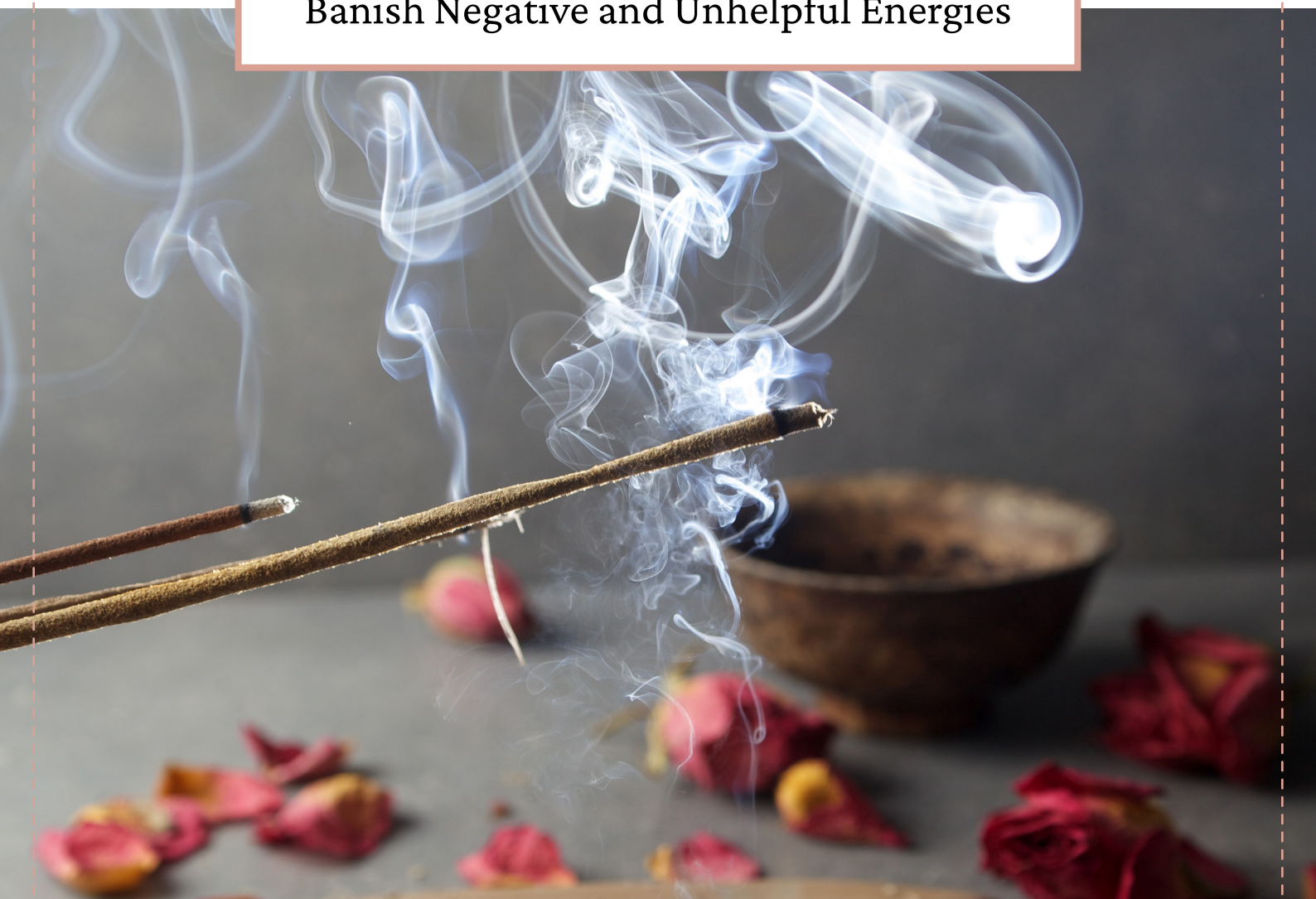




# Enchanted

*embody the magick of you*

**Banish Negative and Unhelpful Energies**



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You're stumbling through energetic smog

Every day, you're in contact with people and the world.

You interact with family, friends, colleagues, acquaintances and neighbours. You scroll through social media, watch the news and learn what's going on politically. Perhaps you'll experience conflict, or have uncomfortable conversations with others. You may have arguments or disagreements.

Regardless, every time someone comes and 'offloads' all their angst on you, you take it on in your energetic system. The same thing happens when they share their fears and concerns or ask your advice, or when you witness or experience a trauma or tragedy.

Additionally, we're all constantly surrounded by judgements, negative opinions, disempowering thoughts, media and advertising, movies, shows and social media. And of course, most of us own all kinds of devices that encourage us to scroll excessively.

On top of all this, the world bombards us with messages about who we should be, what we should do, how we should spend our time and what we should achieve and accomplish.

Together, all of these interactions and experiences immerse us in an 'energetic smog' of other people's thoughts, feelings, fears, judgements and opinions.

And that smog can make it impossible to clearly see what belongs to you and what belongs to other people. This, in turn, can leave you uncertain about what you really want, and what you are and aren't comfortable doing to make it happen.

I'm sure you've experienced the feeling of having a great day until someone who isn't comes along, and all they want to do is moan. Then, after they leave, you just feel drained.

Or you watch a film, and even though you know it's just a story, you still find yourself crying or angry at the injustice one of the characters experiences. Many years ago, I watched *Into the Wild*, which had such a sad ending that I physically felt 'off' for hours after the film finished.

This happens because every time we interact with someone or something – even if it's fictional – we exchange energy with it, creating an energetic connection.

Some of those connections are tiny, with very little emotional charge. Perhaps someone held the door open for you and you said, "Thank you."

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The energetic ‘cord’ from this kind of exchange would be less than the thickness of a single hair, and would naturally dissolve as the day went on. You might not even remember it a couple of days later.

But some energetic connections are far more substantial, and create a higher emotional charge. For example, if you’ve had a major disagreement with someone, the energetic exchange and the resulting connection will be much more significant.

Think of *these* energetic cords as massive data cables that send and receive information between you and the person you’re connected to.

Now, this kind of cord can be a positive thing. If someone loves and supports you, you can receive that love and support through your connection with them. However, the opposite is also true: people can project their fears and judgements along the cord, and you can pick up on them.

Some of the things you might notice if you’re experiencing this kind of unsupportive energetic exchange include:

- ◆ doubting yourself
- ◆ making a decision and then changing your mind
- ◆ feeling like you’re taking three steps forwards and then stumbling two steps back

## **The answer: better energetic hygiene**

Back when I first started my kinesiology training in 1999, the tutor recommended a particular Psychic Protection class. The teacher for that class described picking up on other people’s energy in this way:

“Imagine you’re a farmer who’s been out in the fields and mucking out the animals all day. When you come home in your muddy boots and dirty overalls, do you sit on the couch straight away? Of course not – that would be ridiculous! It would leave mud and muck all over your home, so it just doesn’t make sense. And your energetic health is the same way, except that you don’t see the mud.”

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I wasn't really into the idea of 'psychic' anything at the time, but I went along to the class anyway. And that training was probably some of the most valuable of my life because it started my interest in – and research into – energetic hygiene.

And gradually, as I learnt more about the topic, I became more aware of how other people interacted with my energy, and how I used my own energy with them. I grew more conscious about how I interacted with others, and started to take responsibility for how I showed up – not only in life, but in relationships too. I also learnt to take responsibility for my past decisions and actions, and take greater responsibility for my choices moving forward.

If I felt drained or depleted around certain people, I gradually learnt how to clear those feelings, and come back into my own energy. And with time, I even stopped allowing others to drain or deplete my energy. Instead, I began to quickly recognise that depletion was imminent, and 'protect' my energy by setting boundaries.

Learning about energetic hygiene taught me to understand where my energy ended in the world, and where other people's began. Whenever I noticed an intense emotion, I could quickly distinguish whether it was mine, or if I was picking it up from someone else or the collective energy around me.

And the techniques I learnt worked! Even after 20+ years of working energetically with thousands of clients, I never pick up anyone else's 'stuff' now, much less keep it with me.

Now, don't get me wrong. I'm highly intuitive, and have many 'clairs' (my word for a finely tuned sense that goes beyond the physical – think clairvoyance for clear-seeing, or clairaudience for clear-hearing). And I can still use my clairs appropriately when I want to.

But I always *choose* when, where and how I use these skills, which means they never overwhelm me.

And I want to show you how to do the same.

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## LESSON: Energetic Health

Record your notes here while viewing the video lesson for this module.

Key points	Details

## Defining Your Boundaries

Your boundaries probably need strengthening if you notice yourself:

- ✦ constantly anticipating other people's needs
- ✦ unable to say "No" (or unable to say it without feeling guilty)
- ✦ feeling unsafe about expressing your true thoughts and feelings
- ✦ struggling to clearly communicate your needs, or even to know what you need.

### The main type of boundaries:

#### **Physical Boundaries: Your physical body and physical space**

How do you respond to someone getting too close and making you feel uncomfortable, or being overly tactile in a way that you don't like?

#### **Material Boundaries: Things that you own or that you're looking after**

How do you respond when people ask to borrow your things and you'd rather they didn't? What about when people just help themselves to your things and don't return them, or return them damaged?

#### **Emotional Boundaries: Your emotions and feelings**

How do you respond if someone tries to tell you that your feelings aren't valid? Maybe they dismiss you as being 'too emotional' or 'on your period'?

#### **Intellectual Boundaries: Your thoughts, opinions and values**

How do you respond to people dismissing your values, talking over you or not honouring your requests?

Look at each of these four boundary areas and be honest with yourself about how you communicate what's acceptable to you and what's not. Ask yourself:

- ✦ Is it easy for you to assert your boundary?
- ✦ Do you even have boundaries in all of these areas?
- ✦ How could your boundaries in each area be stronger?

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## Physical Boundaries

Score out of 10:

Area for improvement	New score if implemented	Benefits of establishing the boundary

## Material Boundaries

Score out of 10:

Area for improvement	New score if implemented	Benefits of establishing the boundary

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## Emotional Boundaries

Score out of 10:

Area for improvement	New score if implemented	Benefits of establishing the boundary

## Intellectual Boundaries

Score out of 10:

Area for improvement	New score if implemented	Benefits of establishing the boundary



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## Notes



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## Lesson: Clearing negative or unhelpful energies

Record your notes here while viewing the video lesson for this module.

Key points	Details

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## Identifying Energy Drains

An energy drain is anything or anyone that leaves you feeling less than yourself, or more depleted than you did before your encounter with them.

Activity/Person	How you felt after	Clearing Technique	How you felt after

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## Notes



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## Lesson: Protecting Your Energy

Record your notes here while viewing the video lesson for this module.

Key points	Details

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## Protecting Your Energy

Activity/Enchantment:

How you felt during	How you felt after	How you felt at the end of the day

What situation will this be useful for you to use it in?

Activity/Enchantment:

How you felt during	How you felt after	How you felt at the end of the day

What situation will this be useful for you to use it in?

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## Notes

