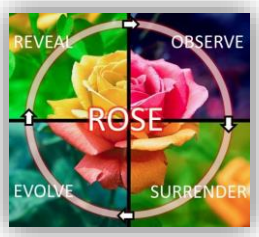
Life Force Energizer



A practice to Re-Energize your Life using our unique Rose process.

REVEAL - what's arising for you in your life?

Think about something that that you feel stressed out about right now in your life or an area in your life where you feel stuck?

1. Look for sentences or thoughts that begin with I can't I won't I'm not capable of, I'm not good enough for
2. Find the phrase and say it out loud to yourself

Note: Pause here until you are able to clearly state the phrase

Find a quiet space and begin by getting comfortable either sitting or standing or lying down. You want to have a straight spine so the energy can freely flow between the base of the spine and the crown of the head. Eyes may be opened or closed. Bring your awareness to your breath.

OBSERVE - Become the witness of all that is arising within emotionally, physically, mentally

1. As you say the phrase out loud pay close attention to where you feel the vibration in your body.
2. Simply observe without judgment where you feel this in your body. It could be a physical sensation or an emotion feeling or several thoughts.
3. Once you locate it, Explore it get a felt sense of the energy. Notice any qualities of the sensation or of the emotion perhaps it's anger sadness fear hurt you could be felt as hard prickly tight Cold or warm. Look at it perhaps there is a color or shape that you visualize it as. Do not try to get rid of it.
4. Just be with us until you experience it fully. Allow it to exist. Notice if it changes shape or color or shifts or moves. Be curious.
5. As you observe the energy, welcome any information that it provides to you. Perhaps feelings or words or images are expressed or you may just welcome the silence

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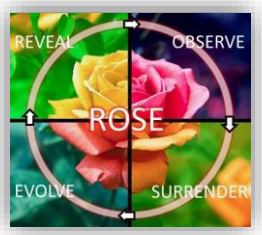

6. Whatever information comes to you is for your personal discovery.

7. What does this information represent to me?

SURRENDER - Acceptance of What Is - Ultimately Self-Love

1. Ask yourself are you ready to surrender and let it go? Are you willing to accept what is? Listen deeply.

2. You may place your hand on your heart center to encourage a sense of well-being and self-compassion during this process.

3. Listen for the answer you may get a clear yes you may get a no or not now or some kind of answer that implies you're not quite ready to let go.

4. If you get a clear "yes" continue…

    a. cup your hands at your solar plexus and hold the energy in your hands.

    b. breathe consciously into the space of your heart allowing the loving heart energy to expand.

    c. gently lift the stuck energy into your radiating heart space. Allow for feelings/sensations to flow, relax and notice what happens inside.

5. If you did not get a clear "Yes" don't worry

Special Notes: Sometimes we may not get a clear yes. If so, you can allow the energy to resettle and you may notice in a few days that the energy will resolve it self back into it's source.
It is perfectly all right if you do not get a clear yes as it may be just a matter of time until you are able to surrender with self-compassion.

Allow for the evolve step to take place organically perhaps trying the Rose process again when another opportunity arises. We are raising the frequency of the energy so that we can move beyond the ordinary mind into higher self. Quite often these beliefs have been anchored deeply within ourselves for decades and even lifetimes.

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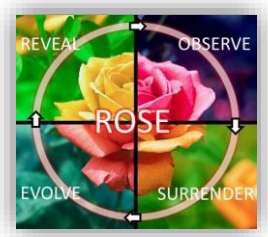

EVOLVE - Embodying your Uniqueness and Purpose

1. Offer appreciation to yourself as you deepen and embody this process.
2. Create a new expansive belief or choose a high vibrational soul quality to replace the energy of what has been blocking you.
3. Say it out loud or silently to yourself and visualize yourself moving in the world sharing This new vibration freely from an expansive loving heart space. Continue to breathe deeply stabilizing the experience of your true presence.

FAQ

What if the belief continues to arise?

That's fine. Try doing the Rose exercise over again letting go Of any anticipated results or judgments setting the intention to just love your self.

What if I don't feel cleared?

It's normal to cycle through the Rose process until new pathways are defined. Quite often there will be other hidden unconscious beliefs right behind the first one.

What if I can't do this exercise?

That in itself is a sub conscious program running. Go ahead and do the Rose process anyway as the first step in reveal. Or ask a friend to help you determine what words are blocking you.

I don't feel that I have evolved after doing this Rose process?

That's alright give yourself some time for integration of the new energy. You may wish to continue to bring your awareness into your heart and breathe. Then visualizing an evolved Highest vibrational you out into the world.

Its about observing the energy with self-compassion and allowing it to be ok without judging it or fighting it.

Excellent daily Re-Energizing technique .. 15 mins