



THE POWER OF CHOICE

10 Ways You Can Change Your Energy

When you **Master Your Beliefs**, you're also tapping into your "Inner Warrior" by discovering the beliefs behind your current mindset (perceived problem), the feelings and emotions attached to that belief(s) and how you can transmute your current belief(s) to lift your vibrational energy; giving you the power to make choices from a mindset of "**what is possible**" rather than of a mindset based on past experiences (yours or others).

> > > > > > **LEARN TO TAP INTO YOUR "INNER WARRIOR"** < < < < <

When you learn how to tap into your Inner Warrior, you also learn to get in touch with your Inner Strength; that power, deep inside you, that proves anything is possible!

I'm so excited that you've downloaded this guide because I can tell you that when I finally understood that we can change our life when we change our energy, everything in my life changed!

Regardless of your level of understanding about how energy works, it's working every minute of every day and you can make it work for you or allow your negative thoughts, words and beliefs to bring more of what you don't want into your life, relationships, career, financial status, social status, your level of health and even your levels of "SELF" (self-esteem, self-confidence, self-worth, self-image and self-love).

Many people find it difficult to bring more of what they want into their lives because they are conditioned to concentrate more on what they don't want instead of what they do want. Here are 10 ways to change your energy which will result in positive life changes!

1. What do you say when someone asks how you are? Pay attention to your immediate response to that question. What you think about you bring about. If your automatic response is, "ok" or something like, "I'm hanging in there" you are creating an energy level that is merely ok or barely hanging on. Put some thought into your response and watch your energy level soar!
2. Change your clothes! Have you gotten in the habit of wearing baggy, loose fitting clothing to be more comfortable? When you look frumpy, you feel frumpy and when you feel frumpy, you will make choices to match that mood.
3. Reevaluate your hair style. Is it outdated? You would be amazed at what a new hairstyle can do to make you look and feel your best. When you love who you see in the mirror, you create a higher energy vibration that you and others can see in everything you do!



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4. Meditate. Meditation is vitally important to reaching higher levels of vibration and keeps you in touch with your higher self. If you are new to mediation, start with 5 minutes a day until you reach a level of 20 minutes or more. Make sure you are in a place where you won't be interrupted by phones, computers, people, or unwanted noises.
5. Drink more water. A good rule of thumb is to drink half your body weight in ounces. (example: if you weigh 150 lbs. you will want to drink a minimum of 75 ounces of water and more in hot temperatures). Most of the time when we believe we are hungry, our body is really in need of more water. Up to 60% of the human adult body is water. According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of 73% water, and the lungs are about 83% water. Stay hydrated and it will raise your vibrational energy (and help eliminate those pesky food cravings!!)
6. Let go of the people that bring you down. Who you hang around with (including those well-meaning relatives) is a choice. When you hang around low energy people, you have two choices; wait for them to bring their energy up to meet yours or you can lower your energy to match theirs. Either way, it's a choice.
7. Limit your exposure to CNN (Constantly Negative News). It's great to be informed but you don't need to be inundated. You have a choice of what your mind is exposed to so start choosing to listen to less of the negative information and more of what makes you happy!
8. Get in the habit of the 20-20-20 = 20 minutes of reading, 20 minutes of meditation and 20 minutes of exercise every day. This 40-minute habit has the power to raise your vibrational energy.
9. Start putting yourself on your "TO DO" list. Too many women get in the habit of doing for others and forget to make time for themselves. YOU MATTER; if you aren't filling your cup, you will have nothing to give to others.
10. Smile! Pay attention to your facial features. When you practice smiling; whether it's to your mirror image or to those around you, you create a ripple effect that raises your vibrational energy as well as those around you.

The key to having more of what you want is all about energy and YOU have the power to determine your energy level and how you will use it!

If you would like to know more about why you are currently using your energy to attract the things you don't want and how you can start attracting what you do want, visit Nancy at www.MasteringYourBeliefs.com