



ENERGY SHIFTING

USING THE RESOURCES YOU
HAVE TO SHIFT YOUR
ENERGY

*King
Kinesiology*

COMPILED BY LIZA KING

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We all have the ability to sense what is going on in our surroundings and with the people we are interacting with. Colour, light and sound are certain frequencies that are emitted at a level that we can actually see and hear. There are other frequencies emitted that we can interpret with our energetic body. We are usually not fully aware of how we do this and that we are doing it naturally as spiritual and energetic beings. There are some amazing things that are happening for us, with us and within us that we don't acknowledge or realise.

Have you ever walked past someone and felt their presence, whether it was an energy that resonated with you or one that you wished to move away from? In a room full of people you can normally feel who you would like to be around and who you prefer to leave alone. It's natural and normal and all relates to how we are vibrating as humans at that time.

Whatever and whoever is entering your existence is an indication of how you are feeling, what is happening in your being and where you are at energetically. Where thoughts go energy flows. If you are attracting some experiences that you are not feeling happy about, ask yourself what is going on inside that could be bringing this to you. What needs healing, what needs to be let go? Start the thought process to focus on things that make you happy or that you want, with excited expectation. Surrendering feelings of resentment and anger towards others can really be hard and seeing how it manifests in your own body may make it clearer that you may need to make some adjustments to your thoughts in order to shift energy to ensure you heal.

It is highly possible for you to change the way you feel to a better feeling place, quickly, by simply harnessing your energy and converting it to work for you in your highest and greatest good.

The point is, you are this powerful and you can change anything in your reality just by changing your energetic way of being!

The tips listed on the next few pages are pretty much general advice found on many energy healing sites and nothing new or anything that I have invented or discovered. I have also experienced them on a personal level and have found my clients benefiting from the implementation of 1 or more of these practises. If you can learn how to utilise each skill on a daily basis you may be able to transform the way life happens to you.

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“GO-TO” AND GUARANTEED HAPPY THOUGHTS

We often feel like we are sitting in a hole of horrible feelings and that nothing can make us feel better!

The only way to stop the intense focus of a particular situation is to change your focus to something else. Thinking that you should not be thinking about something makes it even worse. Similar to the pink elephant scenario, where if you say “Don’t think of a pink elephant”. What do you end up thinking of? The pink elephant, of course, and from every angle!

Have a set of beings, people or things that make you happy in a little secret stash of go-to happy thoughts in your mind. Focus on any of these items in your secret tool box of happy thoughts. Concentrate on how they make you feel for about half a minute, it will shift your energy quickly.

I have found with my clients that their life force energy increases almost instantaneously when they start accessing memories or thoughts of things that make them joyful or happy. Have these at hand for the times when you feel you are being drained by unwanted feelings that are starting to spiral out of control.

Gem stones, aromatherapy essences, photographs, flowers, pets whatever it is, use it to your best advantage! AND when you think of someone you love you are sending them wonderful energy too. Double bonus.



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CHANGING THOUGHTS INTENTIONALLY

When you feel an emotion that is uncomfortable, it would be helpful to tell yourself that it is ok to feel that feeling. Allow them to flow freely through you because when you get to the other side of this feeling you then allow it to be replaced by feelings of love and lightness toward yourself, body and mind.

Stroke your own body and say “well done” for managing this feeling. Setting the intention to really feel the emotion and to move through it, knowing you will come out the other side happier, will help you release negative emotions and allow the smooth sailing ones to filter in faster. It is part of our humanness to feel a range of emotions and putting off the ones that make us feel uncomfortable puts healing on the back burner. We need to feel emotions as it is how we get to expand and grow,



It is how we move through this feeling that is important. Think of it as you do with cooking. When you take the time to cook food on the stove slowly, savouring each stage it goes through and enjoying the delicious end result, you are thankful for the process it went through to deliver such a rich reward. You can also choose to cook the meal faster in a pressure cooker, keeping all the steam inside, creating incredible pressure and heat to cook the food. The end result may be the same, but the process was much more intense, having harboured all that steam inside the cooker and releasing short sharp bursts along the way and in one long go at the end of the process. Which way do you want to live? Personally I prefer the slow cooked way where I get to feel everything I need to feel in appropriate amounts. Neither is wrong it is just we are here to enjoy the journey and why not allow yourself to feel emotions in a slow cooked way moving from one to the other without bursting forth from a tiny little hole in the lid to release pressure giving everyone a huge fright doing so! We are all different and have different ways of living our lives, the important thing is to be able to harness the emotions and use them for your personal growth benefit.

Later on when you feel more proficient in being able to move through emotions more freely you will be able to spend time accessing feelings and practise changing them. This is a workshop for another day!

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BREATH-WORK

It might be such a basic suggestion to you. To breath. I breathe already, what has breathing got to do with anything?

When you are stressed, your breathing becomes shallower and signals to your body that you are in a state of distress. Various hormones kick into action preparing your body for a potential threat. These hormones take a while to work out of your system again and may not even have been needed in the first place because your reaction to the stressful situation could have been alleviated through breathing deeply.

You can literally tell your body you are ok by breathing deeply, with frequent periods of nice big gulps and lungs full of air. It's not fooling your body; it's just you and your body working together towards good health. By breathing deeply you settle into a nice calm state and avoid a big load of stress hormones surging through the body.

As a general habit, it makes sense to practise a bit of deep breathing through the day to keep your body on an even keel.

Some ways to go about reminding yourself to breathe is to set a reminder on your phone at regular intervals or set some times on your calendar if you work on a computer during the day. Every time you go to the bathroom it is an opportunity to breathe deeply, taking deep breaths as you walk to and from the bathroom.

Before you go to sleep you can perform some deep breathing exercises, focusing on the air going in your nose and feeling the air released from your body again. This creates a good state for your body to fall asleep in. There are wonderful guided meditations available on Youtube.



Remember to change your settings that the next video does not automatically start so that you can fall into a deep sleep without interruptions after your guided meditation.

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LANGUAGING

Notice when you start speaking negatively about yourself, a situation or another person or being. You can halt this mode of operation in its tracks really quickly. Words hold so much power and energy. Rather use the good ones on yourself and others. It keeps your energy up and you stay in a loving state towards yourself and others.

Talking negatively can happen quietly and creep up on you and intensify like a vortex. When you have noticed that you are speaking negatively about yourself or someone else, try saying something that is more appreciative of yourself, the situation or the other person. Switching to appreciation takes the negative charge out of the original feeling of being sucked into the negativity vortex without wanting to.

It happens to everyone, you start on the negative chat and it just gets fed from each side of the conversation. It happens even when you are alone and angry with yourself for doing something which you considered foolish. Thank yourself for highlighting an area of your life that needs healing.

You can reverse the conversation at any time! Start in this moment to only choose words that make you feel good. Use uplifting words instead of heavily charged words. To change the feeling or perception of something is to first change the words around it. An example is (yes it's a mild one for this purpose): I hate house work, it takes up so much time and irritates me. Everyone is so messy in the house.

A new message could be: I feel so satisfied when the house is clean, while I clean it's like a form of meditation and answers come to me, enhancing my life AND I get to burn calories whoohoo.



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APPRECIATION

The only way to get what you want is to feel the vibration of it and it will then be offered to you according to your point of attraction, in other words the level that you are vibrating at or rather your frequency will bring more of that feeling. Your frequency needs to match up to that which you desire!

By being angry or disappointed about not having something you want, will not bring it closer to you. The resistance you build up around it makes it hard to reach you. If you can appreciate the things you have NOW you will attract more things you will appreciate. Sounds simple but really we get stuck in our moany moanies about not having enough of this, enough of that. In so doing, we begin dragging out that which is waiting in the wings for us to match our vibration and come to us.



We are magnets. Switching on the appreciation magnet is like inviting all the wonderful experiences you have been waiting for. An example is just appreciating the small things you have, like loving your bed at night, thanking the flowers in your garden, feeling wonderful music that you love, sending a note to someone who has made you happy and telling them how grateful you are. Looking at the birds, the beach, the trees, your food in a loving way, BOOM more of it comes along.

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BEING A WELL OF STRENGTH

In many of the spiritual books I have read there is a repeating message. Feeling sorry for other people does not make it better for them, or for you. If you project love and support from your heart to others it will uplift them more than feeling down when you witness someone you perceive to be going through a bad time.

It is the same for where you are in life. If you witness someone who you perceive to be at a lower material or financial level and finding it hard to cope, no amount of feeling sorry for them will help them! You also cannot bring yourself to poverty to help, you actually need to be in as abundant a state as possible to be able to bring about abundance for others.

By feeling pity and helplessness for people you perceive as experiencing poverty, you are actually feeding the cycle. A shift in thought to appreciation for this person, their lessons, their journey, and their role in our lives, what they are teaching us is the key! Strength needs emanate from you, not pity or worry. These negative emotions do not help the situation in any way.

Where you are is what you have manifested and where they are is what they have manifested, unconsciously or consciously. If you feel it is your duty to help someone and it makes you feel good then do so. Listen to the nudges and hints from the universe about what people need to get to rise to their next level, so that you are helping them in their journey towards their desires. Help someone if it feels like the right thing to do. Listen to your gut and stay in a place of strength by sending out love and strength to others.



Keep your vibration and energy high even when you perceive there to be so much pain and suffering. Keeping yourself in a state of high vibration will help others more.

Choose this for yourself daily by seeing people uplifted, happy and free.

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EARTH CONNECTION

The same process, energy and spirit, that made the earth made you too! Seeing how nature rejuvenates is a hint on how we should be processing our lives. We have seasons, times to plant and times to harvest, time to cut back dead wood and time to grow like weeds!

Visualising using the earth's assets can help you to transform your energy. The earth's energy can help you replenish yours, the same as nature always replenishes in some way. You can stand facing the rising sun and absorb the rays on your face and feel the renewal for the day. You can watch the setting of the sun and watch your troubles set with the sun, only to come back up in the morning, clear and new.

You can allow the wind to metaphorically carry away your worries; you can bathe in water and wash away troubles or ill feelings. Use your visualising ability to see these things change, transmute and transform. You have this power.

Meditations where you see yourself connecting to the earth through your feet also keeps you beautifully grounded and in tune with the earth.

Using the basic earthly assets like air and water raise our vibration! Drinking water, bathing or swimming in water transforms our energy! There is something quite uplifting about an Epsom salt bath soak at night. It is both cleansing and transforming.

We can also intend for our water to be energised before we drink it. Feel appreciation and intend for the water to bring healing, abundance and cleansing before you drink it and it shall.



Earthly assets are there for us to use, there is so much positive energy in nature. It is literally a recharging station for our human batteries to be out in nature. Walks in fresh air and time spent in a beautiful garden are more rejuvenating than you know!

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CREATING AN ENERGY BUBBLE

If you are particularly sensitive to others and become affected by moods or situations, creating a clear energy space around you is important.

You can build a bubble around yourself by closing your eyes and visualising yourself in a bubble. Some people see a snow globe, others build a neat capsule of white light around themselves and others see themselves in a specific colour.



Imagine nothing but your own energy inside this bubble. Gently push all other energies out of the bubble and keep this your space. However you wish to see yourself, creating a type of shield around yourself by seeing it and feeling it around you, will make it so!

Any time you feel like you are entering an unreceptive environment or around a person that affects you negatively, build your bubble in anticipation of the need to bounce this energy off you.

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The resources discussed on the previous pages are all available to you right now! You can change your frequency and vibration through any of these simple techniques in your own home, in your own time and whenever you wish.

Here is a list of other resources you can tap into to improve the way you feel.

- * Music
- * Dancing
- * Art
- * Creating dishes
- * Delicious and nutritious food
- * Certain minerals such as magnesium and zinc
- * Certain vitamins especially B-vitamins and Vitamin D3
- * Amino acids such as L-theanine which is an amino acid found in green tea
- * Meditation
- * Exercise of any kind
- * Connection with other people / socialising
- * Writing in a gratitude journal
- * Understanding the emotional guidance scale by Ester and Jerry Hicks

Whatever state you are in, you can decide in that moment to shift your energy to a better feeling place. You just need to decide.

Your energy is your vibrational footprint in the universe, your point of attraction. Let the good things come to you by being conscious of how you are feeling.

Always seek joy, appreciation, love and empowerment as your mission in life.

It is done, it is done, it is done.

Amen

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