

What do I mean by energy?

Have you ever walked into a room and felt / sensed / known that the atmosphere was tense?

Or walked into a party and knew that you were going to have a great time / or that it was just not for you?

Or thought of someone and then the phone rings and it is them?

These are all examples of you feeling / sensing / reading energy; another way of saying this is that you are tapping into your intuition. In the first two examples given above you were sensing the energy of the room and the atmosphere and / or people in the room. In the last example, you were sensing the energy of the other person. Everything is made of energy and thus everything can be felt to have its own unique energy.

Most people are not conscious of what they are doing with their energy and how it is affecting other people and their surroundings.

The Power of Energy:

It is your energy (your emotions, thoughts and actions are all energy) and what energy vibe you give off that propels or attracts things to you in your life and this is what creates your life.

The most important thing to do when working with Energy:

Is to be playful and curious, like a child.

Highly Sensitive People

Highly Sensitive people (H.S.P.) are always noticing other people's energy and are often taking on other people's energies. This makes it very difficult for them to know what they think and feel, or if it is someone else's thoughts and feelings. For these reasons H.S.P. often feel overwhelmed and emotionally unstable and / or have the need to protect themselves.

Below is a testimonial from a client who is a H.S.P.:

“I can not believe that I found so much energy that isn't even mine. I still need to clear my energy everyday! My life is so much less confusing and complicated now. Thank you so much Fiona”.

The majority of this page is taken from my book “How to work with your energy”. To get your copy click [here](#)