

# THE STORY OF ACE



Ace TM

## The Physical Story Of Ace

By Hal Manogue

Someone once said:

***"The mind is like a parachute, it only works when it's open".***

As each day goes by I understand how true that statement is.

When I started writing my form of poetry,  
I wanted to create a trademark or logo for my work.  
I guess that desire came from all my years in the business world.

When I put my first book together in 2002, I needed something for the cover that would help explain the work.

Since it was titled *Short Sleeves A Book For Friends*, I thought a smiley face would work,  
so I started with that concept and a figure emerged. The figure started to take on a life of its own, within my mind.

I added stick arms and legs inside of pants and then a shirt, a short sleeve shirt, and then realized it had to be a color, but what color?

I was doing research on the human energy field at the time, reading the works of Barbara Ann Brennan and others about our consciousness creating an energy field that in turn creates the physical body.

Simply stated, the consciousness, the energy field and the body are in a state of balance,

but when there is a change in consciousness caused by a decision or reaction creating tension, the energy field and the physical body will come into balance with it and a symptom will appear as tension in the body reflecting the tension in consciousness.

Part of the consciousness, the energy system, is composed of seven energy centers called chakras. (Meaning Wheel in Sanskrit)

The energy system is composed of different densities of energy in a state of flow or movement.

When things flow smoothly we experience wholeness.

When energy is blocked we experience tension, which manifests as symptoms. The charkas act as valves or pumps to regulate the flow of energy through the system.

The state of energy flow of consciousness is therefore determined by the charkas.

Each Chakra has a color associated with it. They are positioned from the sacral plexus in a straight line to the top of the head.

Each one has a color beginning with the lowest: Red, orange, yellow, green, blue, indigo and violet.

When functioning properly they are vibrant representations of those colors, when energy is blocked they become distorted in color.

I had found the colors for my shirt. They would be the colors of the chakras.

In understanding that my consciousness was energy coming from somewhere and entering my body to become a human,

I drew a line of energy around my little friend with it entering at the feet and being released at the top of the head.

I also learned that there are other levels of energy less dense than charkas, called auras.

I represented one of them with a violet cloud surrounding my friend.

There he was all dressed up, but missing one important thing, a name.

I was looking at this new form grinning at what could be done with a smiley face and

time on my hands  
and the letters a c e popped into my head. A-c-e.

Yes, A for Aware:

I was now aware that I am consciousness filled with energy, that has a mind and body.

C for Connected:

this energy was coming from somewhere. I could call it whatever I wanted: God,  
Source, Universe, Source Self and that all names are OK.

E for Energy:

I was aware and connected to life thru energy.

It flowed through me, around me and through all living things.

This energy is my consciousness and I am a whole part of another whole, a collective  
consciousness that is the same but diverse.

In understanding diversity I learn to be a grander version of my self.

Ace is a metaphor for consciousness.

He represents wholeness in body, mind and spirit.

He is waving at me, wanting me to remember who I am;  
a spirit having a human experience.

He signifies the whole child within us all, my inner truth connected in joy and  
happiness to All There Is:

LOVE.

**OUR TRADEMARK**



Ace TM

## **Facts About “Ace” Our Trademark**

- 1. Ace stands for Aware Connected Energy.**
- 2. Ace represents the unity we all have buried within us.**
- 3. Ace is dressed in the colors of his charkas, all vibrant and healthy.**
- 4. Ace is aware of his source and is an expression of that source.**
- 5. Ace is connected to the universal stream of consciousness that flows through all life.**
- 6. Ace is energy that pulsates in sync with his thoughts.**
- 7. Ace is another aspect of the focused consciousness we have within us.**
- 8. Ace is free from all the illusions that fear manifests.**
- 9. Ace is love, filled with the power of All There Is.**
- 10. Ace knows we are all one and he respects all life forms.**
- 11. Ace lives in truth.**
- 12. Ace follows his dreams and lives in the now.**
- 13. Ace sees with his emotions and touches with his feelings.**
- 14. Ace is the essence of gratitude.**
- 15. Ace lives in abundance and shares his joy with a smile.**

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[www.shortsleeves.net](http://www.shortsleeves.net)

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Howard (Hal) Thomas Manogue, was born in Philadelphia, and is a forerunner to the Indigo children, a now age term for misfit with an intuitive nature, a desire to know his truth with a gift of giving and sharing. Hal retired from the shoe industry after 35 years of sole searching, and discovered his real soul.

He enjoys art, music, philosophy, psychology, nature and people.

His poems have been published by: Mystic Pop Magazine, Children Of The New Earth Magazine, New Age Tribune, Seasons Of The Soul Newsletters, New World View, Lightship News and Writers In The Sky Newsletters. His essays can be found on [www.ezinearticles.com](http://www.ezinearticles.com), [www.authorsden.com](http://www.authorsden.com), [www.faceyourself.com](http://www.faceyourself.com), [www.jasonsnetwork.com](http://www.jasonsnetwork.com), [www.ascension.net](http://www.ascension.net), [www.selfgrowth.com](http://www.selfgrowth.com) and Over 1000 sites other around the world. Hal's Blog and Website: <http://halmanogue.blogspot.com/> [www.shortsleeves.net](http://www.shortsleeves.net)

He lives in Franklin Tennessee.

Hal's new book Short Sleeves Insights: Live An Ordinary Life In A Non-Ordinary Way was published in May 2008. Visit any book store or Hal's website to get a copy. Hal's third Collection Of poetry: Short Sleeves A Book For Friends is available now.