

Energy R Us: Actions to Consciously Shift Your Energy

We all have ups and downs, good days and bad. One of the keys to living well is to *live consciously* by choosing what happens to you and choosing where you will place your energy and your intentions. You can choose what happens to you and what you draw to yourself by tuning in to your energetic patterns. When you tune in, you will begin to recognize the patterns that bring you some of the things that you *don't* want. When you recognize them, you can begin to consciously choose other options.

In the last column we suggested that you keep a journal and notice how you feel in different situations. Note where you are and what you are doing when you feel your best. Also note where you are and what you are doing when you are feeling stressed, unhappy or even depressed. Do you notice any patterns ... is it a particular time of day, a particular location, perhaps when you are with certain people? What do you feel like and what does your environment look like in each situation?

It is important to understand that your outer and inner environments mirror each other. The condition of your home (and business space) is a reflection of your inner self. At the same time, your environment has a big impact on how you feel ... it has a big impact on your personal energy system. Given this, it is beneficial to take action in both areas when you are consciously improving your life.

For instance, if you are working to improve your health, in addition to the care and guidance you may be receiving from your doctor or practitioner, you can also cleanup, de-clutter and enhance your home and business environments. Clutter holds you in place. We all have it, in varying degrees. Letting it go, frees up energy. It physically lightens your space and energetically allows fresh energy to flow in. When energy is flowing you can then begin to direct it and draw it toward yourself with clear intentions.

As you de-clutter, think about what you really want to happen in your life. Be clear and be specific. Write down your wishes (your intentions) on a piece of paper or in a journal. Writing is a very powerful process. Write your words in the present tense, just as if they are happening in your life today. Also write your wishes using positive words. One intention for good health might be: "I am so grateful that I easily and effortlessly maintain my perfect weight." Write about the result of what you want.

Thirdly, get ready to receive what you are asking for. This is more difficult than it seems because many of us sabotage ourselves everyday. You might think about what you want but then you may doubt that it will really happen. Or, you might think that you are not good enough. "It will happen to someone else", but not to you. Such thoughts energetically keep your wishes away! You really need to believe in yourself, in order to shift your energy. If this is a pattern you recognize in yourself, try to let these thoughts go as they come up and get to thinking about what you do want and why you want it.

It may also be helpful to apply the principles of Feng Shui to our 'inner landscape'!

In the same way that we need to de-clutter our homes it is also important to de-clutter our minds! As the previous paragraph stated, we sabotage ourselves daily. We do not mean to pull the rug out from under our selves, but it can happen even with our best conscious intentions. What trips us up on the road to our dreams is not what *is in conscious awareness*. What blocks our way is the 'stuff' of our mind that is like junk in the basement that has been packed away in boxes for so long that we have forgotten it was there. And then there is the 'stuff' that we told others they could store there or the 'stuff' that came from the ancestors that accumulated quietly in the corners! No one intends for this to occur, it is just part of the experience of being human.

By becoming aware of what is rocking around in the basement of our mind (subconscious) and eliminating it we can free up energy to direct toward what we truly desire in our lives.

We all have developed some 'mistaken beliefs' about ourselves, others or the world. The best and easiest place to start cleaning house is to look at these with an eye to eliminating what we can and making the rest more functional.

What follows is a list of some of the most common troubling beliefs that people carry deep within. Take your time to read through the list and notice which ones cause you to react. You may experience strong emotions or perhaps only a slight discomfort. OR, you may have an adverse reaction such as: "Well that's foolish, who would ever think that!" Sometimes strong denial is our biggest clue that there is something going on in the deeper realms! So read the list slowly, giving yourself the gift of an honest appraisal.

Faulty Beliefs

I'm not good enough	Life is a struggle	I don't deserve to love
I'm not acceptable	I can't express myself	I am stupid
I'm not loveable	Nobody understands me	I cannot be myself
I don't deserve to be loved	It's not safe to trust	I am weak and have no defenses
I'm not wanted	I am betrayed by life	Life is struggle
I can't find my place in this world	I am insignificant	I deserve to be deprived and abandoned
Nothing ever works for me	I am not capable	
	There's no hope for me	

Becoming aware of these beliefs may even be painful at the start. However if you commit to rooting them out, the rewards you gain will far outweigh any discomfort you experienced.

Six action steps to increase energy

- 1) De-clutter your space. You can begin with a small area such as your kitchen table or even a counter-top. Remove all trash.
- 2) Write 1-3 intentions about what you wish to happen in your life. Write these very clearly. Be specific. Write them in the present tense, just as if they are happening today.
- 3) Get ready to receive what you wish to happen. Get out of your own way and believe it can really happen. If you doubt it, it won't happen. It's that simple.
- 4) De-clutter your mind through examining and eliminating unconscious beliefs
- 5) Use the power of your mind via imagery, visualization and relaxation to help you problem beliefs as well as to install new programs for success.
- 6) Notice the small successes. The best growth is through the 'feel good' not the 'feel bad'.

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