

ENERGY FLOWS

Barriers – Prove it to me

Neutral – Sit back and see

Suckers – Suck in our energy to get attention

Pushers – Push energy at us

BARRIERS – People who need to be convinced. Their basic point of view is, “Prove it to me.” For example – Loan officers, those interviewing you for a job, etc. What to do – Pull massive amounts of energy from them through your body. When the barriers drops you will feel a warmth in your heart area. Then let a trickle of energy go back to them equalizing the flow. They will remember you and feel connected to you.

NEUTRAL – People who sit back and waits for everything to show up. Not going one way or the other. What to do – Flow massive amounts of energy to them to give them a sense of fullness. When you feel them fill up pull energy until you feel a connection with them. This will equalize the flow.

SUCKERS – People who suck energy from you to get attention. For example – The friend that you are exhausted after talking to them or being with them. What to do – Flow massive amounts of energy to them until you feel them stop sucking. Then pull energy from them creating a equalization. Remember you have unlimited amount of energy. We are only tired because we resist the suck. You fill them up and then they have no reason to suck from you. This is a great way to get off the phone.

PUSHERS – People who push energy at you. For example – Salesman, someone who is attracted to you, someone who is mad at you and wants to fight. What to do – Drop all barriers and pull energy from them (remember energy is neither good nor bad, just energy) until you feel your heart open up. Then equalize the flow. They will either go away or communication will become easier (the fight will stop).

Remember that you can do this with multiple people at the same time. Practice recognizing what energy flow someone is doing at the moment. Unsure? Ask, “What energy flow is this person using?” Also, you can also ask to give the energy flow that the person is requiring at the time without a cognitive awareness of which it is.

Enjoy!! Yours in ease, joy and glory,

Donnielle