

Becky Moore, LMP - Intuitive Energy Healer

Energy journal:

Make a record of the energy shifts and events of the day. Notice:

- when you feel connected or discounted
- if you felt uplifted, overwhelmed, stressed, comforted, etc by people or situations you encountered.
- When the words you heard match the energy you felt coming towards you from another person.
- Which people had a strong energetic effect on you.
- Ways that you influenced other people's energy
- How grounded or ungrounded you and others seemed
- How your energy tends to change at work, at home, at a party, in a crisis.
- What physical changes go along with energy shifts
- Good, ok, relaxed or unpleasant, tense, painful or no feeling

Exercises in energetics

If you want to try some other energy activities here are other ways to notice energy changes in your body.

Energy follows thought or intention...

Start with simply noticing how you feel right now.

Down, up

Open, closed

Agitated. Peaceful

Tired, wired

Just notice

Next, think about someone you love dearly and imagine being with them. What do you notice.

Warmth?

Your heart?

Expanded or contracted energy?

Shift now into thinking about a situation that really frustrated or irritated you.

Where is it in your body?

What happens to your energy?

Experiment with recalling a time that you felt anxious or afraid.

What happens to your body?

Is it vulnerable, less safe and protected?

Try bringing in a very peaceful, grounded energy

Notice your body

Notice your center of gravity