

Journal inquiry

ENERGY INVENTORY

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LIVING FROM WITHIN



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Creative embodiment requires us to live into deeper, more authentic and more accountable relationship with our energy. The outcome of our willingness to honor and consecrate our experience as energetic beings is profound – we will find abundance where we once felt scarce, resilient where before we were drained and generous where we might have been closed off.

Begin with a body-prayer, an invocation more sensed than spoken, to ask that the deepest and wisest voices in you be heard. Ask also for the foolish, most stupid and base voices within you speak as well, so that you can see them with a clear and welcoming eye.

Let this be a time of inner council.

These inquiries are designed to unburden your system of undigested psychic and emotional debris. Just as we will have no real hunger for the meal before us when we are still full from yesterday, we can kindle the fires of aliveness by undoing spiritual constipation.

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1. How is my relationship to energy changing?
2. How is my relationship to my own power and place in the world changing?
3. What helps me follow my curiosity? Where am I becoming more curious when before I would shut down?
4. What kind of ecosystem does my curiosity thrive within? (hint – take your time with this one, go deep. Are you more curious when you are cold or warm? When you are alone or with others? What kind of nourishments does your curiosity enjoy most?)
5. Are there ways that I sense trauma trapped in my body? How might I move and release that trauma?

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6. Are there places in me that are starved for energy and split off somehow? What can I call on to open those pathways? What might be the benefits of that? The risks?

7. Who can help me?

Assessing energy leaks: we can track the places where we unconsciously drain our energy by looking at our language. “Try” and “wish” are energy leaks. “Should” and “shouldn’t” are energy leaks. “Maybe” is an energy leak.

8. Complete the following sentences as many times as come forward:

I’m trying to.....

I should be

I shouldn’t be.....

I wish.....

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9. After getting it all out on paper, redesign the sentences you've created and see how they feel. Transform them into either "I AM....." sentences or "I am not.....". Make note of what changes in your body and any insight that comes forward.

Many moments we have said, "yes" or "no", but we embody the decision as a "maybe". Perhaps we've said yes to something, but inwardly we are resentful. Perhaps we've said "no" but energetically we wear a sign with instructions on how to dismantle the boundary.

10. Where am I saying yes or no, while embodying "maybe"?

11. What would have to change to be in my yes and no, fully?

12. Where can I source the energy for this change?