

How to have more energy & joy

One mistaken believe is that we keep having to “rev up” energy and do something in order to feel better. And so we apply caffeine, nicotine, TV, Internet-Surfing and whatever else in order to feel better. There is nothing wrong with that. However, having energy and feeling really good is natural – a birthright. And it is there when you are your most natural self. Imagine a cork floating on water. It takes effort to hold the cork down, but none to keep it afloat. Same thing with having energy.

The way you handle misemotion (fear, anger, depression) also determines your energy level. Misemotion is actually something good. Surprised? It is meant to tell you when your thoughts or actions are focused in a direction that is in misalignment with your souls intentions. If you did not have these emotions you’d be missing one of the most important Navigational-Systems you have for riding through life. Unfortunately, society has taught us to suppress, overcome, treat, ignore, overdub these emotions. By doing so, we suppress our very life energy. Fear = life energy flowing through a negative thought-filter. Joy = life energy flowing through a positive thought-filter. So rather than seeing misemotion as something to get rid of, see it as an indicator, a barometer, pointing you at a certain action or thought or belief-pattern that is no good for you.

When you feel misemotion, cease all action and sit down. Close your eyes and observe. Treat the emotion as a friend. Ask yourself: “Which thought or intention or action is no good for me?” Detect which thought is creating the fear or anger or sadness or exhaustion. View the thought. Be with it for a bit. Do not try pushing it away. Pushing against something only gives it more energy. What you resist will persist. Not wanting something equals giving it more attention than it deserves. And then ask yourself: What thought or intention or action would I prefer instead of this? And think about new thoughts or actions or intentions until you feel relief. If it’s easier for you, do this in writing. Write down authentic, believable and positive thoughts (not affirmations but thoughts you can accept and already believe to an extent) until you feel relief.

Energy is also connected to doing what you love...what is right for you. If you keep on working on jobs and tasks that are not part of your life’s plan as designed by your soul, you will keep attracting trouble, feeling low and if you continue...accidents and tragedies. Perpetually feeling low is a clear indicator that you have strayed far off your path. Feeling relief and a bit better is an indicator that you are going in the general direction of the path that is right for you – even if you do not know exactly what that path is – your feeling tells you that it’s to do with what is good for you.

When you are doing what you love, work does not feel like work. You do not constantly have to overcome yourself to do it or push yourself. You do not procrastinate and postpone. You are addicted to it. You wake up in the morning and can't wait to get started with it. Once you have found some of the things that are right for you...that excite you, that interest you...you will find that going those directions solves all other issues swiftly and easily. You will no longer need all kinds of techniques and pills and motivation and an overload of entertainment. By the way: If it feels good and fascinating, it IS right for you – no matter what others say, no matter what it appears like to your doubting mind, no matter if it makes “sense” or not.

Energy is also a matter of sunshine, water, nature, high quality surroundings, nutrition and...breathing. Breathe in on a count to ten. Hold your breathe on a count to ten. Breathe out on a count to ten. Pause on a count to ten. In your own speed, so that it is comfortable to you, repeat this cycle ten times. Afterwards you will indeed feel refreshed and revitalized.