



## CIRCULATION OF OUR ENERGY

Our life is about what your energy is seeking to manifest itself. We are wired with the desire to go out into the world, to become someone, something **(to develop a greater sense of self)**, and at the same time, we want to stay home, to belong somewhere or to our tribe **(for a greater sense of stability and grounding)**.

This **innate DRIVE** to individuate (to gain independence, be different) versus to stay home and rely on and attach to others (to stay connected, stable, the same), are the forces within us, that are always seeking to be balanced.

So the **KEY to our health**, is the balance between this becoming (giving) and our belonging (our receiving). This ability to give of our self and ability to receive for our self, is what moves and re-circulates our energy within ourself and within life. How much our energy will circulate and stay in the flow, depends on how much we can open ourselves up and ground our energy.

When we are balanced, our energy can replenish itself naturally. When we are imbalanced, our energy stays stuck, and is subjected to depletion.

This **EXCHANGE of our energy** with the world, happens through our relations with others, with the universe. We expend energy out and into life (giving of self) and we build reserves through taking (receiving).

## OUR GIVING: states of doing.

**Energy MOVES OUT** and our energy goes into life. This is our will power, how we express our energy, determines our power and drive. It is based on feeling deserving of energy for ourselves, and on our level of self-esteem, importance and confidence.

How much we push into life (the masculine aspect of our energy) to put our self out into life.

To get things done. Take action and manifest things.

To apply effort, keep trying and persist at things, not give up.

Giving of our knowledge, time/energy, networking, money, praise/compliments, etc.

What is your ability to be generous with your giving, without needs or emotions attached?

ie. giving praise, being self-assured for what you can offer others, helping others, etc.

## OUR RECEIVING ABILITY: states of being.

**Energy moves BACK IN** as our energy goes back into our core for replenishment. Our magnetism pulls us towards earth, ground, into self to rest. How well we can receive and how well we can relax and ground our energy (the feminine aspect of our energy). Our allowing of more space inside to take care of self, to digest energy. This releases our energy and recharges and refills our core self.

The more energy we have and the more space we have, the more we can ground ourselves and have access to the depth of info. Increases coherence capacity. It is the time we make, to ask our questions of life; align to our inner core intelligence.

**Explore your ability** to be able to **graciously receive**, that supports your giving. Ability to **become receptive** enough, to let life land in us. Requires a certain amount of surrendering of your energy in life, to listen with more feeling awareness and receptivity.

\* Your ability to **receive for your self**, through more settledness in life, within self for self.

Happens through an increased sense of well-being and peacefulness.

More self-focus and self-love. Allowing self to rest deeply and bring self back into more flow.

Taking time to make self feel good, relaxed, better. Bring self into present moment.

Improving self of deserving (our worthiness).

Making opportunities to receive help, recognition, approval, love, money, health.

\* Your ability to **receive others** more. Enables us to connect more with others.

Provide others with more listening space and our time.

Offer others more of our advice, knowledge and support for their growth.

Requires us to be able to trust others fully.

\* Your ability to **receiving more love from others**. Requires knowing how important you are to others.

To allow others to help us, to hear us, take care of us.

The ability to see them as them really loving you and seeing you as special to them.

\* Your ability to **receive more information** from universe.

Requires you to open your mind enough, more for insights to come in.

Practices such as meditation, reflection, contemplation.

## OUR IMBALANCES to giving and receiving.

**Imbalance to our giving** can be when we push too much: become aggressive, controlling, cross others' boundaries, doing too much stuff for others, don't include other. Many have a resistance to giving, especially if they did not receive (energy, love) fully as children. This resistance can be hidden by our resentments or apathy, our "no".

**Imbalance to our receiving** can be when we don't allow others to help us, don't allow self to rest, don't put energy, into life or into things, become too passive. Many have a resistance to receiving, due to our conditioning and responsibilities, especially if there were expectations put on them to take care of others needs before their own.