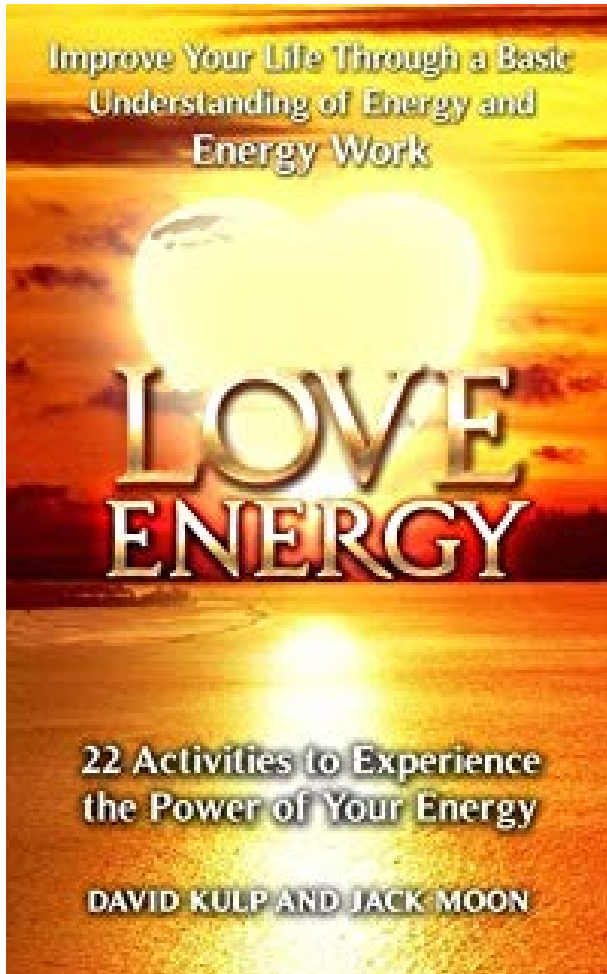


# Love Energy



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Improve happiness, relationships, health, wellness, and your enjoyment of life through a basic understanding of Energy and Energy Work. We are energetic beings living in an energetic world. These energies are constantly interacting. This is a short simple guide that teaches the basics of energy (for the novice or professional) and how we interact with our world. The book includes 22 fun activities to learn to work with and have fun with your energy. This is a great tool for Energy Healing Practitioners to help them explain energy work to their clients. You Will Learn: Energy Basics 1. Energy is in everything and all matter is connected by energy. 2. Energy can be visible or invisible. 3. Energy cannot be destroyed or created but can be transferred or transformed. 4. Two categories of Energy are stored and kinetic (energy in motion). 5. Energy is present throughout our bodies. 6. Energy holds information. Human Energy Field 1. The rings of energy that surround and are inter-related with the body are called The Human Energy Field or Aura. 2.

The Human Energy Field interacts with the Energy of others throughout the day. 3. You can learn to be more aware of your energy and how your energy influences others. Emotions 1. Emotions are energy and have varying frequencies. 2. Love and Fear are the two primary emotions. 3. Repressing emotion causes energy blockages in the body (disease). 4. The breath is the most important tool we have to return the natural flow of

energy in the body. 5.  Energy Work can be effective in releasing emotional blockages in the body. Beliefs  
1.  Beliefs are generated and held in the body from our thoughts. 2.  Beliefs can be in the body from genetics, the environment, group consciousness, and/or from learned behavior. 3.  Beliefs affect our response to experiences and the types of emotions we feel the way different lenses change our view of an image.

4.  Beliefs can impact our health. 5.  Beliefs are a part of our conscious and subconscious minds.

6.  Beliefs can be changed with Energy Work. What is Energy Work? 1.  Energy Healing Practitioners use high frequency love energy for healing. 2.  Love energy carries intelligence. 3.  Energy Healing has been practiced for thousands of years. 4.

Energy Healing Practitioners do not need to be in the same location as the client. 5.  Different types of Energy Work are referred to as modalities. 6.  Various modalities use different frequencies and delivery methods to promote healing. How can Energy Work Benefit You? 1.  Complementing traditional western medicine. 2.

Improving overall wellness and the quality of your life. 3.  Clearing repressed emotions. 4.  Eliminating fears (having a fear may attract that issue into your life). 5.  Changing limiting beliefs or patterns. 6.  Addressing dysfunction in your life such as negative reoccurring patterns, self sabotage, gambling, weight gain or loss, etc. 7.  Speeding injury recovery. 8.  Healing physically from injury or disease and disorder. 9.  Clearing, charging, and balancing the body's energy system (this is very effective to improve the quality of life for patients in chemotherapy). 10.  Addressing chronic illness. 11.  Clearing pain. 12.  Reducing stress and for promoting relaxation. 13.  Improving physical and mental performance.