



We live in an age fascinated by energy. Everything seems to be explained in terms of forces, vibrations, frequencies, invisible impulses. People speak of “positive energy,” of “connecting with the universe,” of “flowing,” of “feeling something inside.” And, sadly, this language has also contaminated the way many Christians speak about—and think about—the Holy Spirit.

That is why it is urgent to say it clearly, with charity and with truth:

- **The Holy Spirit is not an energy.**
- **He is not an impersonal force.**
- **He is not an intense emotion or a psychological state.**

The Holy Spirit is God.

He is a divine Person—living, conscious, loving, speaking, guiding, and sanctifying.

This article seeks to **educate, awaken, purify errors**, and **invite you into a real and deep relationship with Him**, grounded in the Catholic faith, Sacred Scripture, and the living Tradition of the Church.

1. The great modern error: confusing the Holy Spirit with a force

In many environments—even ecclesial ones—you often hear people say:

- “I felt a very strong energy”
- “The Spirit is like a current”
- “It was an impressive vibration”
- “Something was moving in the atmosphere”

Although these expressions are sometimes used with good intentions, **this language is deeply problematic**, because it **reduces God to something**, when **God is Someone**.

- **An energy does not love.**
- **An energy does not speak.**
- **An energy does not teach.**
- **An energy cannot be obeyed or resisted.**

And yet the Bible clearly says:



“The Holy Spirit will teach you all things” (Jn 14:26)

“The Spirit intercedes for us” (Rom 8:26)

“Do not grieve the Holy Spirit of God” (Eph 4:30)

□ **Only a Person can teach, intercede, and be grieved.**

2. Who is the Holy Spirit really?

The Third Person of the Most Holy Trinity

The Catholic faith proclaims with millennial precision:

- **One God**
- **Three distinct Persons**
 - Father
 - Son
 - Holy Spirit

The Holy Spirit is **not inferior, not an emanation, not a mere extension** of the Father or the Son.

□ **He is fully God**, consubstantial with the Father and the Son.

The Creed proclaims it without ambiguity:

“I believe in the Holy Spirit, the Lord and giver of life.”

It does not say “energy.”

It does not say “force.”

It does not say “impulse.”

It says **Lord**.



□ Eternal Love between the Father and the Son

Classical theology teaches that the Holy Spirit is:

- The **personal Love** between the Father and the Son
- The **uncreated Gift**
- The **eternal bond of communion**

Therefore:

- He is not something that is “used”
- He is Someone with whom we **enter into communion**

3. Scripture is clear: the Spirit acts as a Person

From the beginning to the end of the Bible, the Holy Spirit **speaks and acts as a personal subject**.

□ In the Old Testament

- He hovers over the waters (Gen 1:2)
- He speaks through the prophets
- He grants wisdom and strength

□ In the New Testament

- He descends upon Mary (Lk 1:35)
- He leads Jesus into the desert (Lk 4:1)
- He speaks at Pentecost (Acts 2)

Jesus Himself presents Him as **Someone distinct from Himself**:

“When the Paraclete comes, whom I shall send to you from the Father... He will bear witness to me” (Jn 15:26)



- He bears witness. He does not “emit energy.”
- He sends. He does not “vibrate.”
- He guides. He does not “flow.”

4. Why is it dangerous to think the Spirit is an energy?

Because this error leads to serious spiritual consequences:

- He is instrumentalized

Energy is used.

The Holy Spirit is **obeyed**.

- He is confused with emotions

Not everything intense comes from God.

Grace **is not always felt**, but it always transforms.

- The door is opened to syncretism

The Christian faith becomes mixed with:

- New Age ideas
- Eastern spiritualities
- Psychological experiences disguised as mysticism

- **When the Spirit becomes “something,” Christ ceases to be the center.**

5. So... how does the Holy Spirit really act?

Here is the key:

The Holy Spirit does not primarily act on the senses, but on the soul.

His action is **deep, silent, and transforming**.



□ His principal work:

- To sanctify
- To enlighten the intellect
- To move the will toward the good
- To conform us to Christ

6. Clear signs that the Holy Spirit is acting in you

(do not confuse these with passing emotions)

Here are **solid, theological, and pastoral criteria**:

□ 1. Love for truth grows within you

- You desire to know doctrine
- You flee from relativism
- Sin troubles you, even the “socially acceptable” kind

“When He comes, the Spirit of truth, He will guide you into all the truth” (Jn 16:13)

□ 2. Your desire for real prayer increases

- Not just to “feel” something
- But to persevere
- Even when there is no consolation

□ The Spirit does not create emotional dependence, but **fidelity**.



□ 3. An interior rejection of sin is born

- Not out of fear, but out of love
- It pains you to offend God
- A sincere desire for confession appears

This is not psychology.

It is **sanctifying grace at work.**

□ 4. True humility grows

- Less protagonism
- More docility
- Greater obedience to the Church

□ The Holy Spirit **never produces spiritual pride.**

□ 5. The fruits of the Spirit appear (Gal 5:22)

“Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.”

It does not say:

- euphoria
- spectacle
- loss of control

It says **self-control.**



7. Practical guide: how to relate correctly to the Holy Spirit

✓ 1. Speak to Him as to a Person

Say to Him:

- “Guide me”
- “Teach me”
- “Correct me”
- “Sanctify me”

Do not “activate” Him.

Do not “channel” Him.

Do not “use” Him.

✓ 2. Invoke Him in the sacraments

- Confession
- Eucharist
- Confirmation

□ **The Spirit acts with maximum power in sacramental life**, not apart from it.

✓ 3. Ask for docility, not for experiences

Holiness is not about feeling a lot.

It is about **loving well and persevering**.

✓ 4. Always discern with the Church

The Holy Spirit:

- Does not contradict the Magisterium



- Does not despise Tradition
- Does not relativize truth

Where there is constant confusion, the Spirit of God is not acting.

8. Conclusion: from “feeling something” to living with Someone

The Holy Spirit **is not an energy that runs through you.**
He is **God dwelling within you** if you are in a state of grace.

He does not promise constant emotions.
He promises **new life**.

He does not give you “power.”
He gives you **holiness**.

Today more than ever, we need Christians who can say with conviction:

- “I do not follow invisible forces.”
- “I do not chase spiritual sensations.”
- “I believe in the Holy Spirit, the Lord and giver of life.”

And you...
Are you treating Him like a force...
or like the living God who wants to transform you from within?