

LESSON 2.1

ENERGETIC CAPABILITIES AND TRANSFORMATION

1- BUILDING ENERGETIC SENSITIVITY

When I started developing this work, the energetic component was key. We will explore this concept further in the lesson on spatial energy programming (ie: space clearing). I will talk more about these and how they work in the next article which will be about spatial energy and energy “clearing” (the more commonly used term).

The assignment for lesson 2.1 is to begin to build your awareness and sensitivity to energies around you.

For this exercise you will need the following:

- A timer
- An object such as a crystal, a plant, a pet or another person
- A meditation cushion
- A quiet space

Decide how much time you have free to do this exercise. Perhaps you have 3 minutes, 6, 9 , 12... I tend to like to do this in increments of 3 min.

Set the timer for that amount of time you have free. I like to use an application called Insight timer.

Sit quietly and find your breath, close your eyes if you need to.

Then simply bring your awareness to your chosen object, the plant crystal or pet. Intend to be one energetically with it, and intend to tune into its energy field. Sometimes that can be as simple as intending it. Perhaps bring your focus to the white light that radiates from the object, the energy field around it.

After this is done, simply contemplate how you feel.

You can also bring this exercise into your day, merging energetically with anything around you, either whilst waiting in a queue, or meeting a friend, or in a meeting at work. You can even spend some time being one energetically with your space everyday, as a practise.

2- MAKE NOTES OF HOW YOU FEEL AFTER ANY GIVEN SESSION AND HOW THINGS SHIFT OVERALL AS YOU DO MORE OF THIS.
