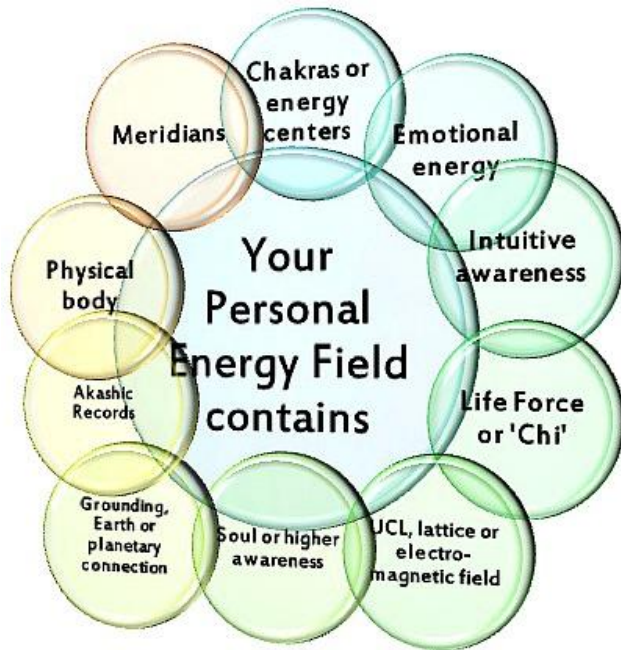


## The Energetics Toolkit - got slime? :-)



After 16 years of work and study I have created an [Energetics Toolkit](#) that...

- Connects you with your [Personal Energy Field](#)
- Opens you to new [potentials and possibilities for wellness](#)
- Increases intuitive capacity and strengthens your connection to your [Inner Wisdom](#)
- Helps you to understand your [Soul Purpose](#) and Spiritual Journey
- Enables you to learn how to manage and balance your [Personal Energy](#)
- [Is great fun, rewarding and fascinating to work with!](#) :-)

### Have you been energetically slimed?

***Vampirism? Another soul taking your light? Or being 'taken down' vibrationally speaking?***

Sounds gruesome and grisly, I know, but energy, just like Nature, will find a way, it's a powerful force. As a force of light, you have the power to get yourself and your Personal Energy back into balance!

To reflect on how you've been slimed, ask yourself the following questions in a meditative state or in a quiet moment.

1. Does the energy of the other person feel...
  - a) Intrusive, sucking, 'poky' (Vampirism)
  - b) Tiring in an 'all over the body' sense, persistent (Jiva or vital force drain)
  - c) Overwhelming, loud, 'smelly', just not a match for your state of mind (Ego, drop in vibration)

Your answer and any notes \_\_\_\_\_

\_\_\_\_\_

# New World Energetics - Learning about our lives through Energy

2. How do you know this person?

- a) Family member
- b) Work colleague
- c) Stranger or acquaintance

Your answer and any notes \_\_\_\_\_

\_\_\_\_\_

3. In your sense, opinion or awareness of their energy, what would this person say about ego work if asked?

- a) "I'm working hard on clearing the ego from the body as part of my spiritual growth."
- b) "I still struggle with full ego-identification sometimes, but I'm working on it!"
- c) "Ego work? What's that?!"

Your answer and any notes \_\_\_\_\_

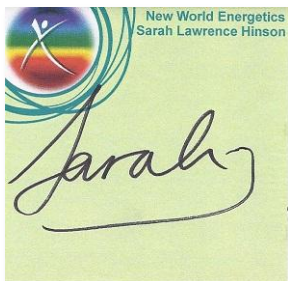
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**Question 1** is simply to help you clarify *how* you are being slimed.

**Question 2** is to help you think about how to deal with the issue. For example, you would take a different approach with a family member or a workmate - if it was an acquaintance or relative stranger then you could distance yourself completely.

Question 3 will help you figure out how to approach the person, if need be. With 3a) or 3b) you could wait until the person is back in balance and have a more open conversation with them, 3c) and you need to set strong boundaries and do some ego-thanking work! Until next time.

Feel free to [contact me](#) if you would like to arrange an [Online Session](#).



For free Energetics Updates via email and news from my online practice,

[Sign Up Here!](#)

*To have a New World Energetics Online Session, you must be over 18 years of age.*