

# The basic principles of Energy Medicine & Energetic Boundaries

*Learn the basics of energy medicine*



**1** Learn how to GROUND. This is one of the most important basic principles of energy medicine and hygiene. Connect with your feet to the earth consciously at least once a day. Close your eyes and take a few deep breaths. Visualise or sense how you connect to the earth's nourishing and nurturing energy. Feel grounded and stable. Sense how any excess energy or any trauma literally drains out through your feet into the earth. The earth takes it in and transforms it into beautiful golden light. We can either climb up the mountain being stressed and scattered or we can climb it up being grounded, centred and present. When we are grounded, we have more clarity in our heads and we feel calmer. Therefore we can make better decisions and choices.

**2** When you walk into a space, be really mindful of your energy levels and also the environment you are in itself. Going into the space and leave the space without carrying anything.

**3** Learn how to hold space. When people are very upset or scared they start drawing on your energy. Don't let that happen. Instead learn how to hold them. It is very much about how to hold space.

**4** Be crystal clear what your role is. Your role is NOT to take other people's stuff on. Your role might be to be a good friend, to listen, to support. Be clear about your role and learn not to take everything on.

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Sometimes the path isn't clear. and then we go back to basics and we start to build really clear basic building blocks. Sometimes we have to be really gentle.

**5** Learn how to release any dark, stagnant or dull energy out of your body at the end of each day. Visualise or sense energy moving down through your legs into the earth to release.

**6** Truly wise people open the pain, heal it and then move on. The more we heal ourselves, the less we resonate with the frequency of guilt, sadness, depression. It is not in our energy field anymore and we don't align with it anymore. You see it more from a such healthier perspective.

**7** Diet is the most important thing. The food we eat has a huge impact on the energy body (and of course our physical and emotional wellbeing).

**8** Be not too hard on yourself. Acknowledge your achievements. Be gentle and kind to your own heart. At the end of each day, place your hands on your heart, close your eyes and take a minute or two to connect to this beautiful wise council and intuition that sits there.

**9** Hold your vibration in the world. Be clear of what you stand for. Communicate with clarity so nothing can be misunderstood. Speak your truth with love and compassion.

**10** No feeling or situation will last forever. Connect to deeper wisdom knowing that these things pass. It passes through. We are never stuck.

**11** If you are feeling overwhelmed, anxious: connect to the energy of trust and surrender. Be gentle. Take a deep breath. Sometimes it's like our problems or challenges are like heavy rocks and we hold them. And the longer we do that, the heavier they feel and we get really tired and exhausted. Make time and do things that nourish your soul so you can put those heavy rocks down for a moment. That will allow you to breathe, to reset and to gain your strength back.

**12** See the light in people and see where they need to be loved. Where is the good. People will find their path over time.

**13** It is OK not to know. Take the pressure of having to know. Step into the wisdom of surrender.

**14** Our life journey is not linear. It is a curvy, winding path. Never straight. When we change direction - take time to grieve and then see the bright blue, vast sky in front of you - so much possibility.

**15** In situations, when you are challenged and overwhelmed: Trust in the genius of your own soul. Trust in your soul and your heart. They'll know how to move through this.

**16** Whatever life presents to you, trust that you'll be able to handle it. Sometimes we experience one single event taking up all our energy. Step back from that. You are bigger than this. There is more to your life than just that.