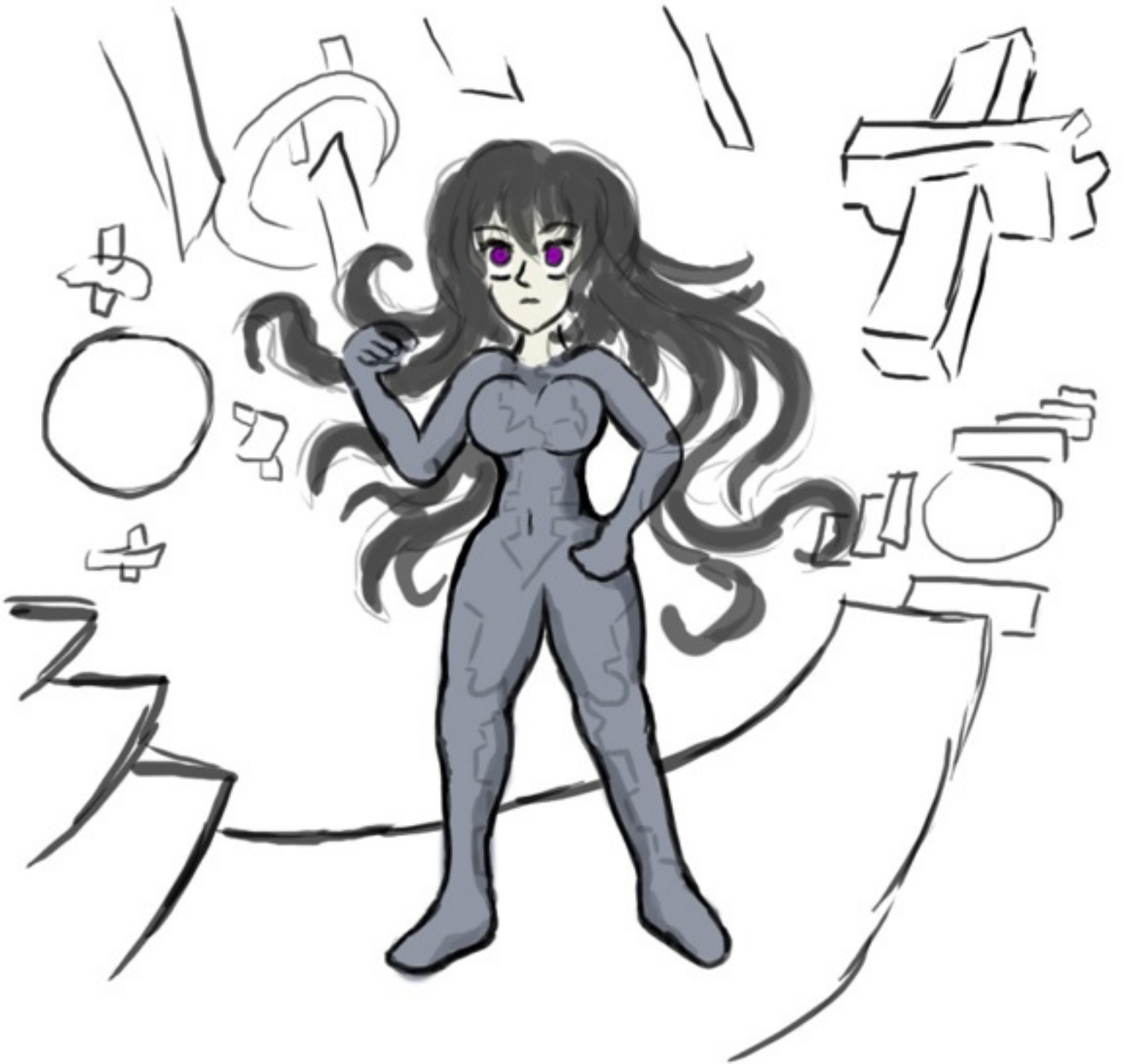


# Subtle Energy Hero



When a window is closed. She will be there to open it.

When the mood is tense, she will be there to spread calm and cheer.

When a mundane conversation drags on too long, she will be there to do or say something fun.

When someone is in fear paralysis, she will be there to make *periodic relaxed eye contact with them while having fun in 'safe' group settings.*

## The Energy Aware...

A new group of people are arising in the world, known as the energy aware. However they are few, they are just beginning to tap into there power.

Intelligence and processing speed is on the rise. New intelligence chips are boosting brain power and connecting people with a universal net. Skills that used to take years to acquire can now be downloaded in an instant. When any skill can be learned in an instant then what is the value of experience?

And yet, in there focus on enhanced intelligence the human race has sped past something important. They don't understand the inherent potential of there own bodies. There is an energetic system within the body that has been overlooked with the focus on the mind. "The future of the mind" society looks towards the mind. When the energetic potential of the heart may not be fully understood.

Yura our hero was on a journey to understand this energy, learning early on that intellect alone didn't lead to satisfaction. And yet, some of her approaches did more harm then good. Now she tries to bring what she knows to the human race with the last of her strength, but what she is trying to teach has been an esoteric concept form the beginning.

01  
Survivor  
Surviving Madness

Yura looks out across the city of Cyros. It is the year 2043.

The world is facing a crisis of climate change. But the world powers are talking a long time to take action and do something about it.

I believed I would become one of the most powerful energy aware, I was on a mission to actively change the world, but I never expected in my wildest fears that things would turn out as they did.

My mistake was to entrust so much only to myself. I had so much faith in myself. And that is why I've ended up in the poison I'm in now. It is close to the worst possible outcome. But I won't tempt the gods. I've since learned that if one thing is true, it is that no matter how bad things are, they can always get worse.

My battle against \_\_\_\_\_ dragged on. I survived and saw a way out in time. However the battle left me severely injured. This mark on my body\_\_\_\_\_. There were many conflicting ideologies I had to rule out before I could arrive at my current understanding. I thought that as long as everything was recorded in my experience, in my mind and physical memory I could pass on everything I had learned when I awakened to and finally understood my bodies full potential. But I never imagined that I would injured my body as significantly as I did. Through my journeys and experiences I reached the awareness and understanding that I desired, but I never experienced that my body would be left unable to carry out what I had learned.

I feel the mark inside my body... the pain I can tolerate. It's subtle and persistent. But the difficulty is that my basic life energies are diminished.

(Setting. She walks through the city, across rafters overlooking streets below...)

Without my vital power, I have no credibility, no influence.

Current technology seems unable to repair an injury of this magnitude. There are ways, medical technologies that may work, but I don't have access to them.

And yet, I am still alive. I will use whatever subtle influence I have to try and share what I have learned with this world.

It is so small, the chance that any of this wisdom will survive, and yet, in the time I have left, there is nothing else for me to do. Even everything I do turns out to be completely ineffective, believing that this will work is keeping my cells energized, it is actually keeping me alive.

Even if in the eyes of all I have given up, I have never cared to begin with. I will continue.

She looks up at the tall stone fortress.

Using the last of my power, I have frozen this place in time. This place contains the record of everything I have learned. It does not have the detail it deserves. My powers of articulation are leaving me.

My vision had always been to take an active role, Fate has taken my power and forced me to take a back seat, at this critical time in history.

I have gathered everything I know in this place. I am supposed, this is my strongest collection of information and spells. This may make a difference. It is beyond what I thought I could do in this state. Now that I have created this small hopeful accomplishment I feel I can sit back. That maybe there will be a change.

And yet, my body craves more. I am still alive. This work gives me life. I must believe that there is still more I can do.

*She confronts some people in town, a witty dialogue, character set up.*

Just existing, my body is in pain. It feels like I am being crushed.

I never imagined that my travels though time would do this kind of damage to my body. Current technology has not been able to undo the wound.

(She finds something that allow her to restore some of her life energy)

Political meetings, around the galaxy and particularly on the capital city planet of Cyros, have begun to discuss what to do about the energy crisis the galaxy is facing.

*(more setting description. The political structure. People she confronts first. Her abilities. The difficulties of her predicament)*

I've found a way to get myself in. I've been invited here as someone's assistant. Just an excuse to gain access.

Yura enters the room. Intense political discussion is underway. The room is dimly lit. Expressions are flat. Eyes down cast. An air of stoicism pervades the space.

Yura pulls back the curtain and opens the window a jar. Light and air enter the room. A few people glance at her and then get back to there discussion.

A few minutes pass.

"Humm, you're right about that." A few voices in the room reach a slightly more resonate quality, almost upbeat. People nod in understanding. Eyes are illuminated by the light coming in through the windows. You can almost see people thinking in new ways.

A grim looking man in a black suit utters a complicated statement. What he said was well intended. Yet energetically it dampens the flow and sends the room back into a mire. The room resumes its dull chatter, the energy of the entire room seems to deflate back to its former state. Yura sighs.

Yura waits until the right moment. There is a pause, people look down in contemplation. Yura tells a pleasant story "some people" and puts out a positive vibe

The group was already aware of that information, but saying it now in and upbeat down was enough to shift the energy. When the energy falls too low people begin to forget things they already know. Fewer linkages in the mind. (I've called this the Blind Spot theory, the way fear and depression can cause us to forget things we already know, and reinforce the negative state, we forget the way out of it)

His words put the whole crowd into stress mode.

Yura said a few positive semi related things to shift the mood back. Her words added nothing new from a logical standpoint to the conversation, she was merely repeating things that had been said before at one point or another, yet energetically they shifted everyone back into a positive heart regulated state.

There is finally some small ounce of hope.

**They are just regular people, but** they can actually be the hero's of this world

They are playing out the same patterns that I was. I can see it now. But I no longer have the means to help them. They need to be given an experience. Then I can shift and adjust them. It's difficult with the current state of my body. But I really have nothing else to do.

City, teleporting

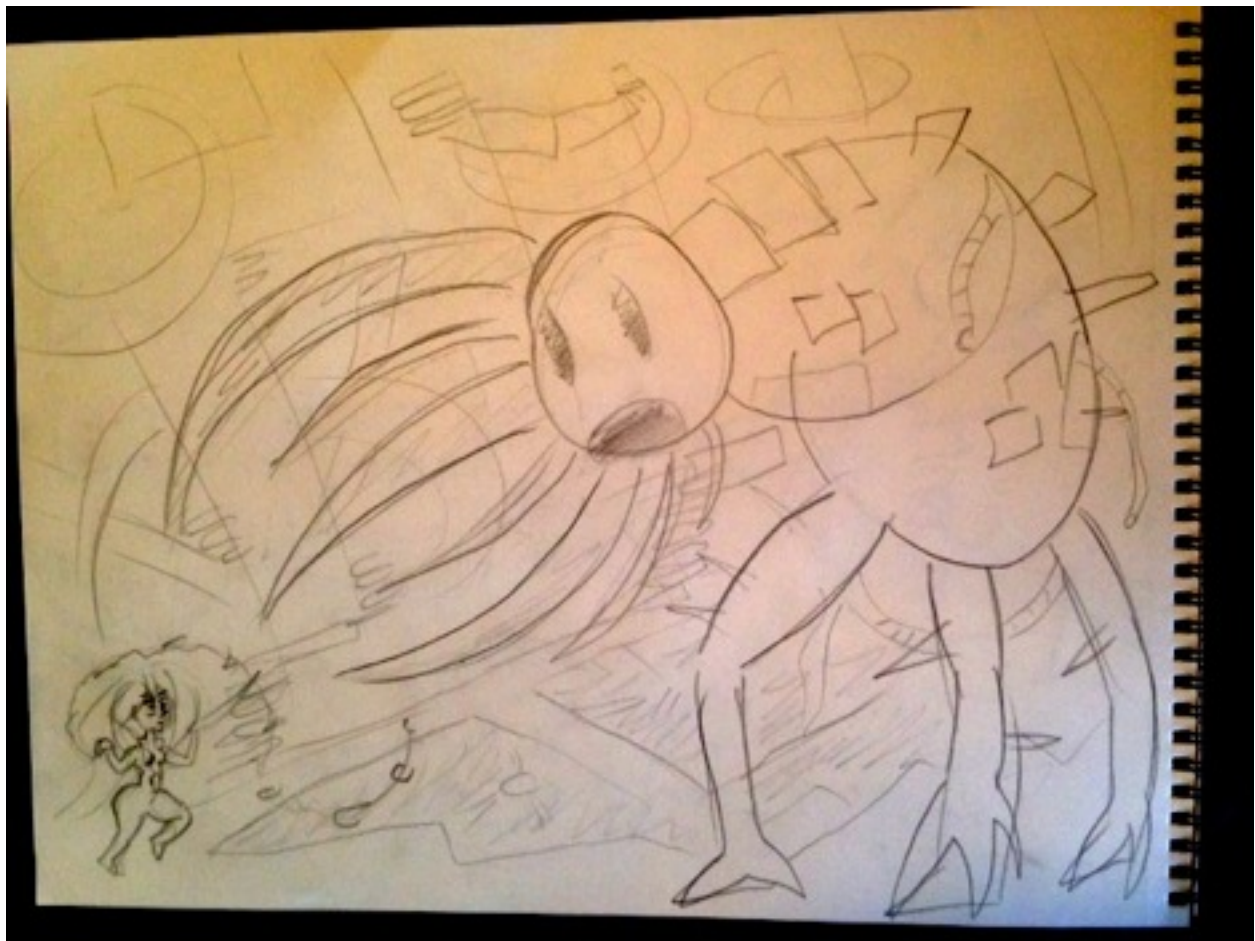
(Archery. When I first learned these skills ten years ago my body was frozen in what I would now call this stress depress state. I had an entirely different concept of reality. I'm feeling rusty now because it's as though I'm learning these skills for the first time. They're being reintegrated on top of my new underlying understanding of reality. My neurons are storing the information in a different more efficient and dynamic way. When I learn them this time, I will not forget. It will be for good. And I will be much better than I was.)

Remembering the Map... In the past I would have taken me hours to navigate a barrier maze like this. Stumbling around until I finally found the way almost by accident. Now I actually visualize the corridors in my mind. I find a kind of fascinate in doing this. And that actually stimulates electrical energies in my body. My brain starts firing more dynamically. I start to see higher-level patterns and comparisons. I can see into the mind that put this maze together. The thinking behind it. And I can figure out where the way out lies. The entire process is fun for me.

Sound Memory. I used to have so much trouble with memory. Now I merely store a melody in my sound memory, I sing it back to myself, instead of remembering the notes as numbers, I remember the sounds. When the information is fun it creates resonance and is much easier to resonance. I have no trouble at all now.



I fight opponents; they used to seem like a chore, another tedious obstacle in a dismal world. But now I see them as energetic beings. And myself as energetically interacting with them. I enjoy every motion, I visualize myself and I visualize them. I'm not forcing myself to enjoy anything, but rather I'm finding more subtle ways to enjoy each moment. New ways of looking at things. I ponder possibilities. My body becomes more charged with positive energy. I start naturally coming up with new ways to outwit my enemies. One subtle change leads to a chain reaction, a rippling out of changes.



(These cybernetic monsters are the direct result of our society. They have grown from what society has suppressed. And society responds but trying harder to suppresses them.)

I arrive in the Overlands. The surface of this world is teeming with life. I have come in search of something. The energies here can extend my life span. I have researched information on the entire galaxy, and here on this planet, there were signs that there might be people with similar lines of thought. Energy aware.

My body can barely emit any energy.

The world is becoming more brilliant. Faster thinking. Artificial intelligence. But as it grows in focus on intelligence it becomes more emotionally out of touch. This is being influenced by the technological age. Humanity has been traumatized, native partners have been passed down since its origin. Now Technology provides an outlet for trauma, for fear and avoidance get even worse.

With awareness we can use this technology to connect us. But without awareness, it will, subconsciously disconnect us.

(Describe culturally phenomena, influence)

Conversation is my weapon. I spread subtle awareness.

(Plot Events...) people begin to gather?

*(I need associates around that I don't agree with because they have curtail abilities, I must befriend the enemy, to use every resource we have)*

The enemy rips out my heart and throw it on the ground. One of the enemy servants grabs it and says they will be the one to take care of it.

Yura's heart is put in a box, a time sealed sell where nothing can reach it. But the enemy doesn't know that she is still alive. She has hidden agents on her side. She lives on in the neurons and cells in her very heart.

After enough time passes her servants take her to a safe place

Gradually her body begins to regenerate. She has machines and fluid tanks that aid her and provide her with recourse. It takes a few hours, her spine, her brain, her body all began to regenerate.

(Describe setting. Light fills the room. She sits on a chair/ fluid tank. A few drawers around the room contain various parts and equipment. Resonance machine.) this is one of her secret locations.

Much of her memory is lost, she only has the few important memories and information that was saved in her heart. However more of her memories still remains back in the fortress. It feels sort of like waking up as a new person. The past self seems like another life. and yet, the same mission faces her.

She must handle it even without the benefit of all her additional memories. Now she only has a few essentials, key points of energy awareness. But these key points are enough to reconstruct the full picture. She was counting on that. Slowly her familiarity with energy will return to her.

She walks out across the Terrascape. The broken city.

...

The enemy pulls out my heart and throws it across the floor,  
But Yura is still in control.

For a moment she allows her body to stumble and nearly fall, feigning defeat,

Then, while the enemy is off guard thinking he has one, she sends a signal from her heart telekinetically to her body, her body springs back to life and cuts through her enemies armor with a blow to his neck, a weak spot. A good hit, however she isn't at her full power with her heart and body separated like this. She throws a few more stickers but the enemy blocks and parries, she can't fight like this for very long.

This super dense light weight armor has been expertly crafted to protect against lazars and most any conventional attack (specialized to protect against specific enemies in particular) It also ..... My suit connects to me, exchanged electrical impulses from my nervous system and actually exchanging information form my skin. The suit actually allows my skin to 'breath', the material of my suit is 'alive', intelligent, and has a porous and flexible quality while still remaining super strong. Merely without my thoughts or emotions I send the suit an electrical impulse, telling the material to reconfigure itself into a stronger molecular structure, my suit can turn to super dense armor the moment I am struck, and then turn more into something like a tee-shirt when I am not in danger.

It can also help my climb walls.

Some roomers suggest that there is an extra dimensions. One that has been hidden and written out of the 'rule's of space and time for some secret reason. A secret hidden in the very laws of time.

Scientists would have to admit that years of scientific research was conducted under a mistaken view of reality.

He is paralyzed and no one notices.

Not what he said but the way he said it

I can't find the magic with people

Girls don't respond to me

No one is addressing her his question

The reason they can't see his significant paralysis, is because they are in states of semi stress and depress paralysis themselves.  
the fish can't see the water in which it swims

Someone changes the topic completely at an important moment. They are not tuned into the flow of the energy.

There are people emerging who are aware of the importance of 'basic worth' tuned into this energy need, and the trauma, fear, unawareness patterns everywhere that block it. But even these people, I'm not sure if they realized the true importance of there work. The incredible suffering that still exists beneath the surface of our 'civilized' time. And the potential this work has for healing that suffering.

That's why I've been writing these ideas on the web. One of the change makers says.

But that's not totally it. We need short simple emphatic talks. We need to live this stuff. To gather people and create and experience of 'safety'. To maker it to different demographics. To make it fun. Colorful. We are 'creating community'. To break down obvious fear. Then subtler levels of fear. Deeper into the safety.

To gather people and play, not unlike the way a child would play.

## Performance

Performers. Idols entertain a sea of fans.

With her eyes Yura can scan the insides of the performers body, even as she stands here in the back of the crowd.

His vocal cords are damaged form years of performing in this way. He doesn't see that he is overextending his energy. That's how he gets a reaction from the crowd. Pushing his body in this sable but constant way. He is not really in relation to the crowd. He is drawing his power form 'within'. There is another way...

A second performer arrives on stage.

The girl is amazingly good for her age, but she's over extending her voice hitting these 'sophisticated' notes. She doesn't realize the inherent power she already has. Her regular, 'default' voice alone has a powerful consistent resonance, that constancy is powerful. It has a healing effect on others. She underestimates it, thinking she needs to put on a show reaching for the higher, harder to hit, notes. If she just sings for the audience and for herself, without any conscious flourishes and embellishment she will be her most powerful. She has to take the pressure off, slow down and allow her heart to simply go where it wants to.

(setting description.)

Yura walks to the back and looks out at the crowd of people in the concert hall.

You know the reason sometimes something seems so profound, it seems to make sense when it's the lyric of a song, but when you just say the same things in words, It doesn't have that power? It sounds arrogant, or takes another meaning...

This is because of the resonant power of music. The frequencies relax and energize people at the same time, these allows them to interpret your words on an emotional and not just intellectual level. Believe it or not our emotions are acutely an evolved communication system that goes beyond flat toneless information. The

tones and melodies contain a richness information, a language of there own.

(However they are also easy to misinterpret, and we can end up conveying meanings we never intended to depending on how others interpret our tones.)

It can be scary for a woman to command this much power. Because so many people want me. (...) But when I am calm I stay in control. I am not afraid of them. But neither do I give into there over zealous need for attention. People gain a kind of respect for me, compassion you might say. I am not giving them what they think they want but instead what they really need. So they know the boundary. The rhythm. They are in awe by me. Just being in my presence is a service to them. They are humbled.



**Yura arrives at the capital.** A tall stone building designed to evoke a sense of authority. Located at the ‘four corners of the world’.

She walks the steps. The concept of energy awareness is still an uncommon idea. People tended to be very confident in current science. It almost become like a religion. Knowledge makes us feel a sense of safety, control. So we feel safer when we ‘know’.



In the capital the world debates complex political issues. Issues of climate. War. Women empowerment.

However there is a far more basic problem we face, that underlies all these. Something the world is overlooking.

It may appear as though men are controlling this world. But those men, like anyone, are being controlled by their own unawareness. Unawareness and fear.

We need to create experience of deep safety while in relation to the community. To look into the eyes of the group, and know that you are loved, not for what you have done, but for what you already are.

Not to earn love. But to be the love that you already are. To know that your 'default' state is enough as it is. You must commit to that if you wish to become powerful. If you argue, and tell yourself, there are 'complications' there are reasons what that isn't so. Then you will never be free.

This may be the first time in history that we have the opportunity to do this. To create large scale environments of group 'safety'.

Compassion is a natural byproduct of feeling safe.  
When people don't feel safe. Compassion isn't an option.

This guy is good. He is talking about safety.

But the deeper picture may not just be being communicated.

Safety is an animal phenomena. We have to gather people. And ...