

# **Energy Balance**

*My Guide to Transformation*

“In Light & Love” Series - Book 2

Lisa Gornall

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## **Acknowledgments**

Thank you to my parents, my sisters, my husband, and my daughters for all your love and support. Life is full of changes and I am glad that you are on the roller coaster with me. I love you!

To my grandmother Dorothy, your light shines on.

Dad, you are the waves.

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## Foreword

Everything is energy and connects together. At some level, you create your energy and the energy around you. This energy then turns into experiences, life events, and changes. Your life not just happen to you; you are a creator in your life. You create every experience and change in your life.

Nothing about your life is random. At some level, every detail of your life is planned and shifts with your free will. This means that there are no mistakes in your life. There are no accidents. Miracles are supposed to happen and so they do. They are not random, isolated events. There is no good or bad, everything simply is until you label it one way or the other. Instead of labeling an experience, try enjoying and appreciating it, especially during change.

When you are in the trenches of life-altering changes, it feels as though you have no control and that your life is just happening to you. This is not true. At all times, you are a creator in your life. You may not understand the reasoning behind it for weeks, months, or years, but one day you will look back and know that this was a pivotal and necessary moment in your life. These are the moments that make you want to pull out your hair, but they are also the moments that shape you.

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You may wonder why you are having a certain experience or how everything is supposed to work out when it feels completely out of control. However, at some level, you know this is supposed to be happening in your life because it is actually happening. Even when it feels like things are not going to get better, somehow they do. Instead of trying to figure out why things are happening, ask yourself what you should be doing and do it. Miracles happen and things shift in your life quickly when you let them.

Many different changes are happening in your life in every moment. Some you are excited about, some you do not notice, and others scare you. The question then becomes not why are things happening in your life, rather how are you responding to the events in your life?

Think about previous changes in your life. They may have felt scary, uncertain, and stressful, but they worked out. How did those changes shape your life today for the better? You learned something; there are things you appreciate from that experience, and now you can see why it happened. Knowing that you have survived changes before tells you that you can survive this change in your life now.

### ***Change is Constant***

Life is all about change. Multiple changes are around you in every moment of your life. There is no part of your life that is stagnant

or on hold. Even if you feel like you are in a waiting place in your life, you are actually in a place of preparation, getting ready for your next experience. Sometimes, this is perceived as the quiet before the storm, but think of it as a space to renew and recharge before the next experience.

Often, the younger you are, the easier change is. Think about a baby and the changes they go through in just a year's time. They go from not being able to do anything but eat, sleep, and go to the bathroom, to being mobile, feeding themselves, and being extremely active. As you continue into childhood and into your late twenties, change seemed fun, easy, and how life should be.

As you get older, you may think you hit a milestone where you think life stays the same. This point in time is where you feel you have accomplished all your plans and goals and life magically freezes. Now change can stop. If only life worked that way! In reality, your life ends when you are done with the changing, growing, and learning of that lifetime. Once you have completed your experience, you would then move onto putting more energy into other lives, not a stagnant one. You are here for the experiences, not a lack of them.

Change does not always seem fun, but it is necessary to help you get to the next level of experiences in your life. Perhaps you feel tired and you would like a break from constant change if that is what

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you have been experiencing. Sometimes, you will feel you have more to risk and lose if things do not work out, especially if you are in a place of false security. False because you know that life is always shifting and changing, it is not stagnant. You know that things cannot stay exactly the same and yet sometimes you think you would like them to. The changes in your life are essential or they would not be happening. No matter what is happening in your life, you will be okay. You always are.

You may or may not feel you have control over the change in your life. Sometimes, you decide to make a change and sometimes it feels like a change is forced on you. Either way, you are going through a change in your life and the tools in this book will help you through this process.

### ***Every Moment is a Fresh Start***

Know that you are a creator, not a helpless victim. In every moment you choose to control, plan, and be out of balance or you choose to surrender, trust, and find your balance. You always choose how to be and how to respond. In every moment you begin anew with a fresh start. Every moment has the potential to be fabulous no matter what is happening in your life; you just have to let it. As you go throughout your day, check in with yourself and see when you are supporting yourself and when you are getting in the way.

During change you may spend more time contemplating the possible end results instead of living your life in this moment. Your focus is often on the past or the hypothetical future, places where you have no power. Your power is now, in this moment. Balance your energy!

In every moment, you choose your response to the events happening in your life. Whether you embrace, fight, or ignore the changes, your response creates your reality and shapes your next moment. Should you control or surrender the situation? Are you afraid to trust the Universe to support you? How balanced do you feel in your life right now? All of these questions you respond to without normally thinking about what you are doing. Now it is time to be aware of what you are doing with your energy and what you are creating, by living consciously.

Your experiences are always helping you in some way, they are not random events. In every moment, you have the opportunity to return to light. Light is how love is shown visually. Love is all there is and you are a being of love. Anything not of love (fear, anger, frustration, impatience, etc.), is an illusion. During intense changes love and light will help you through the process like nothing else.

### ***How to Use this Book***

Use this book to find tools that will help you be in a place of

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balance through all the constant changes in your life. Instead of feeling stuck, overwhelmed, and uncertain, you will learn to feel more balanced, focused, and peaceful. Peace is possible in every moment of your life.

This book builds on the tools and energy work taught in my previous book, "In Light & Love: My Guide to Balance." The exercises in this book are based upon the energy work I do with my clients as they are finding balance and transforming during change.

Throughout this book you will learn how to be aware of your energy and balance it as you are going through your experiences. In every moment, what you do with your energy has an effect on everyone around you. It also influences your perception of how things are going and it creates your reality. You will learn to be aware of what you are creating and learn how to course correct when things are not working out.

### **Written Spiritually**

As you read through this book, know that I use the word "Universe," but you can substitute in whatever word you use to mean God, Love, Light, Source, etc. This book is not meant to be religious, but spiritual, so that you can incorporate it in with your beliefs. Use whatever words support you and practice the exercises to help you become aware of your energy and regain balance.



Miracles are also mentioned throughout the book. I use the word miracle to mean something that happens at the perfect moment, with amazing synchronicity, and it transforms a situation in a way that a person would not have been able to. A miracle is not something that someone can plan or create; it comes from the Universe. Miracles can be simple or big and they happen all the time. If you believe something different with your religion, please feel free to substitute in a different word for miracle when it is used, such as synchronicity or whatever works for you.

### **Ways to Read this Book**

Read through the book first so you can see how everything works together and so you can refer back to specific sections later. Use this book to help you reclaim your balance and focus during change.

There is no right way or wrong way to read this book, just the perfect way for you in that moment. Perhaps you decide to read the book again from start to finish. Sometimes, you may just decide to open the book up to a page and that is what you should read and work on. Other times, you may look at the table of contents and pick a section that applies to what you are working on in your life right now.

As you do the exercises, use them as a guide. Check in with yourself and see if they will work as they are, or if you should tweak them to your experience in this moment. If you are going back to the

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exercise only, you may find that sometimes it is helpful to read the section before the exercise for more clarity.

Sometimes, people find it helpful to work through the book at the same time with someone else. This will also help you create support for each other and will help make the changes you are experiencing easier. Always do what works for you and supports you.

Enjoy your journey and if you find yourself having a hard time, use an exercise from this book to help you. Balance is possible in every moment, even during intense changes in your life.

In Light and Love,

Lisa

## **1 - Change Essentials**

The roller coaster lows and highs of life can take a toll on you. Perhaps the lows make you tired, crabby, or irritable. The highs on the other hand have you soaring through the air like a kite, feeling ungrounded, and like all is well when it really may not be. You will notice your body feeling out of balance from these lows and highs. This section will help you find ways to create a safe space anywhere, let go of anything that is holding you back, and teach you how to fill that space with positive energy.

These basics will help you in any moment of your life, but you will find them essential when you are going through life-altering changes. Sometimes, you will do all these exercises back-to-back and sometimes you may only do one or two of them. Always do what works for you.

### ***Finding Balance with White Light***

You are a being of love. Visually, this is seen as a White Light that shines through and around you. We are all made of White Light and we are all connected by it as well.

White Light is God, Love, the Universe, Source, or whatever you would like to call it. It is non-denominational, it just simply is.

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Before we inhabit our bodies, love is all we know. This is our truth and you can return to it in every moment.

White Light is everywhere. You will see the beams of White Light breaking through clouds and trees most often in nature. It is also shown in pictures of religious and spiritual people as a light surrounding them. White Light flows through you at all times. Imagine visually that you are surrounded by it in a huge spotlight or beam of light and it flows gently like a stream through your being. By bringing it through your body, you are remembering that you are love and light, and that all is well.

When you feel out of balance, one thing you can do to get back into balance immediately is to bring White Light through your body. This will instantly balance your being (your body, mind, and spirit), and you will instantly feel calm and peaceful. White Light feels nurturing and supportive because it is. It helps you remember who you really are, a being of love. White Light grounds you and centers you.

### **White Light Exercise**

Use the White Light to return to your natural state of being and create a safe space at any time. You will feel calm and peaceful.

*Tips:* You can sit or stand; be comfortable. If you lay down, you may fall asleep. Do not cross your arms, legs, or any body parts as this

will make it more difficult for the energy to flow freely, especially when you first begin practicing this.

**Visualization:** Close your eyes. Begin by bringing White Light through your body. Imagine the light beams you see that break through the clouds or shine through the trees. This is your visual to imagine. The White Light is nurturing and supportive.

**White Light:** Imagine the White Light shining down on you, through you, and around you. The White Light comes in through the top of your crown (top of your head), down your face, your neck, into your shoulders, down your chest and back, into your stomach, into your hips, down into your thighs, to your knees, down your legs, and into your feet. The White Light flows from the center of your feet, down into the Earth. You become one with the light and the light flows into you and into the Earth.

You will feel calm, centered, and at peace. You will be grounded (this is why you bring the light through your feet and into the Earth.) The White Light flows through you like a stream and it looks as if it is a beam of light flowing through you. The White Light surrounds your whole being.

Open your eyes when you are ready.

**White Light is not Flowing Easily**

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The White Light can flow through you at all times like a stream. However, sometimes the light is blocked from flowing through your whole body. For example, you can see the White Light flowing but you do not feel it flowing through your whole body, into your feet, and into the Earth. Instead it gets stuck somewhere or even in multiple places.

White Light is always there, but how much are you letting flow through you? Where is the light getting stuck and why? Sometimes, when you feel tense or if you are in a place of fear, the White Light will stop flowing easily through certain areas of your body. It is almost as if you freeze that part of you to help you with whatever you are experiencing in that moment. However, you will find that if you let the White Light flow through instead of stopping it, you will be in a better place to process whatever is happening around you.

Check in with yourself throughout the day and notice how the White Light is naturally flowing through your body or if it gets stuck somewhere. Just check and see where you are not letting it flow and then let it flow again. You can bring the White Light back through your body and if that does not work, there is letting go to do in that area.

### **White Light Flows Exercise**

White Light always flows through your being, but how are you letting it flow? Check in and see if the White Light is flowing effortlessly or if it is being stopped or blocked somewhere.

**White Light:** Begin by bringing the White Light through your body and notice where the White Light is not flowing. Know that the White Light is always flowing through your being like a large stream of light. However, how much it flows depends on what you are allowing to flow in to your whole being.

**Check in:** Is it flowing easily in through the crown of your head or does it feel like something is blocking it? If it is not flowing in through the top of your head, see the next section, “If You Cannot Connect with the White Light.” Where is it not flowing in your body easily? Note: It may be one area or several.

**Let go:** Let go of any tension or blocks in your body which are not letting the White Light flow through easily. You can simply push the block out and imagine the light flowing through again, or you can do a quick letting go session (see the “Letting Go” section in this chapter.) Do whatever works best for you in this moment.

**Check in:** How is the White Light flowing through your body now? Let go of any more tension or blocks if you find any, and let the light flow through your body again.

**White Light:** End by bringing the White Light through the crown of your head, into your feet, and into the Earth. It is a steady stream and you feel safe, comfortable, and at peace.

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Open your eyes when you are ready.

### **If You Cannot Connect with the White Light**

If you find that you are not able to see the White Light or bring it through your crown (top of your head), do not worry. You are a being of light; you are this light. Something is just happening to keep you from seeing it, but there are things you can do.

Light always conquers darkness. Remember what happens when you are in a dark room? Once you turn on the light, the darkness disappears. The same is true with White Light; it makes the darkness disappear. Love conquers all. White Light is love. The darkness is not real; it is an illusion that easily disappears.

Anything not of love is not real. Darkness, negativity, anger, hatred, etc., are all illusions. They disappear when surrounded with love or light. In our society, you are taught there is always a villain and darkness is always there. If you have not questioned this before, question it now. What happens to the darkness when you send it White Light? Things shift. Illusions disappear when you put White Light on them. When people come together to spread love and light, in that moment, anything that is not of love disappears.

### **Reconnecting with the White Light Exercise**



If you find yourself not able to see or connect with the White Light, do this exercise to help you.

**Stand in light:** Begin by standing outside under the sun or under a light in your house and let the light flow from your closed eyes through your body. Feel the soft glow of the light on your eyelids and imagine it flowing through your body. Then do it again from the crown of your head, down through your feet, and into the Earth.

**Let go:** If you feel any tension or darkness in your body that is preventing the White Light from flowing through, then there is letting go to do right away.

You will bring the White Light through your body. Wherever you feel it getting stuck, imagine pushing out whatever is there, even if temporarily, so you can get the White Light to flow through your body.

Then do some letting go if it is still there once you bring the White Light through. (“Letting Go” is in the next section of this chapter.) Always bring the White Light through before you start doing any letting go.

**White Light:** End by bringing the White Light through the crown of your head, into your feet, and into the Earth. It is a steady stream and you feel safe, comfortable, and at peace.

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**Check in:** If there is more letting go to do, do it now. Then bring the White Light through your body again.

Open your eyes when you are ready.

**Use White Light Daily**

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