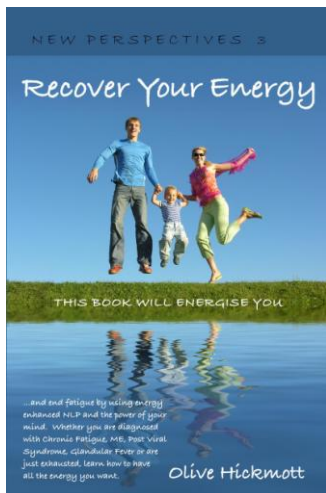


"It's puzzling, isn't it? With so much energy throughout nature, how can anyone possibly feel fatigued? Why is fatigue a daily experience for millions of people? Why for many of them is it the dominant experience of their lives?" Deepak Chopra, Boundless energy

Solve the mystery of how to Recover your energy



Recover your energy

A healing story for your complete energy system plus a CD with audio versions of the meditations and bonus material

"This book will bring hope and relief to many people. Olive has a wonderful gift and passion for taking what could be complicated ideas and processes and making them easily accessible to everyone. Reading it will trigger conscious changes for vitality, and also teach your unconscious mind how to take better care of your body and your health. Many, many people will experience more health and vitality as a result of this book."

"At last, a self-help book supplying your very own personal support team who encourage and guide you to find your own personal way to wellness!"

A New Perspectives book

Ever felt exhausted, drained of energy, your body just aches and you don't know why. Sometimes people become fatigued for a few hours, sometimes for days and in cases of Chronic Fatigue and Myalgic Encephalomyelitis (ME) often for months and years. What might your fatigue be about?

- your environment
- those negative people around you
- negative emotions from within you
- internal conflict and indecision
- Chronic Fatigue, ME, Post Viral Syndrome, Glandular Fever etc.
- another chronic illness that is leaving you feeling exhausted
- you are a very sensitive person and are affected by negative energies
- you are empathetic and feel obliged to give your energy away
- you feel all *over the place*, just not like you
- you are a therapist/teacher doing great work and finding your clients/students just drain you.

People who have fatigue often know little about how their own personal energy "works", whilst "knowing" that they are very sensitive to energy. My belief, clearly demonstrated by work with my clients, is that simple techniques of energy hygiene, can hugely increase vitality.

We've all met uncomfortably negative people in our time. Those who unload a bucketful of woes and leave you feeling completely drained - the result of picking up a large dose of their negative energy. And then there are those who trigger intense emotions in you, maybe anger, guilt or frustration which means you're then flooding your system with your own stored up negative energy. All of this negativity "blows your fuses" leaving you empty and tired.

You probably can't imagine not brushing your teeth or washing yourself on a daily basis. However,

exactly like your physical body, your energy system gets clogged and grubby with other people's negative energy, your own negative energy from past events or your emotional reactions.

Energy follows thought, if you have negative thoughts you will notice your energy drop and if you are feeling really positive and happy you will notice your energy rise. This energy radiates around you. If you want to avoid other people's negative energy you could:

- learn how to clear your energy when you pick up energy that is not your's
- decide that you really want to avoid contact with a particular person.
- imagine a barrier between you and the other person
- set the intent not to let it into your "space"
- avoid the streams of negativity that come from the media.

Then there is the negative energy that we generate ourselves, when triggered by:

- events
- strong emotions like anger, frustration and low self-esteem
- indecision and incongruence - when part of us wants to do one thing and another part of us wants to do something else
- old events that are "well past their sell by date".

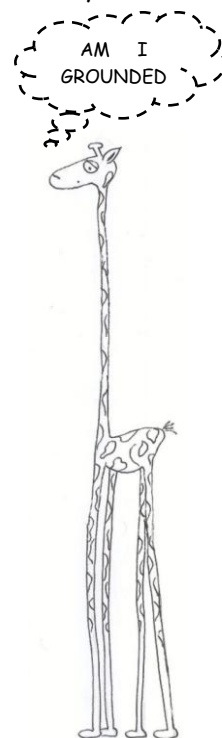
With just a little practice you will realise you have the choice, of what you let happen to your energy. You can learn how to clear negativity, from whatever source and how to set yourself up for wellness.

With modern living we are often running so many thoughts simultaneously that we are far from grounded and often cut off from the earth's natural source of energy. To think clearly, be creative and at your best it is essential that you feel grounded.

Just think of a seed, it accesses nutrients from the soil, lets go of waste products and develops and grows with the universal energy that is available freely above every living thing on the planet.

So freeing your blocks and accessing natural energy is the secret for many people's exhaustion. In short it's an energy distribution problem. It really is as simple as that, it is just a question of learning the all important "how to".

Try out for yourself a simple technique, the magnet and lake guided imagery, below, and experience just how easy it is to release energy that you no longer need. Energy follows thought and you are welcome to adjust the metaphors to work for you. When you first use it you may see, hear or feel changes. Whatever your result this is right for you and in time this may change as your body and spirit become used to releasing energy that you no longer need. You may even find you start to look younger but that is unlikely to worry you!





The magnet and the lake guided imagery

Sit comfortably and quietly with your feet flat on the floor, arms and legs uncrossed and your back fairly straight. Take 2 or 3 deep breaths, allowing all your muscles to relax, especially your jaw, chest, abdomen and feet.

Each time you breathe in, breathe all the way down into your tummy and as you breathe out, feel all the muscles in your body relaxing.

Close your eyes and imagine a deep sea, or lake, or river out there in front of you. Give it whatever surroundings you like. Don't worry about whether you see it clearly, holographically, as a cartoon, in black and white or just sort of know its there, any of these will work

Imagine that at the very deepest point in this water is a magnet. This magnet is so powerful that it can attract negative beliefs, old negative programming, old emotions, karma, limiting beliefs that no longer fit you or other people's energy out of the cells in your body.

Put your attention on the magnet and imagine that it is gently and powerfully pulling anything negative out of your cells. Trust that your unconscious mind will only get rid of whatever is not of benefit or is not serving you. Your unconscious is very conservative so if its willing to let go then you can be sure it is safe to lose them.

Whilst the magnet is working, you may get images, or feelings, or you may hear sounds as the negativity leaves you. Whatever your experience is, this is right for you.

Allow the magnet to pull out whatever form this negativity takes and suck it into the water and down into the centre of the earth for processing back into positive energy.

Don't bother to analyse what is coming away - you may see little cartoons or simply hear or feel things leaving, you can trust your subconscious not to let go of anything you need. As they go into the water just let them dissolve.

If you don't feel like anything's happening, just imagine that you're removing whatever is blocking the negativity leaving you.

If it still seems blocked, remove whatever's blocking the block.

If you're still not getting a sense of this working, remove the block that's blocking the block that's blocking the block!

At this point, there will be nothing left to block anything.

Now, let the magnet do it's work.

Now you may like to scan your body from your feet right up to the crown of your head making sure that the magnet is letting any residue left go off to the lake.

Just imagine the magnet working for as long as you feel is appropriate, knowing you can turn the intensity up or down and stop whenever you like.

When the magnet has finished it's work, dispose of your image and magnet. Some people like to explode it into millions of tiny pieces that fly out into space; some people send it down into the centre of the earth where it is reprocessed into positive energy; some people wrap it up and throw it in a metaphoric bin. Do whatever works for you.

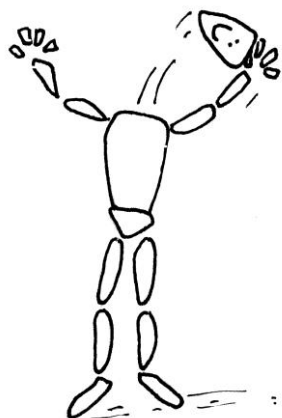
When you have disposed of your image, imagine a golden ball of positive healing energy is hovering above you. Pay attention to the ball and imagine it growing and sparkling with positive healing energy. Now, allow the golden energy to filter through your skin and fill any gaps that have been left in any part of your body since the removal of the negative energy. Let any excess just go into the ground.

Try and run this at least twice a day (on waking and prior to going to bed). You can also use it any time you wish to remove any negativity that you may have picked up in a particular circumstance.

If you are in the shower or the bath you may make use of the water to imagine it cleaning and clearing your entire aura. And maybe you could even imagine a sacred lake or ocean where you can go swimming, letting the water completely run through you.

Now you have started to experience the power of energy meditations, take a look at my new book, **Recover your Energy**. It is invaluable for anyone who are feeling drained and exhausted, whether or not they have a diagnosis. Reading this book will energise you. By learning about your own personal energy system and how to "set it to wellness" you can have all the energy you want. You can tap into the amazing power of your mind with energy enhanced NLP (EnergeticNLP); recognise how your thoughts affect your energy and develop the skills for optimum health, wellness and vitality. You will learn how to harness the law of attraction and get your internal "team" focused in a fun way for your ongoing wellness.

Recover your energy is written in a light-hearted way because story telling is the easiest way to teach the skills you need to improve your health. It is a light-hearted treatment of very profound emotional, physical and energetic manifestations. You will learn to clear anything that negatively



affects your health, understand your own personal energy system and be able to set it up for health, wellness and vitality. Journeying through this book will enable you to activate your own internal "team" to recover your energy. You will even find fun exercises like taking apart your body in your

imagination and washing out every part in turn.

EnergeticNLP, which underpins this story, may be considered at one level to be the personal hygiene tool for the energy system. Techniques used are simple guided imagery and the best news is there's no special equipment needed, other than an open mind. More advanced techniques of EnergeticNLP, enable a practitioner to assist you in person or over the phone to identify and shift energy blocks. These methods can be used to suit your individual lifestyle - now what could be simpler or easier to implement?

It's my sincere hope you'll find something to smile about in the energy-managing approach I've taken

and never underestimate the healing power of humour, ***the funnier you find things, the faster your progress will be.***

Author:

Olive Hickmott is a health, wellness and energy coach and author of the New Perspectives series to books. She teaches in the UK (www.empoweringhealth.co.uk) these approaches to your own personal wellness and energy in conjunction with Art Giser in California (www.energeticNLP.com). She has a passion for working with people with various chronic illnesses and/ or learning difficulties. She says "I'm lucky enough to be doing what I consider the best job in the world. Health challenges present challenging puzzles, for an individual to unravel. So often the key lies within the client, we have such fabulous self-healing skills, it's just a question of learning how to access them. It's a great privilege to be there at moments when individuals first grasp the interlinking of mind, body and spirit and get their first glimpses of what they can achieve.

www.energymatters.me.uk is a dedicated web-site for the events and practitioners available specifically to help people with Fatigue.

Contact: T: +44(0) 7970-854388

E: olive@empoweringhealth.co.uk

W: www.empoweringhealth.co.uk

W: www.empoweringlearning.co.uk

Other New Perspectives books and CDs in the series for health and wellness - available from www.empoweringhealth.co.uk and worldwide through Amazon and booksellers.

You too can 'do' health! A healing metaphor; as you read it your body and spirit will take from it the messages you need to recover your health. You will learn much that can now be changed on your journey to wellness. "You too can 'do' health's clever construction offers revision and key learning points naturally within the captivating story about one person's journey from ill health, to the health they want and deserve." "This is one of those rare books that will change your life whilst still managing to be an easy and compelling read"

Just 10 minutes a day

EnergeticNLP Guided imagery meditations for personal use.