

How to work with Your Energy

Part 4

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Protection

YOU DO NOT NEED TO PROTECT YOURSELF OR YOUR ENERGY!

The reason for this is that when you protect your energy you are creating a barrier between you, other people and the world.

You may believe that this barrier prevents you from all the ‘bad energy’ out there, but this barrier also prevents you from fully engaging with other people and the world. In other words, it stops you from receiving all the goodness and beauty in life.

This barrier also prevents the other person from getting a true sense of you and who you are. It also stops them from feeling your natural warmth, vibe, love, happiness.

People I have worked with have told me that they use numerous ways of ‘protecting’ their energy - a shield, an object, a symbol, a cloak etc. This ‘protection’ is often sensed by other people as you creating a barrier between them and you. They may even sense you as being ‘shut down’, ‘cut off’ or ‘cold’.

In the first networking meeting that I went to, when I first started my coaching practice, I thought that it was very important that people felt comfortable with me and that they could trust me. So what I did, and I cannot believe that I did this now, was I made my energy field neutral and kept it close to my physical body. What I experienced was that even though people were very curious about me and what I do, I did not feel connected to anybody all evening and unusually for me I did not laugh. Then when I was helping tidy the room after the meeting with a friend I suddenly realised that I was enjoying myself, my energy field had naturally expanded and my friend and other people in the room were engaging with me. What this story demonstrates is that people need to be able to sense another person’s energy to be able to engage and connect with them.

Play around with this and see for yourself - ask a friend to ‘protect’ their energy and see how they feel to you. Then ask them to let go of the ‘protection’ and see how they feel to you.

An alternative to ‘Protection’

A healthy way to set your boundaries is to use the “Setting your Energy field” exercise below.

Setting Your Energy Field

Setting your energy field helps bring together a lot of the skills that you have hopefully learnt through reading this book.

A major benefit of setting your energy field is that it stops you from feeling drained by other people. It does this by making it is easier for you to get a sense of when another energy enters your energy field. You can then let this energy go before it even starts to interact with your physical body, therefore lessening the chances of you identifying with someone else's energy. Or your energy entering another person's energy field or physical body.

I had a client that was finding it really difficult to be around a certain work colleague, who she needed to work with on a regular basis. When I asked my client why this was, she said that she could not give me an answer that made sense to her. When I looked at my client's energy field I saw a 'shield' that looked like a families coat of arms. My client said that she had put this there a long time ago in a reiki class and had forgotten about it, even though she was aware that she did reinforce on a regular basis that she was 'protected'. I sensed that her colleague was reacting to this 'shield' and as a result did not trust my client. I asked my client if she would be willing to let go of the shield and instead set her energy field in a more helpful and flexible way. My client tried the "setting your energy field" exercise that I have included in this book. To her surprise her colleague reacted to her in a much warmer way the next day and now they can work well together.

Setting your energy field gives you more clarity about what are your feelings, thoughts and emotions.

When I am working with couples, teaching them about their energy fields really helps them communicate better. As it helps them set their boundaries in a much healthier way. It also helps them explore exchanging their energies in a more conscious way that can lead to a more intense and fun experience with each other, during sex for example.

Setting Your Energy Field Exercise



- Stand and try, imagine, that you are relaxed and feel comfortable.
- Imagine / see / feel your energy field all around you like a sphere that you are standing in the middle of.
- Bring your energy field to a distance around you that is comfortable for the situation you are in – at home this will be between 4 and 6ft (1 -2 meters), in busy places about 2ft (less about 1/2 meter).
- Your energy field has a semi-permeable membrane, that you get to set with your intention what you want to let in and what you want to release.
- Put a symbol of your choice, I like a flower, on the front, back, top, bottom, left and right of your energy field. These symbols will act like “Lightening rods” in that energy that is not beneficial for you will touch them and be pulled into the ground and therefore not enter your energy field. I like to join my symbols up.

Say out loud or to yourself:

- “I own this physical body.
- This physical body is part of me.
- I am the Queen / King of my physical body.
- I decide what enters and leaves my physical body.
- I am grounded and present in my physical body”.

Stay still, until you sense what you have said physically in your body. For me this feels like I am more present and grounded and I feel ‘stronger’, maybe a better way of saying this is I feel more ‘contained’ in a relaxed way.

Then say the following for your energy field:

- “I own this energy field.
 - This energy field is an extension of me.
 - I am the Queen / King of my energy field.
 - I decide what enters and leaves my energy field.
 - My physical body is grounded and present in my energy field.
 - My energy field is grounded and present”.
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- Allow your physical body to extend and relax in the boundaries of your energy field.

Remember that your energy field has a semi-permeable membrane field, and that you choose what comes in or out – you set this with your intention.

Conditioning and Other People's energy

Conditioning is what you have been taught to do by your parents, family, friends, groups you interact with, the media and society in general. Your parents need to condition you to do certain things like brush your teeth and how to talk. However they also condition you, consciously and unconsciously, to behave in certain ways that they want you to and to believe in certain things about yourself, them, your family and the world. I am also using the world conditioning to mean the energy that your parents give you in conception, during pregnancy and birth; this energy is made up of your parents' experiences, thoughts, emotions and beliefs. Conditioning happens mentally, physically, emotionally, spiritually and energetically.

For example I had a client who came to see me because of 'her' guilt that she had been carrying for 20 or 30 years since she (let's call her Clair) left her husband. Clair told me that she had done loads of 'work' on this guilt but nothing had made it go away. Clair said "Even when I thought it had, it would reappear shortly after". In the session that I did with Clair she saw that the guilt was originally what her parents had pass on to her at birth and conditioned into her during her whole life.

When Clair let go of her parents' energy, she could see what had actually happened and take responsibility for only what she needed to rather than for everything, like she was doing. With this new sense of clarity Clair was able to release all the guilt. With all this energy freed up in her system Clair was able to take a new level of responsibility in her life - the very next day after her session she was offered a job at an interview. When Clair rewrote the terms of employment the company accepted all of her terms!

When you are a child it is easy to understand that you take on your parents energy to please them. The difficulties and complications start when you reflect your parent's behaviour to them that they do not like. This is an example of energy matching.

Another type of energy 'matching' that happens when, normally during teenage years, you start to rebel against your parents' beliefs and thus energy. When you rebel against your parents' energy, your energy naturally goes into their space, often trying to convince them of something, and your energy in their space makes it easier for their energy to be in you. This form of energy 'matching' is often very uncomfortable and it makes it harder to separate your energies.

Conclusion

It is very powerful for my clients to realise that the behaviours and habits that they have that they do not like and frequently sabotage them are often the result of having other people's energy in them. As they are then able to let go of the energy and release the thoughts and emotions that were held in place by this other person's energy.

To be in your own Real Energy is very empowering. Doing the exercises in their book and keeping in mind what I have taught you about energy will empower you to create your life.

I think that we need to get back into a relationship with our own body to be able to work effectively with our energy. This will bring you into the present moment where you can do any healing that needs to be done. You will then have a stable foundation to explore higher consciousness and other energies.

I have met a lot of people with amazing psychic abilities that could channel energy, however because they were not in their body the information they received could not be made use of in this physical everyday existence.

You may know people that spend a lot of time "away with the fairies" but are they operating in this world in a way that brings them joy and abundance?

Doing the exercises in this book will help you take back energy that you have left in other people's spaces, clear energy that does not belong to you and assist you to get to know what you are doing with your energy.

When you know what is your energy it is much easier to tell when energy from other people or other beings enters your energy field. You can then consciously decide what you want to do with the energy, for example let it go or take it on, rather than unconsciously identifying with it and taking it on as your energy.

If you do these exercises consciously and pay attention, they will help you clear thoughts, emotions, and conditioning. However, to clear the energy thoroughly so that the energy / situation / behaviour pattern does not repeat itself or come back you will need to understand why you have put your energy in other people or allowed their energy to be in you and clear the energy. As I have mentioned before you have probably exchanged energy with people unconsciously - to keep yourself safe, and you may be running outdated conditioning from your childhood that no longer serves you as an adult.

Even I need help sometimes to see what I am doing with my energy, why I am doing it and to thoroughly clear it.

I can help you do this in a session or multiple sessions; It normally takes people three sessions with me to understand how not to recreate the same pattern in their life. For more information see below, contact me and / or go to my website.

What I can do for you...

If you feel blocked, stuck, stressed, have a long standing emotional or physical problem I can most probably help you.

Do you ever

... look at your life and ask yourself “Is this it?”

... wonder why you are not as happy as you’d like to be?

... notice you repeat the same things day after day without meaning?

... believe that your life is in balance, yet don’t experience any real highs or lows?

If you are relating to any of the questions above *I can help you.*

I specialise in working with people who have lost the ability to feel their emotions or feel overwhelmed by their emotions and / or life.

The majority of the people that are not able to feel their emotions, are not even aware that they no longer feel their emotions. This is because they have shut down their emotions to protect themselves, due to a traumatic event or prolonged stress / pain / anguish.

If you relate to any of the questions above you are probably one of these people.

If you only feel anger, frustration or a state of ‘OK-ness’ then you are one of these people.

Your whole life and your relationships will change and be a lot better if you can feel and express your emotions in a beneficial way.

I can help you do this, contact me.

How I can help you

I have the ability to read and see your energy. I can see your blocks on all levels - physical, emotional, mental, soul and heart, that hold you back from creating the life you love to live. I can read your core issue and get right to the heart of the matter, saving you time and money.

I remove these blocks energetically and on all levels of your being, so you completely Break Free of limiting thoughts, emotions, behaviours and conditioning. Unless you understand why you have the block and how it affects you, removing the block will only be temporary. That is why I work on all levels, so that the block does not come back.

I also teach you how to remove the blocks, stop recreating patterns from the past and give you the tools to keep moving forward in your life.

To find out how I will help you / what a session is like click [here](#).

My Story

I have been able to read energy my whole life. I was born a highly sensitive person but I was different than most because I knew what was my energy and feelings and what were other people's energy and feelings.

However a few times in my life it became too overwhelming for me to know what other people were feeling and experiencing. At times I thought I was going mad because I had never met someone like me. Furthermore, when I told people what I knew about them they were often angry with me.

In my early thirties I decided to sell my house to give me the funds and freedom to find out how I could turn on and off my energy abilities and hopefully meet people like me.

I was fortunate enough to achieve both of these things. At least I thought I had.

When I reached 40 my longing to be part of a community returned and I went and did the "Intensive" two months course and retreat at the Awakened Life project.

When I arrived, Cynthia, a cofounder of the project, asked me to stop reading energy, so I did. This was incredibly hard for me, as I did not realise how much I was using my energy reading abilities even to communicate. When I was not reading energy it was difficult for me to tell if someone had hurt my feelings on purpose or if I was just taking things too personally. I needed to learn a whole new way of communicating at forty! I swear, at times it was like I had just landed on Mars and I did not have a clue what to do or say!

When I left the community for a while, I realised that I was much calmer and at ease with myself even in crowded places - which before were overwhelming due to all the feelings and energies I was aware of from other people.

This was because, even though I thought I could turn off my ability to read energy, I was always, semi unconsciously, reading energy and could bring to mind the energy of another person from the past at any moment. This meant that a lot of my energy and awareness was invested in doing other things like - reading energy, than being present in the moment.

I was calmer and happier because I was happy in my own body, I was aware of what I was doing and aware of what I needed to know, without reading energy and being overwhelmed.

This calmness and peace has stayed with me ever since.

Due to this experience, I have understood how difficult it is for Highly Sensitive people and why they often go from feeling too much to shutting down completely.

Afterword

Working with your energy will really help and support you in your life, as energy is what makes up everything. However, energy is a product of Consciousness, meaning that consciousness is everything and produces everything using energy. And it is through acknowledging Consciousness, of the little 'I' (which is what you think and feel) and the collective consciousness (which is the truth that we are all one being), that will set you free of the pain and suffering that comes from believing and acting as if you were a separate being that has to fight for their survival on earth.

For example, I believe that if I understand what is happening than I am safe; this old habit of needing to figure things out keeps me stuck in the little 'I'. From this contracted place inside myself it is hard to trust myself, other people and life. When I let go of this old habit I connect with life, with oneness. This connection with oneness has given me an inner knowing of peace, of love and a trust in life that I did not have before.

I encourage you to work with your energy and your awareness of your thoughts and emotions and I am happy to help you achieve this.

If you would like to always feel love and wonder, even when life is really challenging, I encourage you to explore oneness and I would love to do this with you.