



BYU! 2019, FEBRUARY HANDOUT

The People in Your Energy System

Think of the people in your life right now. People who you meet regularly, people who you connect with from a distance, and people who are in your thoughts. They are all occupants of your energetic space.

Now notice the primary energy (or energies) that you have around each person - how they 'make' you feel, the thoughts that you have about them or about yourself when you are with them, and the beliefs you adopt.

Complete the energy house by writing names in the different rooms.

Can't forgive

What thoughts and beliefs and memories come up?

Anger, rage

Sadness, regret

Guilt, shame, blame

Worry, concern

Fear, anxiety

Disgust, disdain

Jealousy

The Happy Room
- Love, support, joy, trust

In our call we will tap and clear the 'rooms'.

