

# Energy

## How to put the vroom into your get-up-and-go...

**I**f you're constantly knackered and in dire need of a pick-me-up, think about what it feels like when you're in love. That headiness is a shining example of energy at its best. It gives rise to a healthier, happier you, and fills you with supreme confidence so you feel you can achieve anything.

In fact, you vibrate at such a level when you're in love, that you can find yourself not eating and losing weight as you literally feed off this exquisite energy. This is the ultimate example of how it feels when energy is vibrating at its best. You feel unstoppable and are filled with such a zest for life that nothing and no-one presents a challenge to you. The good news is you don't need to have just found the person of your dreams in order to feel this way.

### Recharge your batteries

**R**enewing your energy takes both time and commitment.

Old energy becomes stagnant and holds you down, so refreshing your world will refresh your life. It's also paramount that you get a good night's sleep, for this is when your energy is recharged.

**BODY BOOST:**  
Get yourself ready for anything



# Boost

## Home help

**C**learing the physical clutter around your home, especially in your bedroom and bathroom, will do wonders for creating vitality in your environment.

- At the beginning of each new season, open all the windows and doors on a sunny day to move the old energy through.
- **Illuminate your front door at night with a pair of lamps on either side of the door. They should be above eye level to encourage fresh zest into your home, day and night.**
- Keep the paintwork of your front door fresh and clean and polish the letterbox, door knob and knocker regularly
- **Make your entrance hall welcoming with fresh flowers and plants. These will breathe new life into the house.**
- Keep the hallway clutter-free and have a chair in the hall, which suggests to guests, 'welcome and please stay'.
- **Put lamps or candles in the front windows to suggest an attractive, homely inner warmth. Keep windows clean.**
- The smell of home cooking, coffee and scented candles stimulate energy.



**CANDLE CHARM:**  
Keep the warmth inside

## Off the blocks

**L**ife isn't always a bed of roses and can throw tragedy or tough situations your way.

It's important to work on transforming the old energy that has been surrounding your life and the blockages that hold you back. Keep your thoughts positive and see the best in everything and everyone. Things will get better.

**SURGE AHEAD:**  
Into a positive future...

## Get a perfect night's slumber

**B**efore you get into bed, make sure your body and mind is ready for your energy-enhancing sleep.

- Wash away the old energy that's holding onto your body through your skin by taking a salt scrub in the shower before you go to bed.
- **A glass of warm water is the best thing to drink prior to sleep. This is because it doesn't place any demands on the digestive system, and your body can concentrate on ensuring your organs are in tip-top working order as you sleep.**
- Cleanse your internal energy meridians of stale residue from the day by taking a warm, salt-water foot bath for half an hour each evening.
- **Disciplines such as Yoga, Tai Chi, Qigong, or Tapping really help to calm an active mind before bed.**
- Keep a gratitude book by your bed to list all of the positives that have happened that day. This will help you to focus on the way forward.
- **Don't eat or drink late at night - it will affect the quality of your sleep. This includes alcohol, dairy products and chocolate. Anything that holds down energy is responsible for mood swings and depression.**
- When you wake, embrace the opportunity to rise, and go forth and multiply. Don't waste energy on looking back.



## Packing their trunks

**I**t's not just us humans who are affected by energy. When the Indian Ocean Tsunami hit the shores of Sri Lanka on Boxing Day 2004, all the elephants had moved themselves to higher ground - as if they had read the energy of the land.

In Chinese culture, water represents money - it could be argued that the tsunami was a warning of the turmoil to come with the collapse of the financial markets.



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For more insights into the influence of energy, check out Kay's book *Beneath The Surface*. For more details, see [www.theenergyspecialist.com](http://www.theenergyspecialist.com)

