

## Learning Energy Balance

I talk about a state of Is-ness, a level of awareness that allows you to dance with All That Is. When you are in this balanced state, you are unaffected by the outside world. I call this being in the world but not of it. When your energy is out of balance, you embody all the cares of the world. Your life is ruled by “I should, I ought, I must”. Such an imbalance can cause great discomfort. The body may even shut down completely.

Many of us have problems with balancing energy. It isn't surprising. We can be pulled in so many directions. Take energy workers for example. Dear brothers come to them for answers, and they spend their time assisting others. But how often are energy workers ill themselves? In a session their thought forms meld and merge with those of another. To stay healthy and continue assisting, the energy worker must be able to break energy once the session is complete.

So what are we doing when we break energy with someone? We are acknowledging that person's brilliant and beautiful journey as well as our own. We are reminding ourselves of where we stop and where another begins. Some worry that breaking energy is some type of betrayal. But how can that be the case? Isn't it a great disservice to think that another person must feed off your energy in order to survive?

Because all things have consciousness, the energy may not come from another person. You may find that you need to break energy with your Visa card, or chocolate cake. Whether the energy comes from family, or friends, or finances, or food, or work, what is clear is that you are preoccupied. It's as if you've gone on auto-pilot. Rest assured that you have the power to regain your balance. You have only to call it forth and consider it done.

This technique can help you visualize breaking energy and regaining your balance. The process is simple: Imagine a Figure 8. Picture yourself inside one loop of the 8. Now picture the Other in the opposite loop of the 8. (The Other could be a person, your Visa card, or that piece of chocolate cake.)

Notice how the energy flows around you. Now place your left hand on your heart. Extend your right arm, palm out, as if you are separating your loop from the opposite one. Notice how it feels to be separate and equal inside your loop. The energy still flows around you, but the Other has lost its power over you. Although its energy is undiminished, you have broken energy with it.

And what happens next? Quite simply, everything. When you break energy with the world, you let the world open up for you. You become stronger and better able to assist others. You open yourself up to receive clarity from angelic and archangelic presences, and your creator essence. And you truly learn to dance with All That Is.