

## Vaughn's Energy Experience

1. Describe an experience when you connected to nature in a way that was special for you? (include location, sensations, thoughts and feelings)

I was sitting outside at work. (TN, USA) There was a slight breeze and it was a lovely day. I had shut my eyes to enjoy my surroundings. When I opened my eyes, for a brief moment, I am positive I saw the energy. It was like the wind had color. I can only liken it to the famous painting "Starry Night" by Vincent van Gogh and the strange thing is immediately after I saw it this painting came to mind. I am convinced that van Gogh also seen the energy because the likeness is uncanny.

2. What more can you recall about the experience?

I can remember it happening so fast I wasn't able to be frightened. I am normally a very skeptical person when it comes to things that I can't prove but I have not questioned this. I am sure of what I saw. The colors were beautiful and included a lot of blues..but not exclusively. It was just like a big whirl in front of my face. The world around me looked like an entirely different place but for only a moment.

3. Was anyone else involved in the experience?

No

4. What did you take away or learn from this experience?

O, this experience has changed who I am significantly. I am 29 years old and have been curious about spirituality and religion all my life. I have studied almost every organized religion but found nothing that seemed to suit me. Everything up until this very moment was confusion and contradiction. It seems the moment I thought I would give up is when my answer came. I am now consciously aware of what is around me, flowing through me, and has power over me. The way I think about everything has changed and the way I deal with the world has changed. It seems now that I have seen it, I can truly feel it. I have always felt there was more but never knew what.

5. Who did you tell about it at the time?

No One immediately. But I did tell a close friend of mine later in the day. Words just do not do justice to the experience though. I have told no one else but this one friend.

6. Is there anything else you want to say?

I am happy to find this project and look forward to seeing the results. I would love to hear from others who have had this same experience. I know this experience has changed the course of my life and I am happy for anyone who gets the opportunity to feel this way. I don't believe it can be forced, I believe it just comes. I haven't "seen" anything like it since besides the painting but now I feel it permanently. When I breathe, I feel it. When I look around, I know what is there that I am not seeing.