



HI THERE!

In the fast-paced hustle of modern life, it's easy to find ourselves drained, both physically and mentally. The demands of daily routines, coupled with the weight of old beliefs that no longer serve us, can leave us feeling depleted and disconnected from our true potential.

With this e-journal I want to give you a guide to discover practical tips and strategies to optimize your energy levels. Whether you're aiming to enhance productivity, improve sleep, or cultivate a positive mindset, this e-journal provides valuable insights to make sustainable changes.

Are you ready to transform your energy?

Love 🙏💜

Erna



Exercises and Tips

The basics

This is one of the first things to learn when it comes to your energy.

Your energy is your own, except it is only too easy to lose it or to take in the energy of the people around you; negative or positive. When we talk about energy, we talk about vibrations. In order to raise our vibrations or keep them high, we need positive energy and we need to get rid of negative energy.

Protecting your energy right after you wake up in the morning, will give you a headstart and it will only take a minute or two.

Daily protection

You can do this exercise when you take your morning shower, or when you have your first coffee or tea. You can even do it on the toilet.

Imagine standing in a closed shower cubicle and instead of water, a bright white light, streams out of the shower head. This light fills you up and washes away all the dark negative energy from your body and your Aura into the drain.

As you step out of the shower you imagine stepping in to an egg build out of that same bright light. Once you're inside you close it, except for a small hole right above your Crown Chakra. You leave this open so that you can easily fill up the egg with the bright white light whenever you feel it is necessary.



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Use this space as a journal



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Say thank you!

When someone tries to diminish you, talks down on you, look them in the eye and say:

Thank you for your observation! or Thank you for your opinion!

Nothing more, nothing less.

It makes your energy softer and sets boundaries. Most important, you don't let in what they say to you. Look at it as a gift to you that you do not have to accept ;-).

Don't be an energy sponge

It is only natural that our energy blends with the people around us. We need that communication of auras, only not always.

In the morning, visualise a rose at the front of your aura. This rose will catch the energy from others and the space between the rose and your body is filled with only your energy. Hold this intention for 1 minute, and feel your body relaxing.

Notice how much better you feel around others and in crowded places too! During the day just check-in with the rose and if it starts to wilt, just create a new one in its place.



Exercises and Tips

Be aware where your pain comes from

Keep the practice of being aware where your pain or illness comes from alive.

Notice it, feel it, accept it and let it go. Build on what you already do. Divert your thoughts to something positive, be it exercise or something else.

It is ok to allow yourself to feel ill sometimes. Just allow yourself consciously and set an ultimatum, after which you will feel fine again.

Claim your energy space

Are you aware of your energy boundary? Your aura can be the size of your body or the size of a city - depending on your personality, situation, training, and mood.

For this exercise, imagine your aura is about one arm's length from your body on all sides. Now visualize your energy adjusting to your intention.

Using this size, you will feel it is comfortable for most situations - giving you enough room to breathe while maintaining a strong presence energetically.

Notice how comfortable you feel when you claim your space energetically!



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Realise that it is not you

When people are harsh and trying to get at your self-confidence, it is usually their own self-confidence that is lacking. It is not you!

By reacting calmly and with decision, you show you are confident and that they have nothing on you. If you do have doubts about your knowledge, then make sure to ask questions and know that it is ok.

You are your worst critic, so every time you think you are stupid or dumb, flip it around to STUPIDLY AMAZING or DUMBFFOUNDING AWESOME! Make yourself smile!

Feel powerfully present

During the day your energy easily gets scattered. There are many things wanting your attention and you tend to forget where you are with your energy.

The fastest way to recover a powerful presence in your energy is to reconnect your body with the Earth.

Imagine a tree trunk is extending from your hips and its roots go deep into the Earth. As you root, feel yourself becoming powerfully present in your body! Let yourself connect all the way to the center of the Earth and feel the warmth and the energy of the Earth come up the roots and the tree trunk into your body.

Hold this intention for 1 minute, and the effects will last for hours.



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Your mind learns by repetition

I want you to be proud of yourself! You are doing an awesome job telling yourself you can only solve what is in your control.

Every time you realize that fact, your mind will start to recognize it and will act faster in getting you away from limiting thoughts and actions.

Look at where you are coming from and where you are now. Baby steps at the time will get you where you want to be!

Let your creative energy flow

Being creative requires energy!

Tap into your inspiration by feeling your creative energy coming into your body from above your head. Visualize this energy flowing through your body, and out your hands. To increase the flow you stretch your hands open and then relax them.

Keep that focus on your creative energy for 1 minute or until you are feeling fully energized.

This is a great practice anytime you're working with your hands or using the computer!



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Be in the moment

I want you to look at where you are in the present. It is all too easy to stay in the past or dream about a better future, but there is no focus in that.

Embrace the moment and focus your attention so that you can ask yourself the right questions. Make room for some think-time regularly and let your intuition guide you.

Where are you now?

Where energy flows

Clear thinking and intuition requires energy, focus and attention!

Take 1 minute to get your energy, focus and attention aligned. Imagine a magnet behind your eyes. This magnet is attracting all your energy to you. This is the energy from all times, places, people and events.

In that 1 minute collect all your energy to you and notice how clear, focused and calm your mind is, and how much sharper your intuition is now.

Use this as the start of your think-time and see how things start to flow.



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Be the owner of your mood

If you are sensitive to the energy of others, you can take on their mood.

Whenever you feel that happening, look at the words that come with that mood. Are they negative, like STUPID, HATE, SUCKS, IDIOT? Then change them!

Use words like AMAZING, POWERFUL, AWESOME, HAPPY, LOVING.

Your favorite mood

The vibration of your Crown Chakra sets the pace for your emotions and a great thing is that you can tune it with your intention, with colors, words or ideas.

Imagine the word “AWESOME” in your Crown Chakra and give it your favorite color or an image which makes you smile. Hold this vibration for 1 minute and feel your whole energy body adjust to it.

You can use this exercise any time you want!



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