

# Energy Coaching Model

## How do I know where my energy is blocked?

There are many books, DVD's and films that you can connect to which will explain in great depth about the energy universe and model. I will offer a simplistic viewpoint here and hope you will seek out other people's work to enlarge on the concept - following your own intuitive cookie trail will reap rich rewards as you will find the right book or person will arrive perfectly for you.

We are in an **energy universe and a vibrational being**. Everything we see and interact with has a resonance - a vibrational output. Our vibration changes according to our learning and therefore our allowing - coming from a space of love and openness on a vibrational level means that we create the same in our world.

**The world reflects our understanding of it energetically** - if we believe ( unconsciously) that the world is a place to be feared and of lack then this is what must show up in reality.

**Start to notice your life** - if you can without judgement. Whatever and whoever shows up shows your vibration. Whatever areas of your life are bringing you pain. anger, sadness etc is where your vibrational flow has become constricted.

**As you awaken to this you can begin to shift this energy** and focus on bringing the darkness to light. There is no right or wrong simply choice around creating the life you want - we are always making choices. Bring the hidden to the surface so you may accept it and release it.

**Purely thinking about these blocks is not the way** - the energy does not dwell in the intellect. Getting out of your head and into your body is the key. Notice how you feel and where the energy flows or where it feels blocked. It will also show up in your environment - your house, your pet, your car - they are all in your energy vortex. If your household appliances are showing strain this reflects you bizarre as it may sound. As you embrace this concept you will see the evidence for yourself.

**Revere your energy and intend all the best things for it as you would a precious child.**

**Shield it** from negativity and violence - the mind does not distinguish fiction from fact and anything you allow into your world affects your personal energetic pattern.

Notice where and what triggers emotional intensity in you in a way that feels less than good - this is where the jewels are and where we need to clear the energy

**Everything in the Universe has an energetic pattern - a sacred geometry and a blueprint.**  
**As you tread through life what do your sacred footprints reveal?**