of your Tension 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 Tension means/Represents:

If you've ever heard of the sayings " You could feel the tension in the room" or "you could cut the tension with a knife"...

- Tension has many meanings, some **Literal**, others **Metaphorical**, but in this case, it is about **energy(heat) emitting from ones body** that creates a field **surrounding** a person **or** has **emitted** so much that it has **left that field** and is **floating** in the **room/location** where that person **is or was**.
- That same energy creates a **field of energy** that 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 how to activate/control your Tension: 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, clairaudience, 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.