



Energetic Possibilities
A Possibility Path Course
Lesson 7

Body Tuning

Being human is hard. We are going about our days, living our lives. We may feel off or not okay. We may feel fine. We aren't sure why. We keep looking for answers as to how we can feel more balanced, centered, serene, or confident. We may tune into our own body to see how we are feeling. We may blame ourselves for not enough self-care or look outside of ourselves for answers. But one thing we may overlook is how much others energy in our world and the world's energy itself affects us. We may not know what is our energy and what is someone else's at all.

If we can take back our own energy and get in touch with the core energy that is ours to own, the voices, feelings, and thoughts of others will not affect us so much. We will find a way to feel solid and sure in who we are. Decisions can come easier and doing what is best for us can also be a smoother task. If we are in tune with our own bodies, we won't question ourselves so much anymore.

We can reset, reboot, and recharge our own body's energy by clearing other people's vibes away from us and getting in touch with our own with simple Body Tuning. This is a good one to do every day! Get familiar with your own energy, your own being, and become in tune with what is yours.

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.

2. FEEL INTO THE ENERGY

Take a few deep breaths and imagine a place or doing an activity where you feel totally yourself. Here you can be just who you are. You can do what you want to do, when you want to do it. You have no responsibilities, no must haves, or have tos. You can breathe and just be who you are! Imagine this place and this space. Feel yourself there. Feel how it feels to be you in this space and time and place that is your fullest expression of who you truly are.

In this space your essence is alive and able to be itself. There are no interference from outside thoughts, ideas, images, or feelings. It is just you being in this world. Nothing else. Feel into this space and place and just be with the energy and vibration of this feeling of you.

- WHERE is this space where you can totally just be you and what are you doing there?

- HOW does it feel to be there?

3. BRING THE ENERGY IN

Now, take a few more deep breaths and focus in on this space feeling energy again. Let it come into your body, your cells, your brain, your being. Let it fill you up with every ounce of your essence alive with this energy hum. Allow it to fill you up and dance within your space here and now.

Take a few more deep breaths and ask to be shown a sound, an image, a feeling in your body, or a word that is being given to this energy feeling, this essence of you fully able to be and express your wholeness in space and time. What comes to mind? A thought, a feeling, a color, an image, a sound or even a song? Sit and pay attention. Sit and just be. Sit and allow.

Now feel into this meaning and ask that anytime you are NOT in your essence, anytime you are being dragged away from your eternal energy spirit alive in its wholeness, that you are shown this sign. Ask that as a symbol of needed to regroup and come back to this place, this space, and this feeling, this sign be shown to you. Ask and be willing to receive.

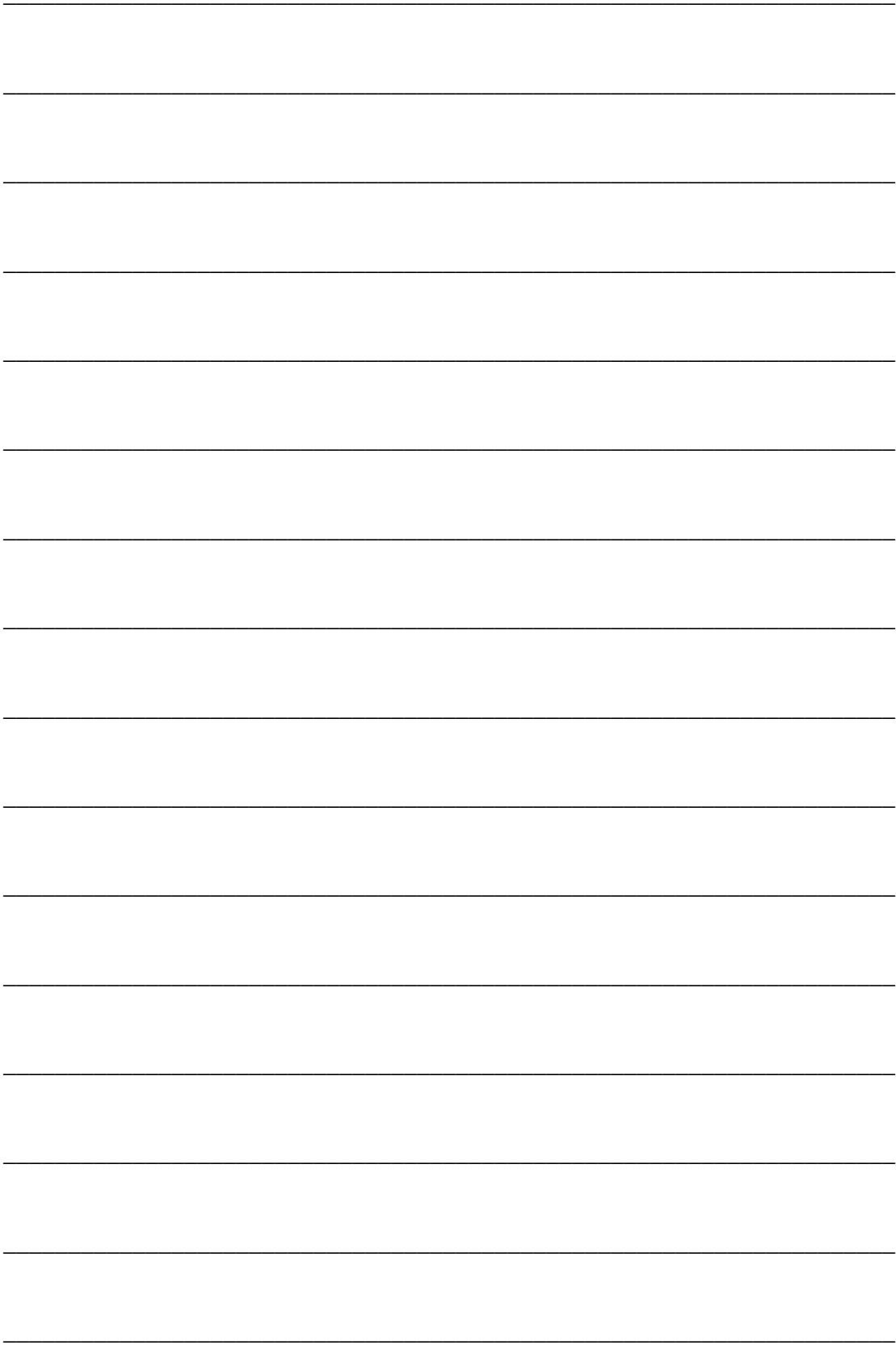
As you go about your days know that anytime you need to re-tune to the vibration that is your energy and yours alone you can go to this space, you can feel into this energy, you can imagine this sign. Then just breathe into it, feel it, and just like a tuning fork you can reset and realign in resonance with the energy vibe that is yours truly!

Sit with this feeling for as long as you need to.

- HOW did that feel to be fully yourself in that space and time?
- WHAT images, thoughts, or ideas come to mind as your sign that you need a tune up?

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

WHEN I AM IN MY TRUE ESSENCE I AM IN TUNE WITH...



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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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