

# Joyful Light Education, Volume I

## *Energetic Living Handbook*



*Steu Mann, M.Ed.*

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Joyful Light Education Publishing

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## **Energetic Living**

You don't need a Ph.D. to lead an energetic life. In the simplest terms, energetic living happens experientially. That is to say, experiential living is participating in the moment with you physical, mental, and spiritual bodies while you allow your heart to steer your words and actions. The trouble is our education systems don't teach us about the nature of living experientially and our culture skips all together the importance of listening to our hearts. The good news is this, more and more higher vibrational energy is flowing into our planet, Mother Earth, since 2002 and this is helping the global transmutation of old and outdated vibrational patterns.

Energetic living is a lifestyle based on being aware. It contrasts sharply with a lifestyle based only on doing or action. For a human being with a mind that has been traditionally schooled, there is a need to release certain ingrained patterns that pertain to the mental and emotional habits we built as individuals. These patterns permit our emotions and mental gyrations to steer our experiences and perceptions. The byproduct is that we end up, for the most part, existing in a cocoon of what is familiar, rather than using our natural tendency to explore and extrapolate new ideas and experiences.

We are vibrational beings. As you step into energetic living, you build your unique awareness of “being” by being more aware of the subtle aspects of life – aka energy. Today, in the 21<sup>st</sup> century, even western science has come to realize that living things and nonliving things are filled with energy. True, they have not agreed as to what this energy is, but in order for that determination to occur there must be a collaboration of science and religion. All I want to point out here is this: massive scientific recognition exists that the “stuff” or “matter” which comprises all living and nonliving things is constantly moving. The next time you look at a table or door or tree, understand that all the atoms making that object are moving – not standing still. This is evidence of the vibrational nature of atoms and molecules, the very stuff that makes us too.

The first phase of energetic living is becoming aware of how you are feeling. Making this effort to notice your feelings opens many doors. The most important door it opens is to an awareness of your heart. Giving your attention to examining your feelings creates a



your heart, clearly impacts the matter that you come into contact with. You are designing your experiences instead drifting.

This is why energetic living is based on being experiential. As you create your intentions and monitor your feelings you're fully engaged in the NOW. Living an energetic lifestyle is based on these three principals:

1. Respecting, honoring, and loving myself.
2. Recognizing my vibrational nature and nurturing it.
3. Practicing techniques that promote my personal power.

### **APPRECIATION**

You constantly attract into your life what you are feeling. The Law of Attraction pervades every nook and cranny of the universe. When you enjoy what life delivers you are attracting more joy into your life. Conversely, when you repeatedly place your focus on "lack" or think/speak negatively then you are attracting those circumstances to your life. Living by this Law takes attention to details and closely monitoring your feelings, thoughts, and words. Appreciation is an active process that involves all your bodies. Focus on the good and joy in life.

*May you always have the energy and inner peace to live a happy life full of appreciation.*

### **TRUST AND FAITH**

Everyone has the ability to lead a life based on trust and faith. This requires no external justifications or agreements. Your trust and faith involves just you and your beloved "I AM" presence. This is best understood by sharing a simple statement with you, something one of my teachers shared with me. "Allow your heart to lead your mind." That is the essence of trust and faith in yourself – that you can allow your heart to lead your mind. I'm not talking about blind faith either. When your heart steers your mind life is full of compassion and grace and those experiences leave you feeling educated.



### **Characteristics of Following Your Beneficial Feelings**

- less time spent doubting and more inner confidence
- a sense of being in sync with each other yourself
- less procrastination to getting actions and tasks completed
- spending more time creating and less time waiting
- more joy and laughter - less pain and depression

### **VISUALIZATION TECHNIQUES**

Visualization requires the opposite skill set of staring at the television and being programmed. Practicing visualization is dependent on your own level of trust and faith that you have nurtured within you. When you are visualizing you are erecting an experience that is 100% created and maintained by your heart. Visualization is not based on logic. I'm talking about visualizations that bring harmony, prosperity, and good health to you and those in your environment. Don't waste time visualizing expressing anger, hate, or revenge

When you are visualizing you are working with seeing. This means taking hold of your imagination to express what you're thinking or wanting. Use your intentions and goals as a support for what you want to create. And use your journal as a writing tool to fortify your visualizations. Write and see the details of your intentions and know it's fine to modify everything as needed while maintaining as much detail as possible.

When you practice visualizing you can use a meditation type setting or you can do it on the fly. In other words, walking into the grocery store you see long lines at the checkout counters. Immediately, you create an intention of no checkout line when you are done shopping. In your mind you are visualizing walking up to the checkout lane with no customers standing in a line waiting before you. I do this all the time – it works great!