

Energy Leaks

1. Resistance Energy – When we set our intention to improve our lives, the energy that’s been blocking us from improving our life naturally (as the universe intended) is revealed through Resistance Energy. The resistance energy may come forward when we “decide” what we want as a subconscious feeling of *not being good enough* or we may get blindsided by some form of adversity that stirs the resistance energy within us. It doesn’t matter *how* the Resistance Energy is revealed – it **MUST** be addressed.

2. Worrying How – When you decide you want to create something new and different in your life, your first human instinct is to wonder and worry about “HOW” you’re going to make it happen. The “how” is not your job. Your job is to “DECIDE” what it is you want to be, do or have, step into a “Full Body Yes!” energy - stay in that energy and take any action steps you’re guided to take to manifest your desire as your reality. It’s the job of the universe as to “how” your desire comes to fruition. An action step may be to follow the breadcrumbs of Resistance Energy.

3. Not knowing or claiming the energy of your desired outcome – Many times you decide you want something different in your life, but you don’t fulfill claiming what you want by feeling the excited energy of having what you want. Now you know "What it Feels Like Energy" is the key to focusing your manifestation skills.

4. Settling for what you think you can have because at some level you don’t feel good enough instead of holding out for what you want – If you can dream of being, doing or having something with a thrill of joy and pleasure that receiving what you want gives you, then it’s in your awareness and is already made manifest at a higher plane of existence and has your name on it. If you settle for what you think you can have, you’ll forever be unfulfilled in that area of your life.

5. Being wishy/washy when deciding what you want to create – When it comes to changing your life, sometimes you’re afraid to make a final decision about what you want, so you don’t and of course, you don’t get what you want. No matter what it is, if your heart sings with joy when you think about it, it really IS yours – so DECIDE!

For years I simply wouldn't decide on anything at ALL because my subconscious convinced me that if I didn't decide, then I wouldn't be disappointed when I didn't get what I wanted - because I didn't deserve it.

Remember... no matter what you have or have not done in your life, you **DESERVE** to be happy! You **ARE** good enough and worthy to be, do and have what you want! It is your birthright!!

6. Worrying about what others think – YOU are the only one doing the breathing in your body, so you are the only one who can decide what is of your highest good. It may not align with what others want for you or think is best for you. Be true to the energy of your Authentic Self and the universe will fully support you to create your desires as your reality.

Powerfully - Forcefully - Claim the desire of your heart or better and use Dr. Anne Marie Evers' "Safety Clause" for the highest good of all!

The Game of Life for the 21st Century BONUS

7. Ignoring and/or not trusting your Intuitive Guidance – You have intuition – the guidance within you that is a direct line to your higher self and universal wisdom. You have it - it's yours – use it and FEARLESSLY take the action steps you're guided to take.

8. Comparing yourself to others, then feeling despair – Deepak Chopra teaches in his book, *The Seven Spiritual Laws of Success* to "Bless those who have something you want to have for yourself to *Have-More!*"