

PAM LIDFORD
CONFIDENCE COACH

WEEK FIFTEEN

Protecting your Energy

HANDOUTS

AND

PERSONAL DEVELOPMENT
WORK

"Loving people live in a loving world. Hostile people live in a hostile world. But it's the same world. How come?" Dr. Wayne Dyer



WEEK15

Recap Questions from previous week (s)

Set aside at least **30 minutes** to do the following exercise it will build on earlier exercises. This exercise may take between 30 – 90 minutes.

1. What have I learnt about myself and draining influences over the past week?
2. Who negatively/energetically impacted on me this week?
3. How did it affect me?
4. How much did I allow it to happen?
5. When did I change or challenge it?
6. What techniques or tools from previous sessions did I use to keep me feeling positive?
7. Who did I ask to support me in being more positive on a daily basis?
8. What topics/issues/thoughts drained me this week?
9. What did I do when I noticed them?
10. Who might I have drained in the week?



Protecting your energy

After last week's session and the weekly questions and recap questions, you now should be much clearer about draining influences in your life, you will have examined, noticed and thought about areas, goals, issues, people and topics that could be draining you and your energy.

How did you do with question 10 above? Who might you have drained? I wonder if you had thought about that as a possibility. I wonder if the people who drain you know they are doing it. I wonder how they would feel or react if they saw themselves as you see or experience them.

Ask yourself the following questions take them one at a time:

- How would you know someone was a drain on your energy?
- What is it about their behaviour or actions or way of being? Think hard about that one.
- How do you know or recognize you feel drained?
- What is the first thing that happens?
- Who specifically makes you feel drained?
- What did you notice from last week's work about this individual?
- What emotions do they cause or stir within you?
- Could you look back over previous sessions and handle these emotions?
- What might they be wanting or needing from you that drains you?
- What do they demand or require from you that you can't or won't give them?
- Would you be prepared to give them what you just identified above?
- What stops you from protecting your energy?
- How would you know if you were draining someone?
- What signals might they unconsciously give you that you were draining them?

If you want to protect your energy you need to become aware of what causes it to leak out and where it leaks from, how you know, where and when you give your power away, what emotional charges are associated with loss of energy, what fears drive you to avoid or move away from situations or people, (*the theory: you get what you focus on most of the time, needs to be considered here; law of attraction*), and then, you can use and apply the tools I am going to share with you.

So make sure you can answer all the points above as well as the previous questions moving on. Do that now.



There follows some ways to beat negativity and maintain a positive state, we will call on some of our past techniques and I will introduce you to some new ones. Play with them and find the ones you like best. Each option involves self-awareness around current practices, taking action on your findings (see exercises we have covered in previous sessions), clarity around draining issues, behaviors and patterns and some reflection time to work through each of the following options. Give yourself at least 1-2 hours to do the following well.

Option no 1 – see people from a new perspective. If you considered the individuals you listed in the previous exercises as being draining as ‘doing the best they can with the knowledge they have about themselves and life’ could it change anything for you? Might you notice that all they want is some time or patience, company or attention from you? If so, might you feel differently about them if you thought about them from this place? If having given that some thought it helps you see them differently, what will you do next time you see the people you listed as draining you? How might you respond differently to them? How might that improve or protect your natural energy?

Of course just as the above may be true it could also not be true. But check out that perspective before moving on.

Option no 2 – during my supervision training I heard one of my trainers saying something like “when we are working with people there are only two places to go: protection which is fear based or connection which is love based”.

I remember when I did my basic Reiki training level I and II where I was taught to think and then project love to towards everyone I came into contact with, particularly if I had conflicts or disagreements with them. On first hearing this it seemed a little strange, after all if someone is being unkind to me or not very nice, why would I want to project love to them? I’m glad I moved on from that first way of thinking, for I now understand that holding onto anger, bitterness, resentment, annoyance, irritation or any other negative emotion linked to another person, actually weighs me down, I might end up blaming the other person for making me feel these negative emotions and can’t shake them off. I could end up thinking, feeling and being angry, bitter, resentful etc every time I think about them or see them. Multiply that by however many other people I allow to make me feel bad and is it any wonder I may have low energy, feel drained, negative, tired and overall not in a good place? And often the people involved mightn’t even know I feel like that – because I haven’t communicated my thoughts, worries, upset or anxieties to them, so I go around carrying the burden and it doesn’t affect them at all.



I hope this is making sense to you. So could you start seeing and sending love (metaphorically and energetically) to the people who you bear negative thoughts or feelings towards and or who you allow to drain your energy?

Of course you might not be willing to let go just yet (if that is true check out what you get by holding onto these negative feelings – there may be some secondary gain for you), or it may not be appropriate or you may have just realized the best thing is to no longer have contact with this/these individuals. But check this way of thinking out before you move onto the next option.

Option no 3 - I remember hearing that one of the reasons we (people) don't get what we want when setting goals is because of the stories we tell ourselves about why we can't have what we say we want. Our everyday life could be compared to a story, film, horror movie, soap opera, drama, pantomime, comedy, documentary or musical. Which one works best for you? How would you describe your life over the past 10 years if you chose one of the above categories?

My life is most like a

Now you have a category, what title would you give it?

Who are you in the title?

What is the theme of the category?

Who are the other characters in the story and what impact do they have on your part?

If you were telling it to someone else, how does the lead in the story (you) handle his/her role? With ease, being positive, fun, happy, romantic, sad, negative, an ongoing challenge, etc...

Here's an example....

- ✚ My life is most like.. An adventure story
- ✚ It's title is: Part 5: The Rollercoaster ride of emotions
- ✚ I am.. a Hero/Heroine
- ✚ The theme is triumphing over adversity... riding into the battle of life, looking to do what is right and coming up against others and their politics, flying boulders, rapid rides, escaping dark moments and captors, running away from the 'baddie' in the story who wants to capture me and lock me in his dungeon, then finding courage and facing my enemy and triumphing over him. To be continued....
- ✚ I handle my role.. with challenge, humour, determination and courage in spite of my fear



- ✚ The other main characters are my mother, the kindly but needy Queen, my partner, the strong, proud, Viking doing battle with the enemy, my best friend, the damsel in distress always needing someone to save her, my other best friend, the wicked witch who snipes and moans about everyone and everything, my brother, the arch enemy – looking to take the family inheritance, etc etc
- ✚ They impact on my in the following way and order.....

This is a creative first step to help you look at your current situation and start to see it from a different perspective, a playful one and an opportunity to see how much drama you are creating or allowing to be created by others in your life. Drama is a secondary gain for many people, it gives them human needs such as significance, importance, variety, excitement, attention and if life is boring or too 'samey' can you see why it might be hard to give up 'the story'? After all, if you did where would you get your variety from? This is the question you need to be asking yourself. Because if you DID give up the drama, how could you get the feelings it gave you in a more positive way?

- Take time and think about that now

As an adult you can be the writer of your story, you can determine the outcome, the challenges, how you will handle them, the title, the category, how you allow the other characters to interact with or influence you. And rewriting your story needn't be that difficult.

Think about some old movies or films and how they've been updated to fit the needs of a new generation/audience, two that come to mind are The Family Man (originally featuring James Stewart, more recently re-made with Nicolas Cage) and what about James Bond! How many different Bonds and style of Bonds have we seen there? The producers knew they had something worth keeping hold of, something of value worth re-working, it's just that the 'old' style didn't work in the present like it had in the past so they updated it both in look and humour.

And so it can be with our stories, they may've been right for us once upon a time, but as we grew up and developed, as we gathered new information and experiences it would have made sense to update our stories and the roles we played. But so often we get stuck in a time warp and replay the mental movies and the old well known lines (mind chatter) over and over forgetting they are no longer useful. They are outdated and often no longer true. So in order to move on it becomes important to STOP, notice, become aware of what we are thinking, doing and saying in our stories, so we can re-write the tired, dated and no longer useful lines – and therefore free up our energy and feel less drained. Stop and think about this now. Could option 3 be helpful by itself or in addition to the other two options you've explored so far around energy protection?

- Take time and think about that now



This simple exercise can help you to recognize how you currently create or see your world and by using the following questions, you can start to break free from your old way of thinking and start writing a new middle and ending. Give it a go – it could put you (back) in charge of your energy and your life!

Think of your goal or an issue you are struggling with, challenged by, or fearful of:
(not all questions need be applicable)

- In character (ie Hero/heroine) who do you blame for not being able to have the life/goals you want to have in this area of your life?
- Who are you getting back at or letting down when you use your story and fear to keep you stuck?
- What benefits are there for staying in your comfort zone?
- What benefits or gains are there in blaming others for your current situation?
- What benefits are there for living in a state of denial?
- What behaviours or self-destructive patterns do you use to prove it's not your fault you're not as successful as you could be?
- How could you get those benefits or gains met in a more positive way?
- What are you avoiding doing/thinking/feeling when you procrastinate or blame others for not succeeding in this area/goal?
- What are you denying or not taking responsibility for by doing the above?
- What excuses do you use to ensure you can't have what you want in your life?
- Name the fear you are avoiding by playing this game.....
- How long has this been going on for?
- How much longer are you prepared to let this continue for?
- In general, what needs are being fulfilled by making excuses? *
- If you choose to let go of these excuses what experiences or opportunities might you have access to that you don't right now?



Human Needs see Maslow, Tony Robbins (certainty, uncertainty, love & growth, community, significance, contribution), Mind Field College – Human Givens

Jon Gordon a motivational speaker says: **Tell yourself a positive story.** *Life is a story. The story we tell ourselves and the role we play in that story determines the quality and direction of our life. Successful people are able to overcome adversity by telling themselves a more positive story than the rest. Instead of a drama or a horror movie, they define their life as an inspirational tale. Instead of being the victim, they see themselves as a fighter and over-comer. you can influence the outcome of your story.*

So if you haven't already done so, do the 'story' exercise now. Stand back and take a good look at how you've been trapping yourself (this may not be true for all readers) by your story to date. And then when you have finished the above exercise, move onto the next one which is re-writing your story. I feel some more goal setting coming on.

Exercise

- Share your old title with your coach or buddy, this exercise may work best talking it through with someone else
- What caused you to come up with that title?
- After the personal work you have done, would you like to change it?
- If yes, what would you like your new title, role, category etc to be? (see original questions)
- Thinking about the new title (above), what would you like the outcome or end result of this story to be? Write it how you want it to be.
- What characteristics or capabilities would you need to develop or acquire to make this new ending occur?
- How many chapters or sets would there be in your new story to have the ending you want happen?
- What would the chapters of the story be called or labelled?
- How long would it take to run this movie or live this new ending?
- How motivated or excited are you to have this happen?
- What could you do to make this new ending occur?



- What actions will you need to take to make it happen?
- On a scale of 1-10 (1=not bothered 10=absolutely will) how committed are you to making this happen?
- Share this with your coach or buddy, set your journey goals and start taking action on the up to date re-write of the book or story.

Option 4 – Remember some of the past exercises we have done around state management, choice and positive thinking. If you want to preserve your energy and stop allowing others to drain it then start believing you can.

- Step into your energetic, confident or whatever state it is you desire, remember you have choice, choice to hang out with negative people or positive people, we can't change others but we can change ourselves and our past bad choices
- Use positive language, thinking and people to keep you upbeat use these memories to support you when you 'have to' be around or hang out with negative people
- Talk about what you want rather than what you don't want and if you don't know what you want, write down everything you DON'T want and then ask yourself, so if I don't want 'this' what do I want instead
- Create a long term vision or new story for how your energy can be maintained, take the actions you need to take to make it become true
- Focus on what's important and make choices based on them
- Ask yourself 2 or 3 positive energetic questions to start your day when you wake up
- Go to bed at night reminding yourself about all the things you have to be grateful for and all the wonderful people you already have or soon will have in your life
- And as Jon Gordon says "replace 'have to' with 'get to'" this simple switch can change your mind-set, attitude, make you aware of what you have, help you become more appreciative and move you towards happiness, health and energy

The above options are a great place to start from. Go back and check which ones you will use to support you with your energy. Then we can move into our last option, 5 – how to protect your energy.



Option 5 – Visualisations and exercises to help protect your energy. I have gathered these from a number of different classes including Tai Chi, chakra balancing and yoga -over the years. With protective visualisations the important thing is the intention. Even if you are not very visual set your intention to be protected and then talk yourself through one of the following using your imagination as much as possible, that is if you like any of them, however, if you don't.... make your own up!

If you want to know more about protecting your energy – then Sonia Choquette is worth reading or listening to.

Exercise no 1: Protective Egg - close your eyes, take 3 or 4 deep breaths in and out, when you are ready imagine a transparent, life size egg in front of you. It is made of a material of your choosing, *(mine is initially made of air all the time I am in positive surroundings but it quickly turns to thick rubber which is impossible to penetrate whenever I calibrate any heavy negativity)* Does yours have a door or can you just step in and out of it? Does it have a colour or weight? Take some time now and decide how you would like your protective egg to be.

Now you have given this some thought imagine yourself stepping into your egg. Ideally it will be lightweight and transparent so it is easy for you to keep with you at all times. And as you step in, notice how reassured you feel knowing that your protective egg is shielding you from any negativity wherever you go. Only positive energy may flow into your egg so it can join with your positive energy and leave you feeling uplifted, energized and happy.

Anytime you enter a room with negative energy or come into contact with a negative person, your egg will form a barrier that prevents the flow of negativity touching you. *(I used to see negative energy or situations as being like blunt darts that were aiming at my rubber egg, but as they approached my egg, it turned into thick rubber and the darts of negativity bounced right off it and fell to the floor where they either neutralized or returned to the source)*

If you like the idea of the egg, practice stepping into it before you leave the house each morning as a form of protection, as you get used to using it, over time you will find the intention for it to protect you will be all you need for it to work.



Exercise 2: The Invisible Cloak – for this one think about a colour that you really like that represents protection for you. Do that now.

When you have your colour in mind, imagine a sheer cloak with a hood in this colour that you can put on with a zip (or fastening of your choice) which covers you completely from head to foot. Again it is weightless, if you want to have any pattern or anything else on it go ahead and see it now. Each morning before going to work or leaving the house, see yourself putting this invisible cloak on knowing that it will guard you against any negative energy but will allow positive uplifting energy to mix with yours. (*Mine is purple with silver stars shining on it*)

Exercise 3: White Light – Imagine white light pouring from the sky or other energy source, see how the light (in your mind's eye) cocoons and bathes you shining all around you following the shape of your body and extending 3-5 ft outside of you. With this light protecting you and shining from you no negative energy can penetrate as it will be reflected back to the person or environment that it came from.

Exercise 4: Sending Love – choose a colour that represents love to you. When you have it in your mind, imagine it outside of your body but in front of you. Start to breathe slowly in and out, and as you breathe in take the colour of love into your chest and your heart, breathe out anything that isn't helpful or useful for you.

Next imagine the never ending colour of love pouring out of your chest in front of you wherever you go. See it as a line, arc, rainbow, whatever suits you best, extending out to everyone and anyone you come into contact. Make it your **intention** to send love to all you meet regardless of knowing them or not, positive or not and notice how love conquers all fear, connects you to those you may have felt disconnected from in the past, lights up the dark and protects you throughout the day and night.

Exercise 5: My supervision tutor shared the next protective exercise in our training group, she reminded us that protection can equal fear and that if we come from a place of love that is protection itself. She recommends interacting with individuals as we usually do, and when the interaction is over imagine a towel dropping in front of you both from your head to your base chakra (groin area). Now in your mind's eye see the person and their energy leave you and go about their business. You can choose to shake the towel or just leave it there in front of you knowing it is acting as a protective barrier.

Imagine life at its best, and in your imagining experience every detail, every sound, every color, every texture, every feeling. Then take a deep breath, hold your head up, step forward and truly make it happen -- Ralph Marston



So I hope you have enough choice from the above examples to find one that suits your needs when it comes to protecting your energy.

You now have a number of different and creative ways of looking at how you could protect your energy. From the above exercises you may have a better idea of where your focus has been which once again will give you choice. Choice to keep focusing on what isn't working, who's draining you yet do nothing about it, or choice to focus on how to change who you hang out with, how you see them and small steps to protect your energy. Remember, it is important that your intention is set on what you want before you make start to make change happen. Doing that alone is a big step towards getting what you want.

You get what you focus on. What are you focusing on?



Next Week

Gratitude
Bringing it all together
How do you move forward

RECAP

The information from today's session can help you to get clearer about:

Questions
Protecting your energy
Five options to support that change
Creative Exercises
Tips for positive thinking

Personal Development Exercise (s)

Getting clear about who drains you
Options to change that
Identifying, creating and re-writing your story
Protection strategies
Tips and focus



Personal development work between sessions

WEEK FIFTEEN exercises to do at home in between sessions

Find a coach or trusted friend who you can report to on your actions and Successes

I will ask To support my work on this course

Put these questions onto cards and place them around the house where you can see them, place one in your bedroom (to remind you what you are doing when you wake up in the morning), one in the kitchen where you can easily see it, one in your car and another in your diary. Put the cards anywhere that will remind you of the questions you are to think about this week to help move you forwards. (Remember last week's questions as well as this weeks)

Questions to think about this week:

In order to continue the self-awareness work I have started here **as I go through my week, I will ask myself the following questions as often as I can every day** and just notice how I operate so I can choose to change anything that is not helpful for me.

- This week as I think about my top 3 goals I will be aware of how I think about my goals and who I hang out with who may affect them
- Who did I hang out with who impacted on my energy today?
- What did I do about that?
- If I caught myself complaining or being negative how did I turn that around today?
- I have chosen option..... to support me in challenging draining influences in my life.
- How often did I use or practice the chosen option?
- How did I decide to rewrite my story today?
- What responsibility am I taking for my positive attitude and mindset?
- I have chosen to help me protect my energy each day.
- How often did I remember to use my energy protection technique?
- On a scale of 1 – 10 how much do I want to feel/be positive today?



WEEKLY ACTION PLAN

Where are you with your goal(s) now?

Write a sentence saying what you think about the goal you are working on right now.

On a scale of 1 – 10 how much do you want to achieve this goal(s)?

What three steps could you take this week to help move you closer to your goal?

Write them below.

- 1.
- 2.
- 3.

What have you done over the past weeks to take you closer to your goal? Write your progress to date here.

