

GET TUNED



IN

& TURNED



ON!

TUNE INTO THE THINGS THAT ARE IMPORTANT TO YOU! TURN OFF THE DRAMA AND FLIP THE SWITCH TO LET MORE ENERGY FLOW INTO YOUR LIFE.

WHAT DO YOU VALUE?

Pick from a list of over 50 words / values the top 3 most important to you in your life! How well do you live these values?

WHAT IS ENERGY?

CONSIDER THESE SCIENTIFIC FACTS:

EVERYTHING IS ENERGY & ENERGY IS EVERY THING

ENERGY CAN'T BE CREATED OR DESTROYED ONLY CHANGED

ENERGY / EVERYTHING VIBRATES AT A FREQUENCY / SPEED

ENERGY IS NEITHER GOOD OR BAD

APPLY THESE FACTS TO OUR THOUGHTS, FEELINGS & RESULTING ACTIONS:

THOUGHTS & FEELINGS ARE AN ENERGY – MOOD

THOUGHTS & FEELINGS CAN BE SHIFTED OR CHANGED – NEUROPLASTICITY...

THOUGHTS & FEELING HAVE A FREQUENCY OR VIBRATION- DR EMOTO

THOUGHTS & FEELINGS ARE NEITHER GOOD OR BAD

WHAT IS THE ENERGETIC SELF PERCEPTION CHART?

**THOUGHTS, FEELINGS & ACTIONS RESONATE ON 7 DIFFERENT LEVELS OF ENERGY.
THEY VARY IN DENSITY AND VIBRATION.**

Thoughts and beliefs most often originate from what we have been taught or trained to think in response to our experiences. (From parents, culture, personal) Shame, apathy and guilt are some examples of the most dense feelings energetically. Non- judgement, joy and passion are some thoughts, feelings and actions of the highest vibration and frequency.

We agree or disagree, accept or discard new thoughts based on whether they fit into our world view of what we believe (or have been taught) to be true.

NEW POSSIBILITIES!

*****WE ARE NOT OUR THOUGHTS OR FEELINGS!! THEY ARE SIMPLY AN ENERGY THAT WE HAVE AGREED WITH & PUT ON LIKE A COAT. WHY? BECAUSE WE THOUGHT WE WERE SUPPOSED TO OR WERE TOLD TO! *****

****NOT EVERY THOUGHT WE THINK IS TRUE? WE CAN CHOOSE TO THINK DIFFERENTLY! ****

WHAT PERMISSIONS DOES THIS GIVE US IN DEALING WITH OURSELVES AND OTHERS?

- **PERMISSION TO ACKNOWLEDGE THE THINGS WE THINK, FEEL, OR HAVE DONE WITHOUT BEATING OURSELVES UP. IT'S ONLY ENERGY. IT'S NOT PERSONAL!!**
- **PERMISSION TO LET GO OF GUILT, SHAME OR RESPONSIBILITY FOR ANOTHERS ENERGY, FEELINGS... THAT COMES FROM THEIR PERSONAL WORLD VIEW.**
- **PERMISSION TO FEEL UNCOMFORTABLE FEELINGS KNOWING THEY ARE NEITHER GOOD OR BAD BUT SIMPLY AN ENERGETIC RESPONSE TO OUR EXPERIENCE.**
- **PERMISSION TO CHOOSE NEW THOUGHTS AND WAYS OF LIVING WITHOUT JUDGEMENT, SELF-DOUBT OR FEAR OF OTHERS' EXPECTATIONS.**

HOW DOES THIS INCREASE OUR ENERGY?

INTERNALLY IT SHIFTS US FROM THE DENSE HEAVIER LEVEL 1 & 2 ENERGIES OF GUILT & JUDGEMENT TO HIGHER FREQUENCIES OF LOVE & ACCEPTANCE FOR OURSELVES & OTHERS. LIFE BECOMES LIGHTER AND MORE ENJOYABLE.

- *WE CAN CHOOSE TO TAKE OFF THE HEAVY EXHAUSTING ENERGIES OF GUILT, SHAME, SELF JUDGEMENT, RESENTMENT AND JEALOUSY THAT WEIGHT US DOWN AND MAKE US TIRED.*
- *WE REALIZE WE ARE THE BEAUTIFUL THINGS THAT WE VALUE AT OUR CORE, UPLIFTING US!*
- *WE START TO SEE WAYS TO CHANGE THE OTHER ENERGIES WE DON'T WANT OR LIKE AS OUR ENERGY EXPANDS AND OUR WORLD VIEW OPENS. ENERGY IS CHANGEABLE!*

HOW DOES THIS AWARENESS TURN OFF THE DRAMA?

- *WE REALIZE WE ARE NOT THE PROBLEM.*
- *I START TO LOVE & ACCEPT MYSELF AS I AM WITH NO JUDGEMENT.*
- *OTHER PEOPLES FEELINGS AND ACTIONS ARE THEIR ENERGY AND I DON'T HAVE TO TAKE THAT ON UNLESS I CHOOSE.*
- *I CAN ACKNOWLEDGE & ACCEPT THAT OTHERS HAVE A RIGHT TO THEIR FEELINGS AND IT'S NOT ABOUT ME. (OR EVEN THEM SOMETIMES, A PRODUCT OF TRAINING)*
- *SOME OF OUR DISAGREEMENTS ARE SIMPLY A VALUES DIFFERENCE. (EFFICIENCY VS. METHODOLOGY, INTENSITY VS FUN LOVING, OPENNESS VS PRIVACY...)*

WHO ARE YOU?

AT OUR CORE WE ARE VIBRANT LOVING BEINGS THAT RESONATE WITH HIGH LEVELS OF ENERGY!

TUNE INTO THE REAL YOU & TURN IT ON!!

MISSION POSSIBLE

YOUR MISSION IF YOU CHOOSE TO ACCEPT IT: ALLOW YOURSELF TO STEP OUT OF WHAT YOU THINK YOU KNOW TO IMAGE **POSSIBILITIES** YOU MAY HAVE NEVER CONSIDERED BEFORE!!

BE FREE TO BE YOU AND SING YOUR HEART LIKE NEVER BEFORE!

VALUES ASSESSMENT

Rate each value on a scale of 1 to 10 based on its importance in your life. Then rate each value on a scale of 1 to 10 based on how well you live each value or “walk the talk”.

<u>Value</u>	<u>Value Rating</u> <i>1 to 10</i>	<u>Action Rating</u> <i>1 to 10</i>
Accomplishment	_____	_____
Abundance	_____	_____
Achievement	_____	_____
Adventure	_____	_____
Altruism	_____	_____
Autonomy	_____	_____
Beauty	_____	_____
Clarity	_____	_____
Commitment	_____	_____
Communication	_____	_____
Community	_____	_____
Connecting to Others	_____	_____
Creativity	_____	_____
Emotional Health	_____	_____
Environment	_____	_____
Excellence	_____	_____
Family	_____	_____
Flexibility	_____	_____
Freedom	_____	_____
Friendship	_____	_____
Fulfillment	_____	_____
Fun	_____	_____
Holistic Living	_____	_____
Honesty	_____	_____
Humor	_____	_____
Integrity	_____	_____
Intimacy	_____	_____
Joy	_____	_____
Leadership	_____	_____
Loyalty	_____	_____
Nature	_____	_____
Openness	_____	_____
Personal Growth	_____	_____
Partnership	_____	_____
Physical Appearance	_____	_____
Power	_____	_____
Privacy	_____	_____
Professionalism	_____	_____
Recognition	_____	_____
Respect	_____	_____
Romance	_____	_____
Security	_____	_____
Self-Care	_____	_____
Self-Expression	_____	_____
Self-Mastery	_____	_____
Self-Realization	_____	_____
Sensuality	_____	_____
Service	_____	_____
Spirituality	_____	_____
Trust	_____	_____
Truth	_____	_____
Vitality	_____	_____
Walking the Talk	_____	_____
Other _____	_____	_____