

ENERGY MANAGEMENT TOOLKIT

POWER QUESTIONS

The power questions can be used as a quick fix way to get your energy moving again. They help us get very clear on what is working and what isn't working currently in our reality. I recommend using these questions anytime you're feeling stuck or battling resistance. The questions serve as a tool to dig deeper into each energy area that may be causing you to feel blocked. Let yourself honestly answer by letting go and letting the words flow. Surrender and Release

SWITCH YOUR FOCUS

1. Where is my focus right now?

Switch the focus, switch the vibrational state. Put simply where we put our focus is where we gravitate our energy. This is imperative towards managing your energy body. Your focus is your internal compass. Where is yours at?

2. Am I choosing to Spend my Energy Wisely?

Write down how are you feeling surrounding your current energy, how is it making you feel? Is your vibrationally state in a place of support or disconnection?

3. What am I energetically holding onto that I need to release?

Where we anchor energy it releases into our life. The energy you hold - reenergizes. What are you energetically holding onto that you truly need to let go?

4. What causes me the most exhaustion & makes me feel drained in my life?

The energy that is making us feel drained, conflicted or stressed is a sign of disconnection. Pinpointing where we are stuck - helps us create conscious decision to change.

5. What always causes me to feel the most upset and uncertain?

Where we are holding unconscious fear is where our uncertainty is keeping us in lower vibrational place of fear or victim consciousness. What is causing you uncertainty?

6. Did anything happen in my past, that helped cause this feeling to occur?

A lot of resistance is created from our past storylines, where are you getting caught in a cycle of resistance. Did something happen in your past that created this feeling to occur?

FIND YOUR MIND DISCIPLINE

1. Can I change my attitude or perception about this?

Find your mind discipline. Is there a way to start shifting your perception about it.

2. How can I see the lesson from the universe in this assignment?

Where is the blessing in this situation? What is the universe trying to show you?

3. Is there a way I can start shifting my focus or changing my situation?

We always have the choice to change. Where do you need to personally shift?

Evaluate the feeling space, what are your vibes telling you daily?

When we start shifting our perception towards what we desire - everything vibrationally begins to change.

*We're not chasing goals, we're chasing feelings. Begin to ask yourself:
In this moment, How do I choose to experience?*

[illegible]

Basically a lot of that interference is vibrational clutter that we unconsciously cling onto - mostly from our past. This is why mind discipline is essential to learning how to understand your frequency and where you are tuning in.

It's a really simple process, once you get the hang of it,
you can start to do this just about anywhere.

HOW TO TUNE IN TO BASECAMP

Step 1. Close your eyes, and take a few minutes to merely feel your energy body. What is coming through in this moment? What feelings are coming up? Do you feel any mental clutter coming to surface?

Step 2. Begin to focus on your heart center and feel it expanding with light. Now Imagine your heart center is like a energy radio. Let's make a conscious decision to shift our energy frequency. You can keep tuning the knobs until you get to a channel you enjoy. Let's set an intention to empower our day. We'll pick happiness for this exercise. Use the conversation starter if it helps!

Today I choose to be Happiness.

Step 3. Keep shifting your focus, until you bring your energy to choose happiness within this moment. If you can't reach for happiness, try contentment or peace of mind.

Step 4. Now put your hands together into the position of prayer.
Feeling the vibrations of happiness.
Then say again.

Today I choose to be Happiness.

Step 5. Take a few deep breaths. Interlace your fingers and push that energy out by moving your arms out in front of you. It will literally feel like you're pushing the energy from your palms out into your reality. Repeat if needed.

Step 6. Enjoy this moment, Shake your hands if necessary and Release.

*When we make the conscious decision to start turning our frequency channels,
we begin shifting our vibration while shortly after our reality begins
following suite. Tune your Energy Radio Anytime.*

MY ENERGY ENVIRONMENTS

1. What are my energy environments currently telling me?

What does your soul hang out. Create a list of where your energy gravitates in your daily life, what is happening in these environments from a symbolic level.

2. What environments are personally empowering me vs. draining me?

We always have the choice to change. Where do you need to personally shift?

3. What are some basic steps I can start taking to practice more Discernment in all areas of my life?

Being Open-minded & moldable allows us to stay in beginner's mind - Open to guidance.

4. In my life how am I emotionally attaching myself to others?

Do i always worry about someone else? Who's approval am I trying to find?

5. What can I start letting go of that I'm not responsible for?

What can I let of that isn't mine. Think about all the ways we attach ourselves to others problems, when it's an illusion of control.

6. What can I start taking responsibility for?

Remember we can only control what is internal. Our thoughts, perceptions, actions, feelings. Where do you need to start taking responsibility for your personal well-being & happiness.

7. Do I create healthy emotional boundaries or am I always saying "Yes" to people even if I don't want to?

Sometimes it's really powerful to say no for once and let go of unhealthy obligations. Evaluate where you are creating unhealthy boundaries and where you are being a people pleaser. Say Yes to yourself first!

8. Who am I energetically holding onto that I need to Release?

The big question, Ask yourself - Who am I not Releasing?

MANTRA:
"I RELEASE YOU, I RELEASE YOU, I RELEASE YOU"

THE MENTAL CLEANSER

DETOX THE MIND TO RELEASE THE CLUTTER

When we're feeling overwhelmed, stressed, anxious or uncertain, the best thing we can do is create a mental purge. A cleansing so that we get unload all the vibrational clutter that is clogging space in our mind. This helps us vent, release illusions and most of all get super clear on what's important and what is plain b.s. clutter.

Our energy is a container and what happens is we tend to overfill it with a bunch of vibrational clutter that we really don't need.

The more we feel overwhelmed, stressed out or anxious, the more our vibration continues to feel low the best thing we can honestly do is release everything we're holding onto and then look at it.

This exercise is great for anyone who suffers from anxiety, stress, overwhelm, exhaustion or just needs a clear head. I recommend using this exercise whenever you feel extremely cloudy or uncertain about your life direction.

When we detox the mind our energy can breathe again. We create space for clarity and evaluating what is going on in our head.
Alright so heres what we're going to do:

5 STEP MENTAL CLEANSE

Step 1. On the next sheet of paper - Write down everything that is in your head right now, doesn't matter if it's a to-do list, or just random thoughts you keep thinking. Let everything out in a glorious brain dump. Just get it all out there.

Step 2. Look at it and see what's really going on. How much are you holding onto that you don't need? Get a different color pen & see how many statements are "How"s of future fear you have. With another color, see how many are feeling based influencers.

Step 3. Now Evaluate with a highlighter - 3-5 important items. Aim for 3 if you can.

Step 4. Ask yourself: How much of this is vibrational clutter? How much is pure fear? What Do I really need to release and let go of the most?

Step 5. Focus on those items you highlighted. Let everything else go and release it to the universe. Surrender it all to the universe. It's okay, we'll take care of it later. You can even throw away the paper if you like. Feel the relief and weight lift!

THE MENTAL CLEANSER

RECONNECTING TO OUR EXPANSIVE UNIVERSE

1. Do I feel my energy is in a place of contraction or expansion - How is this influencing my life currently?

What can I let of that isn't mine. Think about all the ways we attach ourselves to others problems, when it's an illusion of control.

2. Am I getting in my own way or am I asking for help?

Are you constantly trying to control the situation or are you asking for divine support? Evaluate where you are getting in the way.

3. Do I personally feel connected or disconnected from my expansive universe?

Evaluate in your life if you've been feeling disconnected from your true self or you've been expanding with your truth. Reconnecting ourselves is the first step towards clarity.

THE RECONNECT EXPERIENCE
ASKING EMPOWERING QUESTIONS FOR LIFE CHANGE

Higher Self, Guide me to be the witness of my fears, What resistance is holding me back that I need to let go of to move forward?

What limited beliefs am I holding that are creating resistance in my life?

How Can I align with the momentum I need to succeed?

What can I personally do from where I am standing today, To get me to where I need to be?

What Vision Do I have to Bring to the World?

What do I desire to create in my life?

How do I become more aware and focused on my intentions?

What aligned actions can I start taking to become focused on my intentions?

Who must I become to start embodying my empowered vision and manifest it into my life?

What gifts and spiritual skills do I have to bring to the world?

What must change within my life to start aligning with my true self?

What does my life look like when I'm spiritually fulfilled and always supported?

AFFIRM IT TO THE UNIVERSE:

Higher Self, Thank you for showing me how to align with the right resources, teachers and tools to help my vision become my life.

I surrender my need to control. I allow the universe to lead me towards my spiritual fulfillment and align me with my joy.

EXTRA INTUITIVE QUESTIONS:

Let this space be for extra questions you may feel called to ask your higher self. These questions may be personal ones, we didn't cover or more direct questions you wish to find clarity on.

Higher Self, Guide me to see....