

# Energetic Enlightenment

Reclaim the balance that was lost ages ago!

The purpose of this program is to help you balance your inner energy. What is your inner energy? Quite simply, it is who you are at the core of your being. It is the energy that ties you together; the glue of your existence. And, most likely, you are out of balance. How can you know if this is the case? For starters, if any of the following apply to you, then you are out of balance:

## Are you often...

Sad  
Angry  
Depressed  
Distressed

Fearful  
Anxiety Laden  
Overwhelmed  
Stressed

Always Tired  
Out of Focus  
Lethargic

## Do you feel...

Heavy  
Mucky  
Stuck

Purposeless  
Empty  
Out of Place

Like a Burden  
Or anything the like?

If so, you are out of balance! Your energy is continuously being fed to one location and is not properly distributed or maintained. You are like a symphony whose instruments are playing out of tune. Imagine the trumpet pretending to be the flute. The music would sound HORRIBLE! This is how most people's lives are. What we do is help you regain control. We are here to help you reset your energy to a balanced level; a level that was lost, probably, around the age of three (and, honestly, that's being generous).

The Good News:

*It is easy, potentially fast, and you have everything you need within to fix the problem!*

How do we do this?

**Meditation, Awareness, Focus,**  
(in that order)

Your mind is like a wild dog that seems unstable. It needs some restructuring! The first thing to do is meditate. You do not necessarily need to sit in a zen-esque room, folding your legs, while listening to the peace of nature (though that can work also), you can do this anywhere; in a mall, in your car, or (we highly recommend) on a walk. This will bring a mind at level 10 to level 1. Trying to change your energy when your mind is screaming "I'm going through hell!" will not work. **Meditation** allows for the space required to change your energy.

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Next, bring **Awareness** to WHAT YOU ARE DOING! Listen to the world around you and, more importantly, feel within your body. Feel the life that you are. Once your mind is clear, you can **Focus** on whatever you wish. From here, **you** can do, relatively, anything **you** want. **You** can achieve the enlightened state of living you've so long dreamed about. **You** can attract and manifest the things you've wanted. The possibilities are endless.

Now, if these words seem like the many others you've heard, it's because they are! The words themselves mean nothing unless you learn to put them into practice. This is what *we* do. We will guide you, help you out with your specific issues, and show you just how easy life can be (and how difficult you've been making it). We will help you see the simplicity of your life through the awareness of energy.

Think about it, this world is all about energy. Everything you encounter is energy. Everything you do requires energy. Energy, in its infinite forms, is the root of life; the soul of the universe. Most of us forget this simple, yet miraculous, fact. Most of us become entrapped in a world of concepts; a world of work, family, money, relationships and so on. The funny and ever so gratifying fact is, however, all of those things are dances of energy. When working or dealing with work, you're dealing with energy. When engaged in a relationship of any kind, you're dealing with energy. You might associate your life with the words and actions that are displayed, but it is the energy that is behind the words and actions that matter. Think about it, if this weren't the truth, what would separate the punch-line of a joke from the crude statement of a jerk?

It's all about energy. And right now, your energy is probably *out of balance*.

We will help you with this.

No problem is too much to handle.

We rehabilitate minds and train the real you!



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