



Energetic Possibilities
A Possibility Path Course
Lesson 4

Yours and Mine

If you are an empathic, kind, compassionate, and connected human being you may feel at one with humanity. You may feel other people's feelings deeply. You may feel the world's problems as your own. You may feel as though all these feelings and problems are then yours. They are not.

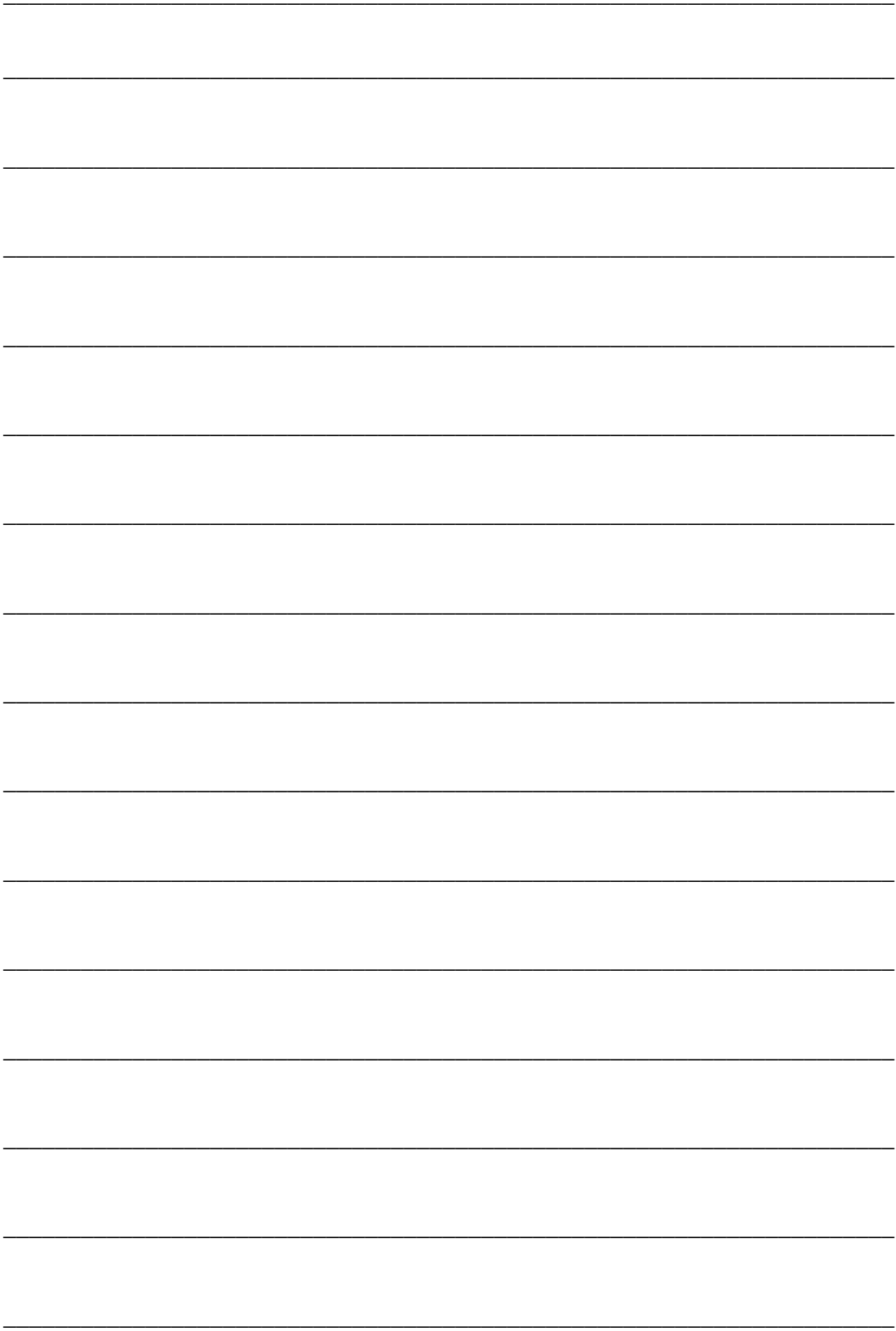
With the rise of instant communication in social media, 24 hour news, and our phones becoming communication computers, we may feel we are always connected to everyone. And being connected to everyone, even our families and friends, can be overwhelming.

Figuring out what is ours and what is other people's energy, feelings, or even thoughts can be difficult with all the information coming at us from everywhere. Doing a simple energy exercise can help us discover what is ours and what is theirs. When we can differentiate between the two, we can then have better access to our OWN thoughts and feelings, intuition and innate wisdom so that we can get the answers that we need for our lives so that we can make better decisions in a clear and concise manner.

1. HERE. Get Grounded.

Find a quiet space and take a few moments to just sit and be. Take a few deep breaths and feel your feet get very heavy. Breathe deep into the ground and feel yourself in the here and now. Be in this day, here, in your body, now.

What are you dealing with and what is going through your mind today?
ASK to be shown your own energy, your own feelings, your own thoughts.



3. BRING THE ENERGY IN

1. Imagine YOUR energy and OTHER people's energy in your one body.
2. Take a few deep breaths and then
3. ASK for the energy that is NOT your own to leave your space
4. Let other people's energy leave your physical body and then ALLOW it to live OUTSIDE your energy, mind, and physical body.
5. ASK for your energy to become clear, light filled, and only yours allowed in from now on.

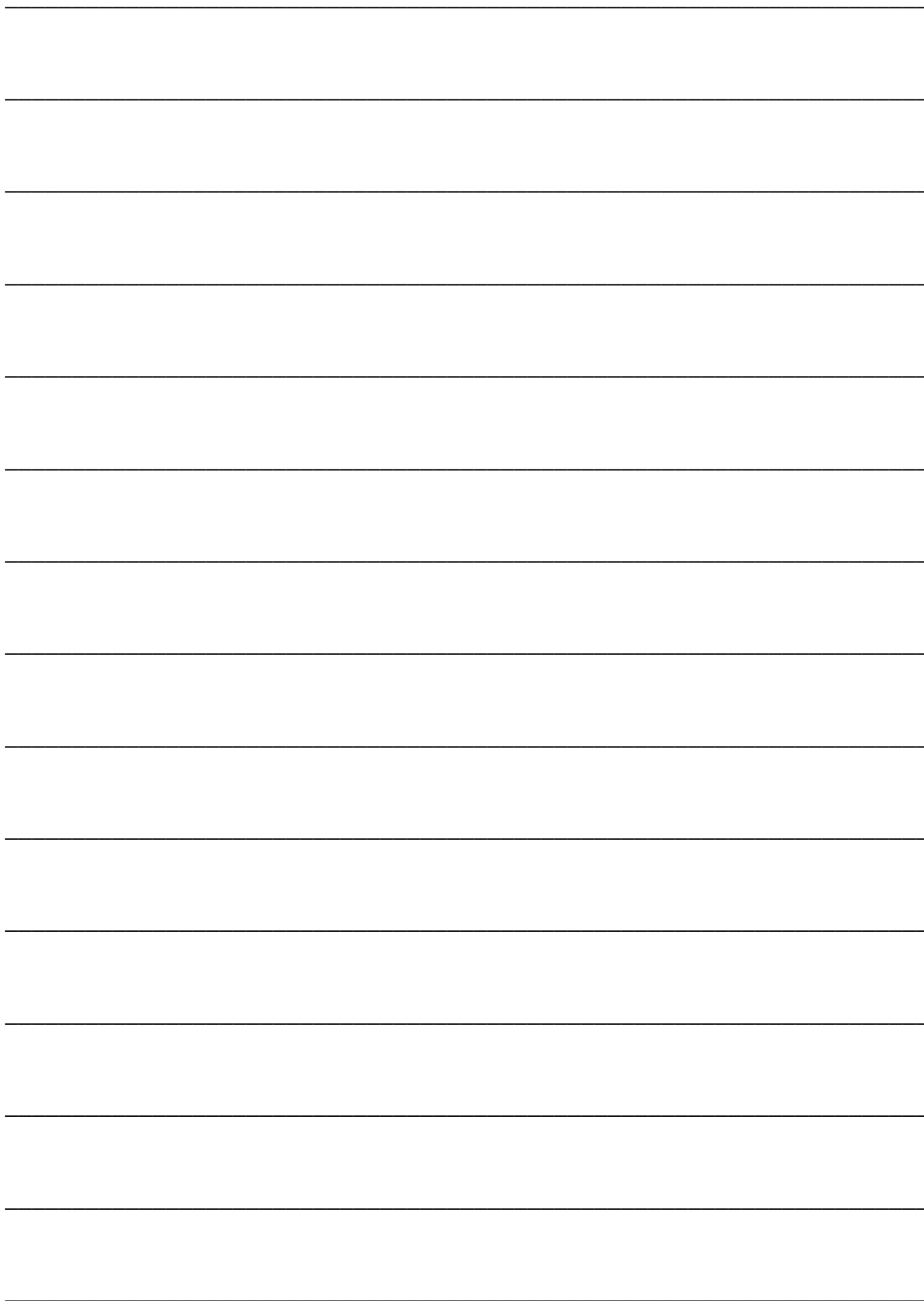
Once you do this exercise you can then be able to see other people's energy more clearly! You can detach and be able to know your own feelings more clearly. You can then also act from your OWN wisdom without the clutter or confusion of all those other people's thoughts and feelings.

Take few deep breaths and feel into the space that is yours and OWN it. Your energy is yours and it is okay to let it just be yours! Let other people's energy be theirs, OUTSIDE of your body. In this way we can honor our own and respect others. A mutual honor of respect for both of your spaces!

- HOW does it feel to be clear of other people's energy?
- WHAT are these thoughts, feelings, and issues of others in your space right now free to see clearly?

WRITE down your notes on how this all feels to you.

WHAT IS MINE. WHAT IS YOURS.





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These energetic experiments are set up for you to find your own answers in your own way. Allow the thoughts to come and go as they please. The insights may come later in time after you complete this assignment that is okay too! Enjoy it and let the insights flow. This is all a process and the process is infinite, as you are!

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