

# Are There Energetic Supplements?

## *Craving Place and Space*

By Mara Bishop, MS, ThM, CSC

Supplements provide substances that are lacking in our ordinary diets. We are used to thinking of vitamin, mineral, or perhaps herbal supplements that address the needs of our physical bodies. However, since we also have energetic bodies, we may benefit from supplements that work on the energetic level. Energetic supplements don't come in pill form, but they can provide your system with a dose of a substance you are lacking, which can help you feel better.

Sometimes we crave what we need, other times we are so focused on getting through our days that we are distracted from listening to instincts that guide us to health. When we are connected to our inner wisdom, we sense what is missing that would be beneficial, or what is present that is harmful, in our lives.

If the energetic ecosystems that you are immersed in are missing what you need to thrive, or present regular challenges to your well-being, your energetic immune system may react. Part of my job as a practitioner is to see the patterns without the emotional entanglements, and to offer suggestions for energetic supplements that may help. These supplements come in many forms, including a dose of energy-based healing like Reiki or shamanic healing, a "prescription" for certain kinds of meditation, or even immersion in certain environments.

### SUPPLEMENTING WITH ENERGY

Some people are drawn strongly to certain places on the earth, these may be types of environment (such as beaches, mountains, and forests) or a specific location. The energy of those places may provide something unavailable elsewhere. Supplementing with the energy of those environments may help those who are drawn there stay balanced.

The following are a couple of examples from my clients, with some details changed in order to protect their privacy:

**The Ocean's Energy:** One woman leads a life of service where she is on call as a caretaker. She has little time to herself. This wears on her psychologically and physically. Her balm is the beach. She craves her time walking along the water's edge; as she walks, the stress melts from her body and her mind relaxes. The energy of the ocean is a supplement for her. When she goes too long without it, she feels out of balance. When she gives herself a dose of the energy of the beach, she feels physically and emotionally healthier and returns to her daily life refreshed. Other places can provide a respite from her work, but none has the same overall restorative effect as the beach.

**A Safe Haven:** An intelligent and sensitive man has spent most of his adult life intensely engaged in the business world, and trying to meet the high expectations of his father and his wife. He is increasingly dealing with physical illnesses that are mysterious and hard to diagnose. He finds few safe places to express himself. He craves a cabin in the woods out west, to breathe in cold air and look at expansive mountain vistas. He fantasizes about quitting, getting a divorce and moving to Wyoming.

Rarely is there a "quick fix" for deep imbalances, but in these examples my clients would benefit from a dose of the energetic supplement they are craving. In fact, serious consequences can often be averted by paying attention early when something feels "off" in our bodies, relationships or life in general.

The effect of the beach on the first client allowed her to recharge and not overload. If she visits regularly she is better able to take care of others because she is taking care of herself. The man who craves the West may be thinking about divorce because that's ultimately the best choice for him, or perhaps he is so depleted that he can't imagine being



happy unless he runs away to a place on earth that feels like home. This is a complicated example, but by allowing himself periodic solo trips to the mountainous West, where he is relieved of expectations and can really relax, he may preempt the need to change his life radically.

Immersion in a landscape that calls to us is not necessarily a supplement that is required all the time, but a complement to a diet of routine. Are you called to a place on the planet: wide open vistas, lush forests, brilliant desert dunes, or the excitement and lights of a big city? Some of us are deeply affected by the ecosystems that we move through. Others are less affected by their location, and more by what they are doing and with whom.

Part of the challenge is knowing what we need and in what doses. Figuring out this balance is possible when we make time to listen and stay connected to our inner divinity, and sometimes we can benefit from the help of an objective observer. From this place we can identify and use energetic supplements, like physical supplements, as part of a plan to stay healthy and vibrant. ❧❧

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