

***How to work with Your Energy***  
*by Fiona Maguire*

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## Introduction

This book contains three energy exercises that I give to nearly all the people that work with me. I do this because all three exercises help a person to:

- Be Joyfully Alive
- Have more Vitality
- Gain more of a sense of Who You Really Are

You will particularly benefit from reading this book and doing the exercises if you:

Are stuck  
Feel Stressed or Anxious  
Are a highly sensitive person

I wrote this book because most people are not conscious of what they are doing with their energy and how it is affecting them, other people, their surroundings and creating their life. Yes, you read that right, 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.

Furthermore, most people do not understand that they naturally exchange energy with each other, especially if they are enjoying each other's company or are in conflict with each other, and how this affects them.

## Who will benefit from reading this book?

**Everyone can benefit from reading this book** as you will gain some understanding of how you use your energy, skills in how to use your energy and more of a sense of who you are and, just as importantly, who you are not.

You will learn how to:

- Clear and clean your energy
- Stop feeling drained
- How to use your energy to create a life you love

## Do I need to believe in energy or something else to benefit from reading this book?

No. Whilst reading this book please keep an open mind. Some of the information in this book may be familiar to you and some information may be totally new. Enjoy reading the book and allow yourself to try the exercises.

All you need, to gain the most benefit, is to have a curious and playful attitude when doing the exercises. If I asked a young child to create / see / sense a Golden Ball of energy, for example, they would just do it without question. The reason for this is that a young child is still connected to their intuition, creativity and imagination; they have also not been told that it is silly or that there is no such thing as a Golden Ball of energy. So when doing the

exercises just be a curious, playful young child and allow your intuition, creativity and imagination to run wild.

To make these exercises more real for you I have included brief case studies and testimonials from my clients about how they use and benefit from the exercises. Hopefully by reading these, your analytical skeptical left hemisphere of your brain will be satisfied long enough to allow you to have fun and play.

## **About me, Fiona Maguire**

I love to help people be more joyful, be themselves and be free. People work with me to resolve their issues quickly and to gain the confidence to make any changes that they may need to. I treat the whole person on all levels and teach them how to 'work' with their energy. I have a degree in Psychology and I have been working as a therapist for over 18 years now.

I have been able to read energy my whole life, it is something very natural to me. Being able to connect and 'work' with your own energy brings more joy and another 'technicolour' dimension to life.

## **Testimonial**

“Before meeting Fiona I had been doing a lot of work on self discovery and healing, however there were still things that were holding me back although I wasn't really clear of what the issue was. Fiona was able to help me identify and clear emotions that I hadn't even realized I was holding onto. I enjoyed Fiona's forthright style and attitude. She is able to get to the heart of the matter and lay it all on the table so that it can be dealt with, while always coming from a place of love and compassion. After just a few sessions with Fiona I was able to move forward in a new way, truly being myself. I would highly recommend working with Fiona when you want to really get to the root of what is holding you back.”

Jo-Ann Morin, Canada.

## **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.**

Your energy flows around and through your physical body and it also extends out of you; people often call this space around the physical body where the person's energy extends their 'aura'. It is natural and common to sense the energy in someone's 'aura' - this is one of the reasons why we feel a warm glow, or get a good vibe when we are around some people and not around others - please see the section below on protection.

Your aura often contains a lot of other people's energy. This is for two main reasons:

1. People often scatter their energy all around them and often leave their energy in places and other people.
2. Most people naturally exchange energy with each other, especially if they are enjoying each other's company or are in conflict with each other.

Your aura all also contains energy and information that you have collected in your past and that you are perceiving in the present. If you have ideas about the future, your aura may also contain energy and information that you are projecting into the future.

Your physical body also holds energy and information that you have collected from your past, especially the conditioning that you have received - see the section on conditioning later in this book.

What I want you to remember is that the energy that you perceive from someone's 'aura' may not be a true representation of who they are. More importantly, perhaps, is what your 'aura' is telling other people may not be who you are.

I don't like the word 'aura' because people have made up all kinds of beliefs about it, that may or may not be true and therefore may or may not be useful. I call the energy that surrounds your physical body and extends out of it as far as you allow it to, your Energy Field.

**The above points are all reasons why learning how to clean and clear your energy is important** - see below.

## **Energy is both universal and individual.**

Energy is universal in that energy is what makes up the universe and there is only one energy. Energy is also individual in that we all have our own unique energy that forms our authentic impulses and desires in life which makes us who we are.

## **Is energy Good or Bad?**

No, energy is energy and all energy is neutral. We all have a tendency to label energy, and other things, based on the meaning we attribute to them. For example, if an energy feels good to us we are likely to believe that it is 'good' energy and energy that feels bad is 'bad' energy. However, the truth is that energy is energy and it is all neutral.

## **Perceiving Energy**

People perceive energy in different ways, some people see energy, some people feel energy, some people hear energy in sounds or in words (like thoughts), some people just 'know things' and other people sense energy in numerous ways (from now on I am just going to use the word sensing energy to refer to all of them).

I do not believe that any of these ways of sensing energy are any more superior than the others.

In my own experience, you start sensing energy with the sense that is the strongest in you and then, overtime, you will probably start to sense energy using your other senses too; this is what has happened with the majority of my clients.

I started with feeling energy and now I sense the energy in the way that my client does, as this makes it easier to communicate with them what I sense in their energy.

I worked with a woman who believed that she could not sense energy. She believed this because when she was asked to do visualisation exercises in the past she could never 'see' an image. When I did the 'Magnet in the Lake' exercise, which is the first exercise you will do, I asked the lady to image a lake in her mind's eye. I helped her realise that even though she could not see a lake she had a felt sense of it in her body. To her surprise, she felt physical sensations in her body whilst she was doing the exercise. In her sessions this woman learnt to pay attention to the physical sensations in her body and what they were telling her about the energy of a situation, person or event.

## **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.

I worked with a woman in her early thirties that was finding it difficult to know what to do with her life. She had been a very successful person in the city but was suffering from stress and burnout more frequently as time went on. As much as she could she would go back to the village that she grew up in and this would help her "find herself again". However, after spending a whole month in her village, when she came back to work she felt stressed, overwhelmed and sick straight away.

Through working with me she realised that she was taking on other people's energy and believing that it was all hers - which as you can imagine was very confusing and overwhelming. Every morning she did the exercises in this book and was amazed to "find so much energy that isn't even mine". She was then able to learn how to be more in her own energy and she said that her life became "much less confusing and complicated".

If you are a H.S.P. it is probably difficult for you to know what you want in your life and have the clarity of thought and action to achieve what you want. For more information see 'My Story' towards the end of this ebook.

## **Why do you need to clean and clear your energy?**

You cannot run on other people's energy.

You have your own unique energy. A car can be used as a metaphor for how the human body and mind operates. A car needs its particular fuel type, petrol or diesel and oil to run smoothly. Put anything else in the car and it may run for a little while but it will soon blow up. You are the same, to work really well and to have all round health you need to have your own energy in you.

When a car is repaired did you know that the mechanic needs to access the computer chip in the engine and delete the fault from its memory? You are the same - when energy is cleared out of your body and energy field, you also need to erase the thoughts and behaviours that your mind created which had previously kept you operating with that 'fault' (which is likely to be other people's energy and conditioning). Otherwise the fault is likely to reappear and create even more problems.

Giving someone back their energy and being more in your own energy, is one of the most loving and compassionate things that you can do for a person.

## **Your energy and other people's energy**

Where attention goes, energy flows - for example when you are talking or thinking about a person your energy will naturally go towards them. Your energy then naturally returns to you.

"The only thing that can disrupt the natural return of your energy is you" (Friedlander and Hemsher, 2011, location 885, Kindle Edition)<sup>1</sup>. If you keep thinking about a person, obsess about a person, worry about someone or want something from someone a part of your energy will remain outside of you, instead of returning to you.

Your energy will only be in the other person's energy if they allow it to be.

## **Let's look at an example of what can happen when two people meet:**

*Have you ever felt really happy about going to meet a friend, but after a short while of being with them you feel not so good. Then when you leave them you notice that you feel really bad?*

This is because you probably, and most likely unconsciously, did one or any combination of the following:

- Allowed yourself to feel what they were feeling, so you could genuinely understand what they were feeling and by doing this you took on their energy.

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<sup>1</sup> Friedlander, J. and Hemsher, G. (2011). *Psychic Psychology: Energy Skills for Life and Relationships*. [Kindle Edition]. Retrieved from [amazon.co.uk](http://amazon.co.uk)

- Opened up yourself to them energetically, enabling them to put energy in you and / or take your energy.
- What they were talking about resonated with you and pulled on a belief, thought and or emotion of yours and as a result this emotion and feeling could grow in you.
- Part of their energy 'matched' part of your energy and as a result you took their energy into you.

Energy 'matching' is quite complicated, however it generally happens for one of two main reasons:

1. Part of your energy is the same or very similar to the other person's energy.
2. Part of your energy is in judgment of and / or resistance to the other person's energy.

Another way of explaining the above points is that you identified with their energy (meaning that you already had the same or a very similar energy in you; or you were in resistance to what you sensed was happening) and in identifying with their energy you took on their energy and you created more of that energy in you.

You may have decided to do this and done it more or less consciously, because of similar reasons to why they extended their energy out to you. Or you may have done it unconsciously.

What this means is that everyday you, most probably, go around leaving your energy in different people and places and collecting energy from different people and places.

Just imagine: how dirty your hands would be if you did not wash them?

**This is why you need to clean and clear your energy.**

I worked with a man who knew that he felt blocked and stuck in his life but he had no idea that people perceived him as an angry man. In the first session I encouraged him to playfully explore and release any anger he may have had. What he found was that he was holding onto his pain from a nasty divorce, but as this pain was too much for him to consciously bear he had buried it and this resulted in him being angry all the time.

I helped him release the energy of the marriage and the divorce. This enabled him to see more clearly what really happened and drop his angry story of being a victim. He was instantly more happy and calm.