

Knowing How to Leverage Your Energy

Day Two

Take a moment to check in with your energy level. How are you feeling? Tired? Bored? Excited? Relaxed? No judgment.

Now go to our virtual classroom and watch the seven-minute energy shifting video of JT and Chris Stapleton.

OK. How is your energy now? Did you get up and dance a little? Could you feel the soul and talent in your bones? Notice any subtle shifts you experienced in your energy field.

A big part of our health and wellness is connected to our ability to know how to balance work and rest. In the world we live in, we are given the message that we have to work hard and for many hours to make anything happen. The reality is that we all have a different capacity for continuous work (including motherhood) and it is essential to our well-being that we know when to take time to rest and recover.

Go and get your Human Design Chart.

Look up what type you are (Generator, Manifesting Generator, Reflector, Projector, or Manifestor) and then read the document in our files on Facebook that applies.

If you prefer video over reading, I made two quick videos to get to the nitty-gritty of understanding how to leverage your energy so you don't burn out. The Human Design Energy Awareness video has information about the four energy centers in the chart that are responsible for work and rest. The Human Design 101 video has information about each aura type and the strategies for health and vitality.

After you have learned some basic info about your unique energy signature, go post one question about your chart in our Facebook Group.

Please tag me and I will answer all of them 😊

Mindful Journaling Exercise

Set a timer for 3 minutes. Find a comfortable position. Close your eyes. Bring your attention to the top of your head and imagine a bright healing light. Let the light move through every cell of your body. Let it heal any physical, emotional or spiritual wounds you are carrying with you. When your mind wanders, gently repeat the word 'healing' then come back to the present moment and the experience of healing. Immediately after your meditation finish these statements and write anything that comes to your mind.

I feel energized when _____

I know I need to rest when _____

Some ways that I honor and listen to my bodies subtle messages around work and rest time are _____

At night my sleep is _____

Based on my human design energy type I should _____
_____ to get the best night sleep.

In the morning, I wake up feeling _____

I would feel _____

if I was able to find balance around work and rest.

Essential Oil Suggestion

Use **Motivate and Passion (one drop each)** to start your day and in the afternoon around 3pm

Use **Peace** around 6pm and anytime you feel anxious and **Lavender** right before bed

Use **Passion** before the meditation and when you write in your journal.

EFT Set-Up/Affirmation

Repeat three times while tapping on karate chop point.

Even though I feel bad for needing a break, I deeply love and accept myself.

OR

Even though I don't know when to take a break and rest, I deeply love and accept myself.

Day Two Checklist

- Say YES! to self-care
- Check in with energy then watch music video
- Get out your Human Design Chart & learn more about your type.
Either read doc in Facebook files or watch videos in the virtual classroom.
- Complete fill in the blank about your energy
- Use Essential Oils
- Do EFT exercise and say affirmation

