



Sibella Circle Member & Visionary Leader

CREATING YOUR LIFE

Energy: Our First Language

By Corinna Stoeffl

In the previous articles, I invited you to perceive the energy. As a baby, we used energy to communicate since we did not yet know any vocabulary. Yet we were perfectly able to communicate what we needed if the other was willing to listen to us - which is a necessity even with the use of words. Words are an expression of energy. The meaning of words may change, the energy of them does not. That can create problems. What do I mean with this?

For instance let's look at the word "want". The original meaning was lack, today it is more an expression of desire. Perceive the energy of the word, not the meaning we have given it. What do you notice?

Looking at the energy of what I am saying, also allows me to become aware of what I am actually talking about. To stay with the word 'want', say the following sentence out loud and perceive the energy of it: I do not want any money. Now say it a few times and perceive the energy. When I do this exercise with people, I usually get one of two results. There are the people who are willing to get out of their heads and just be with the energy and there are the people who hold on to the words. Energetically, you are saying: I do not lack any money.

Perceiving the energy also allows me to know if something is true for me or a lie. A truth will always be light, expansive, a lie, on the other hand, is heavy or contractive. If someone else tells you a lie, you may become angry, ever noticed! Unless, anger is not allowed in your world.

Ideally, we have access to all energies which does not mean we act them out. (Remember judgment from March. This life we have right now is not our first one and won't be our last one. We can only judge something we have experienced ourselves by doing or being it.) For instance, knowing the energies of true caring and lying, allows me to be aware if a person is truly caring for me or only pretending to. Knowing what is really going on would be helpful, wouldn't it?

I use my awareness of energy when I listen to people. Does the energy match the words or not? What is important to the person and what is not? It allows me to ask questions that can provide insights. How often do we think something specific is the reason for what we are experiencing? It could be that in actuality it has nothing to do with it and something completely different is going on. Not only is it helpful when I work with people, it also allows me to become aware where I am if I am willing to be really present with myself.

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Being in Awareness gives people the means to change their views of how life works, so they can have the freedom, joy and success they desire.	
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*Wisdom comes only when She is wanted and welcomed.
Desire Wisdom. Understand, She is always there; waiting for each of us with all the bounty of the Universe in Her arms. But it is only when we surrender to her divine knowingness does She yield Her resources. Ask Her for assistance daily.*

~ Sibyl English,

