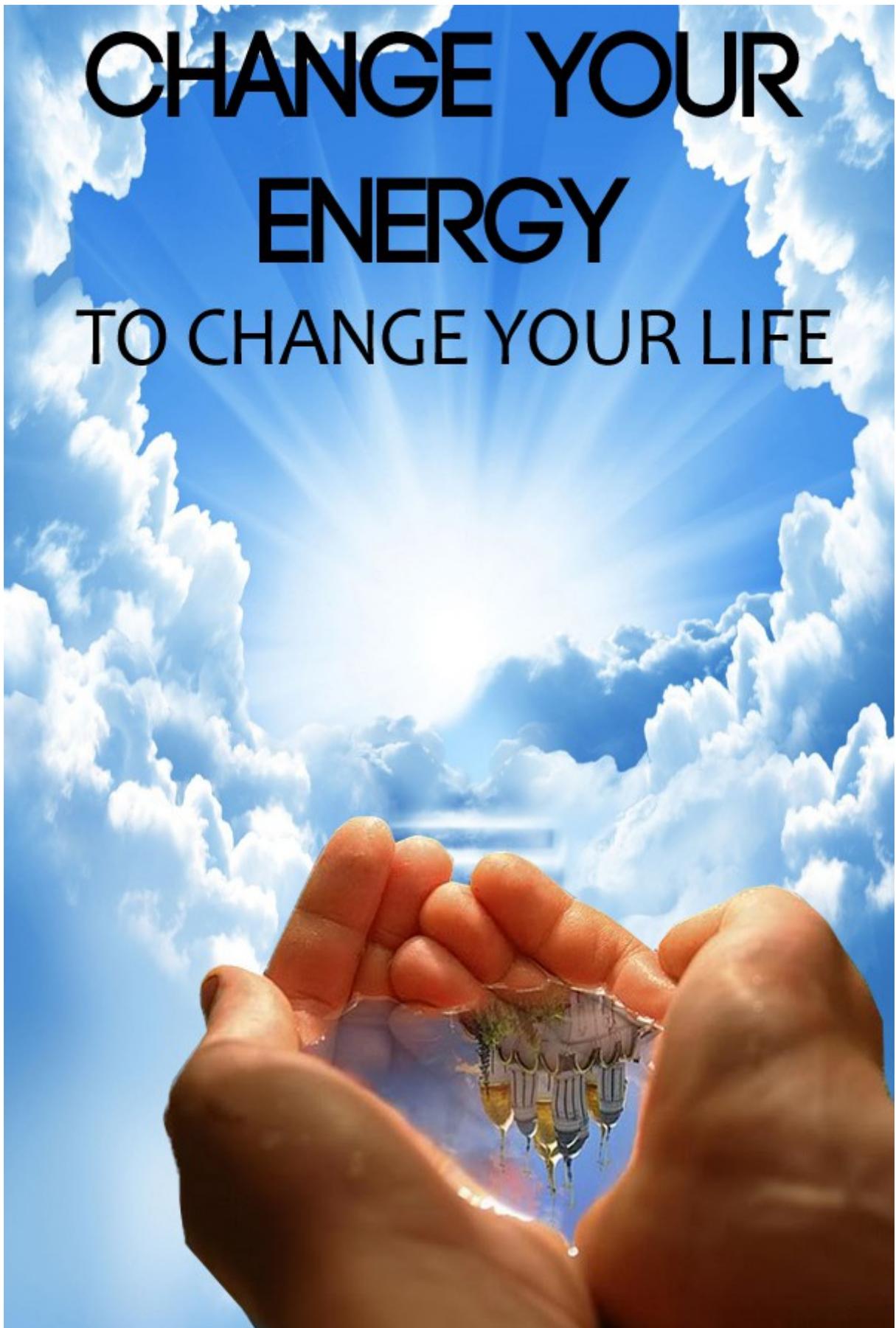


**CHANGE YOUR
ENERGY
TO CHANGE YOUR LIFE**



Change Your Energy to Change Your Life

by Celia Gail Stuart

The 10 Point Plan

The Ten Points

- 1) Know Yourself**
- 2) Develop Your Intuition**
- 3) Stop Re-Acting and Start Creating**
- 4) Keep Your Energy Clear and Strong**
- 5) Meditate – in some way**
- 6) Become Aware of Your Energy**
- 7) Visualize or Pre-tend**
- 8) Be Aware of Your Breathing and The Now**
- 9) Practise Gratitude**
- 10) Clear Your Subconscious Blocks**

INTRODUCTION

When I make a reference to your 'energy field', I am talking about that part of you which is normally not visible to people other than clairvoyants as it goes beyond your physical body and is the whole 'you'. You have/are a multi layered energy field that incorporates your physical, mental, emotional and spiritual levels.

1) Know Yourself

Do you know what makes you happy?

We all have formed our own definitions of happiness right from childhood, due to parental conditioning and life experiences – good and bad. We often simply feel happiness according to the situation we are in, i.e. looking outside ourselves in order to find something (or someone) that makes us 'feel happy'. For example, to be able to go shopping or spend money on treats, to acquire the latest new gadget, and so on. But there is a big downside to letting outside events control our happiness – we become a victim of circumstances and can get into 'victim' mentality, blaming others around us for any difficult situations we find ourselves in. It is much better for us to accept our responsibility for our happiness, to start to realise that we create our own lives, and that to be in a state of happiness can be a wonderful choice that we make for ourselves.

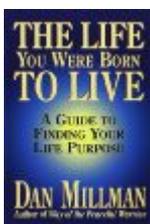
An internal state of happiness gives us great power over events because it helps us to have much less of a reaction to negative happenings. When we react to some person or situation in a negative way, our energy field becomes weakened and fragmented and we feel the energy disruption as discomfort or pain in our bodies. If we can hold on to an inner state of happiness, we hold our energy field together in a stronger way and less 'outside events' will rattle us and also we will have less 'accidents'. Loss of focus and negativity draws accidents or difficult circumstances to us like a magnet.

Try to avoid negative thoughts and people. Such thoughts and words limit your inner potential and make you and your energy field go weak.

Do you know what your strengths and weaknesses are?

Do you - really? If not, try to find out! Astrology readings and trusted friends' comments may help you. Maybe you are a starter not a finisher? Once you know what your weaknesses are, you can use tactics that will help you overcome them. My favourite book to help with this process is “The Life You Were Born to Live” by Dan Millman. Once you have worked out your birth number using his method, you can see what particular lessons relate to you in this incarnation and you will understand more what your challenges are and whether you are using the energy in a positive or negative way. This book has been a real eye-opener for some of my clients and students! Finally they can understand why certain aspects of their lives have been proving so challenging!

UK link [The Life You Were Born to Live: Finding Your Life Purpose](#)

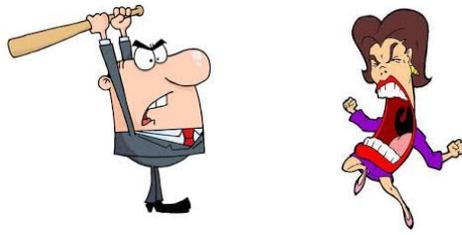


2) Develop Your Intuition

Everyone has some degree of intuition working for them. Policemen can 'smell a rat' or get a gut feeling that someone is guilty of a crime; you may often know who is calling you just as the telephone rings and before you have even answered it. A mother may 'just know' that their son or daughter is in trouble, and so forth. To develop your intuition, take the time to notice it and act on your hunches and gut feelings, or look around for a development group or class.

I have been helping people develop as mediums, healers, tarot readers, angel card readers, inspirational speakers, psychic artists etc. for over 24 years, so if you would like to join my online circle, just email me for details.

3) Stop Re-Acting and Start Creating !



As I mentioned earlier, when we react to some person or situation in a negative way, our energy field becomes weakened and fragmented and we feel the energy disruption as discomfort or pain in our bodies. I am talking here about emotional reactions and not the sort of reactions that might save your life, for example, when you leap out of the way of a speeding car. Emotional reactions come from past experiences that have caused a negative feeling in our bodies and we are reliving that feeling once some other trigger sets it off inside us.

We become much more powerful creators when we learn to take charge of our emotions. We become observers as we interact with people and events in our lives and progress to being cooler and calmer, making better decisions, keeping our focus and not getting swayed about nearly so much by the 'happenings' of life.

If we wish, we can explore our childhood conditioning with a therapist to get rid of some of the 'issues' that have arisen within us or we can read self-help books and try to do the work ourselves.

Also we can practise that sage-like exercise of taking deep breaths before replying or reacting in order to dissipate the negative energy within ourselves

before it leaks out to have an effect on another person!

Do you know what your goals are?

Goal setting is a great tool for anyone hoping to be successful because it utilises focus. It can help to strengthen your energy field if you write down all your goals and timetables on a daily basis because once we have written down our thoughts, we tend not to worry or concern ourselves about them in the same way. Goal setting enables you to achieve your tasks in an organized fashion and within the limited time frame. When you have set your goals, you will not only feel confident about the work you are doing, but you will also prioritize what needs are to be fulfilled first. This will help you become much more efficient and in turn give you confidence that you can achieve your goals.

When you have a large goal to achieve, make sure that you divide it into smaller parts so that you are not overwhelmed. Sometimes it is the baby steps which take us forward the furthest!

Don't worry about whether you will achieve exactly what you are aiming for; the important thing is to set your focus and try. Failure will not break you – unless you let it – remember that even the most famous and important people had a string of failures before they achieved enormous success! Resilience is the key word here, be resilient - re-work your plans if they fail, and learn to 'tweak the energy'. Every failure teaches you what to avoid and gives you a push into the RIGHT direction.

There are many types of goals that you can set such as: professional, creative, personal, family , educational , financial , giving, spiritual and so on. Never neglect those last two – giving and spiritual goals! Don't forget also your lifetime goals, what you would like to achieve in this lifetime.

4) Keep Your Energy Clear and Strong

Learn to hold your energy together by watching your emotions, 'letting go' of negative events, staying in the NOW and being aware of your breathing pattern. A strong energy field draws to us what we want as our focussed intention on what we desire goes out into the universe like a laser beam. A reminder too, that a strong energy field also helps protect us from accidents (let alone psychic attack).

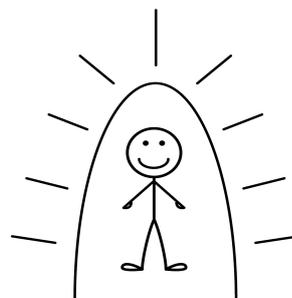
Higher Vibration Unlimited Field of Possibilities



Lots of Mental
and Emotional
Blocks



Stronger Magnetic Attraction



5) Meditate – in some way



You do not need to learn exactly how to formally meditate but you DO need to learn how to still your thoughts and to take control of the mental chatter which goes on in our minds during every second of our waking day. You can then start to become aware of your 'mental talk' and what messages you are giving yourself. Also, it is very useful to build up a connection with Higher Influences who can bring you guidance and psychic development. I offer a number of guided meditations to help people with healing, manifesting, problem solving etc.

6) Become Aware of Your Energy Field

Are you aware of your own energy field ? Are you aware of how you feel, moment by moment? Can you tell the difference between when your energy is clear and strong and when it has fragmented? Notice how you feel – and think – when you are worried or have just had some difficult news. When we feel 'all over the place', our energy field is VERY fragmented. Positive thinking, meditation and breathing exercises will all help to keep you in the NOW and to keep your energy field strong.

If you would like to learn more about the human energy field, please email me at

celiamiraclecoach@gmail.com

and I will send you some information.

7) Visualize or Pre-tend

This is a great technique for drawing into your life that which you don't have right now. Everything happens on the etheric level first before it crystallizes into material reality and so this is where we want to aim our creative power. Through the use of visualization, we can imagine that we already have whatever it is that we want and experience the exact feelings that we would have as if that object or situation was ALREADY present . When we do this enough, we draw the desired object/situation to us by magnetic attraction.

Pre-tending works in a similar way, we are stepping into the role of already having something or already doing something. Like an actor, when we fully engage with our feelings during this process, our energy changes to reflect our new 'role', and when we do this enough, the universe has to respond. It really is a magical universe!

8) Be Aware of Your Breathing and The Now

I have already mentioned the importance of breathing exercises with regard to the strength of your energy field. Focussing on the breath and breathing down into the abdomen, rather than shallow breaths into the upper chest, help to ground us, keep us centred and in the present moment. When we are in the present, and therefore in the NOW, we are more effective in our thoughts and actions. The point of power is in the NOW. The simplest

breathing exercise simply involves watching the breath coming and going and not allowing your mind to drift on to other thoughts.

9) Practise Gratitude



We all know someone who moans all the time, don't we? They have a negative way of looking at their lives, only seeing what they have NOT got, or recounting some awful disaster. This is very energy draining! We need to learn to practise gratitude so that we become aware instead of all the things we actually HAVE got. At the end of the day, we can mull over all those reasons we have to be grateful. Most of us have a roof over our heads, food in our stomachs and family or friends to help us feel loved.

If we can get into the habit of being more grateful for what we have, our energy vibration rises and we are able to attract more of what we want – things to feel grateful for!

10) Clear Your Subconscious Blocks

Well, this is the big one! Remember I mentioned the conditioning from childhood?

Let alone the spiritual challenges we already have in our lives.....

Subconscious blocks affect our way of looking at the world, they are like filters that distort our reality. They are also known as limiting beliefs, for a good reason – they limit us! We tend to direct all our actions in accordance with these beliefs which formed when someone or something impacted upon us causing a powerful negative reaction to be stored in our bodies. These subconscious beliefs tend to slowly become a part of our character and result in a huge impact on our personality. We may be able to find out what caused them, by using meditation, undergoing therapy such as hypnosis or counselling, or simply by talking to other family members.

Subconscious blocks can literally BLOCK our ability to be a powerful creator. We may be doing all the right things to manifest on the etheric level, but if we have a block which makes us feel on a deep subconscious level that we are not worthy to receive, the item or situation will not crystallise properly into the material world.

The important thing is, how do we get rid of them? Again, we can use meditation or therapies- particularly Neuro Linguistic Programming (NLP), hypnotherapy, spiritual kinesiology or Emotional Freedom Technique (EFT).

Emotional Freedom Technique is something we can learn to do for

ourselves to some degree to help us with fears, phobias, emotional reactions etc. In that way, it is a clearing technique. There are a lot of videos on YouTube that you can watch to learn the process first of all, then later you can choose videos that relate to your specific problem. Free therapy!

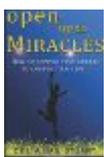
Often we can help ourselves by watching our thought patterns and looking to see where we are getting stuck or even sabotaging ourselves.....and self sabotage is a whole another problem on its own.....!

I can help you by linking with you through skype and showing you quickly how to do a very simple EFT sequence with the relevant set up phrases and affirmations that you need to help you with your particular problem.

If you need more help in this area or any other, please email me:

celiamiraclecoach@gmail.com

I hope you have enjoyed this guide to the 10 point plan! I also hope you might, if you haven't already, choose to buy my book "Open Up to Miracles: How to Change Your Energy To Change Your Life" available on Amazon in paperback or Kindle



[Open Up to Miracles - How To Change Your Energy To Change Your Life](#)

Also, I am offering an e-course to help you move those subconscious blocks

so that you can move forward in your life, particularly so the old patterns don't repeat..... more details soon via your email, so keep your eyes peeled!

With love and light
Celia Gail Stuart x

<http://www.miracle-coach.com/>

<http://www.healingwithcelia.com>