



EMPOWERED LIVING  
CLUB

*energy at home*





## energy at home

Energy is everything.

Energy has no boundaries of space or time.

Energy will flow without resistance.

Energy will stop flowing when there is resistance.

In this guide we are focusing on the energy within your home space. This also includes the energy within you and the people you share your home space with, including pets. The aim here is to help you understand how energy flows and the effects it can have on how you feel at home.

### Energy is Everything

It's not always the easiest of concepts to understand energy is everything and everywhere. Consider instead energy vibrates at different levels. The lower the vibration the more solid the item, like a table or chair. They are still energy, however because of the lower vibrational energy they are solid and offer strength.

The principle is the higher the vibration of energy the lighter and less we see and feel.

“The earth is painted by photons that rain down on us from the sun,”

[Professor Brian Cox]

How we perceive light and colour is dependent on the energy within the photons that project the colour green on the trees and the lawn for example, or how blue the sky is.

This is an important concept to understand because how we perceive energy will be different to someone else, who is sharing your home.

And when you change the energy in your home, you change the energy for yourself and for the people who share it. (They might just take a little longer to notice it consciously.)



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### Human Energy

Human energy exists within us and around us. The human body has an energy frequency around 62-72 MHz when it is healthy. When a cell has been effected by a disease or injury the vibration lowers. Surrounding your physical body is a human energy field (HEF) or Auric field. You might recall a feeling when you felt someone was 'in your space'.

You can also experience energy similar to the magnetic push and pull energy. Think about how we are attracted to other people, pets and objects. Our level of attraction is linked to the energy we have within us and the energy of the other person, pet, object.

### "Everything in Life is Vibration"

[Albert Einstein]

#### TEST 1:

Bring your left forearm out and hold it in front of your body. Next bring your right hand, with fingers close together and hand straight, hover the right hand over your left forearm.

You don't need to touch your arm, just keep hovering over until you can feel your right hand, but know you are not touching your left arm.

#### TEST 2:

Hold both hands out in front of you, hands straight with fingers close together. Have you palms facing each other about 15 cm apart. Now start to move your hands away, draw closer together, move in circles until you start to feel the energy in between your hands - like you are holding a ball. As you push inwards with your hands you'll feel some resistance to the outside of the energy ball. Don't worry if this doesn't happen straight away, practice and you'll soon start to feel the energy in your hands.

Once you experience and feel energy you will start to understand how there can be different vibrations of energy surrounding you. Raising the vibration of your energy and around your home, simply means the energy flows at a higher, lighter rate.



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### Raising Your Vibration

There are many ways to increase the vibration of your energy. Once you practice raising your inner vibration the energy you project in your home will also shift.

#### Self Awareness

Journalling will help you raise your self awareness so you notice what you feel, think, see and hear around your home.

As soon as you become aware of what you like and what you don't like, you can start working on healing, releasing and harmonising the energy in around your home.

Remembering you cannot change the energy of other people, pets or objects, you can only change your own energy. After which your energy will influence the energy around your home.

#### Physical Awareness

In addition to what you feel, think, see and hear, noticing how your physical body feels within your home is equally as important.

- When you stand in a certain room or hear a sound/ voice/ for example how does your body respond?
- When you are asked something at home, how do you physically respond?
- Is there a certain space in your home where your physical body feels relaxed?

The more awareness of the energy you feel in different rooms, at different times of the day, and within yourself, the more you will be able to influence the changes to the energy.



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### Shifting Energy at Home

With your new awareness of the energy in your home and in your physical self, here are some insights to help you clear and influence lifting the energy around your home.

#### Intention

Before you start set your intention for what you want your home space to feel like.

Write it down.

#### Cleaning

Work through each area of your home, intentionally starting in one room and finishing one room, then move to the next.

As you clean, tidy areas like drawers, cupboards, shoes, bags, stationary, food to clothes.

- When was the last time you used it/ wore it?
- Test the pens in the stationary drawer, do they work?

#### Clearing

To clear energy in a room it needs air and music. It's an even better time when fresh bed linen is going on the beds. Open the window in the room, clean the windows, allow the light and air to exchange throughout the room.

Play uplifting music or relaxing spa music inside the room and leave it playing for a little while while you start on the next area or room.

#### Notice

When you walk back into a room or as you walk through your home, notice and feel the energy: has cleared and lifted? Does it feel lighter? You might feel more free and relaxed as you move around, (and you might sleep better too.)



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### Energy Moves and Changes

Energy is constantly moving and changing. We are all energy and therefore all connected at some level. It's for this reason your energy will influence your space. Any changes within the home space (people, pets, objects and activities) will also influence the energy in your home.

### Working from Home

Energy likes to flow, so when there is something new added to the space the energy will be working out how that 'fits in'.

Work energy is very different in most cases to home energy. Your work energy may be focused, creative, energetic, quiet or loud. It might also be stressful.

Bringing this energy into your home will mix in with all other energy.

Whether you're employed and have started working at home, or you've gone self employed and set up a business, creating a designated working space within your home is essential.

**This creates an energy boundary.**

Whether you create a separate room, or work from the kitchen table, do it for fixed times and when you've finished for the day, clear your space.

When you're using a communal space to work like the lounge or kitchen table, once you've completed your day move your work items into a box, cupboard or bag.

This will be like the "open" and "close" of your work energy in your home and it will help you switch off from work.



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### Energy Likes Boundaries

Just like creating a boundary for your work energy, energy likes boundaries of space and time.

It gives energy a structure to navigate and flow easily and effortlessly through.

Most people are not even aware of energy let alone boundaries, so this might be a new way of looking at your home space.

### Without Boundaries

Without energy boundaries the home space can become a blend of all energy competing to flow easily and effortlessly. In this battle "blurred" lines appear and can make things difficult like:

- Being heard and listened to
- Increased tension and the feeling of walking on eggshells
- Not being able to relax and switch off
- Your mind being constantly busy
- Life feeling out of control

### With Boundaries

As the energy within you changes and you take action to influence the energy boundaries around your home, you will start to notice:

- Your home space being more light and harmonising
- You feel more relaxed, rested and energised
- Time flows more easily
- Everyone in the home seems happier (from your pets to your pot plants!)

The good news is when you set your intention, clean and clear your home, you will reset the energy boundaries once again. And each time there is a change repeat the process. This will always allow the old energy to clear and be refreshed to welcome in the the new energy.



# ENERGY & YOUR HOME

## checklist

1. Raise your energy vibration by raising your self awareness and physical awareness of how you experience your home.
2. Remember everyone perceives and experiences energy in their own way.
3. Learn to feel energy around you and inside your hands.
4. Set your intention for the energy in your home space.
5. Clean each area with intention including tidying away or decluttering 'forgotten areas'.
6. Clear the energy within each room to refresh the space.
7. Notice the change of feeling when you go back in the room or walk around your home.
8. When working from home, be sure to create and "open" and "close" working space to detach from your home space.
9. Review and create new energy boundaries around your home space that work for you and anyone you share your home with.
10. Embrace boundaries as a holistic way to support your wellbeing.



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