Boost your positive energy to feel empowered and motivated throughout the day

Who doesn't want to feel full of beans at the start of the day? Let's face it, even if we are brimming with energy first thing, by close of play this can be sadly lacking, leaving us deflated and lacklustre. Even the most active amongst us will have lacklustre days, but instead of reaching for one more caffeine hit, why not try a more practical approach? Create positive energy by using the power of your mind and some self-care tips and tricks, and you'll instantly restore focus and creativity and boost wellness.

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HOW TO BOOST YOUR ENERGY LEVELS TO FEEL AWESOME

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Introduction

If you had to describe how you feel right now, what would you say? Do you feel energized and ready to embrace the day? Would you say you're a powerful presence in your own world, or just a bystander, trying to do the best you can? We all have off days, days when it feels we can do nothing right, and our strength is depleted. And we all have those amazing days when everything just seems to go right, when our mood is high, and our vitality even higher. It comes down to one thing, positive energy – having it, creating it, and holding on to it.

Positive energy is an attitude, it's a mindset, that makes you feel uplifted. It's that 'Yes!' moment when you feel on top of your game and ready for anything. And while it begins in the mind, it affects the body and how you feel. Your thoughts play an important role when it comes to how positive you are, but there are other things you can do to create more vim, vigour, and up those feel-good vibes.

This book shows you simple tricks and techniques that will help you feel more dynamic, invigorated, and empowered. You'll learn all about your aura, the life force which surrounds your body, and how to strengthen and protect it. You'll discover the power of affirmations and how meditation can help to centre you, so that you maintain a positive mindset. You'll learn breathing techniques that will boost energy, strength and personal power, and you'll also discover the magic of scripting, and how this can change your outlook for the better.

With exercises perfectly timed to fit in with your daily routine, and a sample plan, in the form of an energy clock that includes techniques to boost your positivity throughout your day, you'll understand how to lift yourself up, any time those dips occur. You'll also be given a selection of energy enhancers, little things you can do for an instant mood boost, while the chapter of the same name recommends other things you can use, like crystals, herbs, and scents, which will help you feel on top of the world.

Whether you're looking for inspiration, a change in your approach to each day, or just a way to feel more upbeat and energized, this little book has the answer. It's time to 'Power Up'. Embrace who you were meant to be and fill your life with positive energy.

AURA WORK

1

What is an aura?

The Aura is the force field of energy which surrounds the body in colour and light. Imagine it like a shimmering layer of protection which frames you from head to toe in a myriad of hues. Generally, someone who is feeling energized will have a strong aura which extends outwards and surrounds them in bright light. This aura will be filled with shades of colour, which represent how they're feeling at any given moment. For example, someone who has a lot of red in their aura, might be feeling angry or passionate, while someone with patches of purple around their head, might be in an intuitive mood.

While it's invisible to most, some energy workers can see the aura with practice and even read the different colours and decipher their meaning. Even if you can't see the aura yourself, you will be able to sense it, and also feel when its depleted. It reflects how you're feeling inside and out, so it makes sense that you can boost your mood and vitality by changing the way your aura looks and feels.

There are many techniques to help you do this, but the most effective combine visualization with focused breathing to extend the range and brightness.



Turn up the Shine

Do this: First thing in the morning to give you energy and put you in a positive mindset for the day ahead. You can also do this any time when you need a boost, or to lift your mood.

You'll need: Nothing except the time and space to focus on your breathing and the visualization.

What to do:

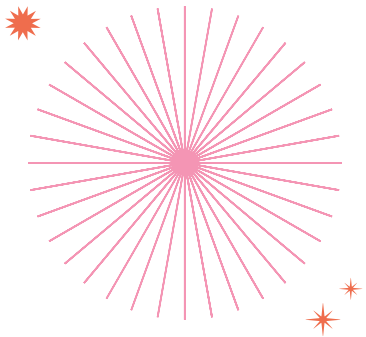
1. Stand feet hip-width apart, shoulders relaxed.
2. Draw a deep breath in and imagine you're pulling it through the soles of your feet, along each leg and up into your stomach and chest.
3. As you exhale, release the breath into the air for four long beats.
4. Repeat the cycle of breathing for three or four more times, or until you feel calm and centred.
5. Now visualize a small dial, like a thermometer, in the centre of your chest. This dial controls the brightness and strength of your aura.

6. As you draw the breath in, imagine the dial turning upwards to increase the power and energy.

7. As you release the breath, picture your aura getting bigger and brighter. See it extending outwards and feel the vibrancy of its shine.

8. Continue to turn the dial upwards with every breath and focus on the aura getting bolder as you exhale.

9. To finish, place both hands over the centre of your chest, palms down. Feel the heat beneath your fingers and say (aloud or silently depending on the situation) 'My aura shines with brightness and strength.'



Energy Enhancer

Depending on how you feel and what you'd like to achieve during your day, you can infuse your aura with different colours. Each one has a particular meaning and attribute.

On the next page is a key that you can use to pick the right shade. All you have to do, is repeat the exercise above and visualize your aura shining brightly in the colour of your choice.

Aura colour guide

White	Purity, Energy, Vitality
Gold	Power, Confidence, Energy
Silver	Clarity, Freedom, Focus
Purple	Intuition, Psychic Power, Individuality
Pink	Love, Kindness, Empathy
Red	Passion, Tenacity, Assertiveness
Blue	Healing, Sensitivity, Strength
Green	Growth, Creativity, Balance
Yellow	Enthusiasm, Success, Luck
Orange	Joy, Radiance, Spontaneity
Turquoise	Wisdom, Tranquillity, Protection

Cleansing your aura

Like any part of your body, your aura gathers debris in the form of negativity, which not only dulls the shine but can cause blockages. When this happens the energy around your body does not flow freely, making you feel sluggish, and even under the weather. It's important to regularly cleanse your aura, just as you would your physical body. This will clear any pressure points where energy has built up and help you maintain a positive outlook.

Aura Spring Clean

Do this: At the beginning of the weekend when you're relaxing. It will help to eliminate any negative energy that you've collected during the week, so that you can enjoy your days off and feel rejuvenated. You can also perform it any time you feel off kilter, it will help to restore balance and put a spring in your step.

You'll need: A feather, some sage essential oil, and a small bowl of hot water.

What to do:

1. Half fill the bowl with boiling water and add in five drops of sage essential oil. If you prefer, you can use the fresh herb and let it steep in the water for five minutes.

2. Lean over the bowl and let the scent of the sage fill you up. Breathe deeply and enjoy the freshness of the aroma.

3. Place the bowl on a table next to you, and take the feather, let it waft some of the scented steam up over your head.

4. Flick the feather forward and back in the air around your body, as if you're flicking away any dust that has collected.

5. Start at the top of your head and work down each side of your body.

6. Go under each foot, by raising it in the air. Also be sure to do the space in front of your stomach, where negative energy can collect and weigh you down.

7. Picture your aura getting cleaner and brighter as you do this.

8. To finish say 'I cleanse my aura of negativity, let stagnant energy flow, as the obstacles go!'

Energy Enhancer

To really get the energy moving around your body, finish your aura cleanse with some body brushing. Start at your ankles and be sure to brush upwards towards your heart. As you do, continue to visualize your aura looking clean and bright. Imagine any blockages are being brushed away and feel the revitalizing energy flood your entire body. You will probably notice that as your skin tingles and brightens, your mood lifts and you feel infused with vitality.

Protecting your aura

When you are feeling under the weather or lacking in energy it's a clear sign your aura is depleted. This can happen as a result of illness, stress, and over-work, or it can be related to other external factors, like spending time with people who drain you, or taking on the emotions and problems of others.

While it's natural to experience dips in energy at stressful times, you can protect your aura from outside influence, which in turn will boost energy reserves and help you deal with external circumstances from a place of power.

Put up an Aura Shield

Do this: First thing in the morning, to protect your aura throughout the day. You can also do this whenever you feel vulnerable. It will help to keep negative emotions and energy at bay.

You'll need: A quiet moment where you won't be disturbed to set this up, but once you get into the habit of doing this, you'll be able to create your shield almost instantly.

What to do:

1. Take a deep breath in to centre yourself.
2. Draw the air up through your feet and legs, into your stomach.
3. Feel it fill your chest and travel up your neck and then exhale with a long breath out of your mouth.
4. Continue to breathe in this way, so that you create a continual loop of air moving in and out.
5. When you inhale imagine a shield of light rising up, over the front of your body, over the top of your head and down the other side. See it form a golden cocoon, which completely covers you.
6. With every breath you take, the cocoon solidifies, and the golden light becomes brighter.
7. Imagine it as a Teflon type substance which rebuffs negative energy.

8. Whilst you are within the cocoon, you are protected from any external influences that might leave you feeling drained of energy. You can go about your daily business, without taking on the negative emotions of others.

9. Continue to re-enforce the cocoon at any point during the day, when you feel your energy waning. Simply, imagine you're encased in golden light, and see it extending outwards.

Keeping your aura clean and bright is an on-going process, and there are simple tricks and tips that you can use to help. Being mindful of your own thoughts is a good starting point. Being negative with yourself, will cloud your aura and dampen down the shine, so whenever you hear the inner critic surfacing, say 'stop!' and replace the negative thought with something positive and empowering.

Also be mindful of your interactions with others. If you notice that someone leaves you feeling drained, or tends to dump their emotional baggage on you, put some boundaries in place. Only see this person when you feel in the right headspace to deal with them, and always be sure to put up your 'aura shield' before you meet.

