

Energy Awareness

My Guide to Balanced Relationships

“In Light & Love” Series - Book 3

Lisa Gornall

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Thank you to my readers. By reading these books and becoming aware of your energy, you create balance not only in your lives, but in those around you as well. This is how you make a shift in the world. Light conquers the darkness, always. Thank you for spreading the light!

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Foreword

Relationships are an integral part of your life. They shape you just as you shape the people in your relationships. Some of your relationships are amazing and healthy, some are not balanced, other relationships you are indifferent to, and others literally suck the life out of you. All the relationships in your life have a purpose and a reason for being in your life at the exact moment they are. However, how each relationship affects you is completely within your control.

You watch how you spend money, but are you aware of how you spend your energy? What energizes you, what drains you, what helps you make a difference in the world? More specifically, what relationships energize and drain you? Where do you put your energy and what do you get back from these relationships?

In no relationship are you truly a victim without a choice. Before you are born into each life experience you choose your friends, your significant others, your family, your experiences, and even obstacles to help you stay on your path. The people in your life are around you for a reason. Perhaps they are helping you heal past experiences, or maybe they are in your life to help guide you to your next experience. Often, you will not know the reason or purpose someone is in your life immediately. It may take months, years, or decades to fully know the reason you were involved with each other. Sometimes, you may not appreciate and fully understand an experience with someone for lifetimes.

It is important to remember that everything has a purpose and happens in your life in the exact moment it should. There are no accidents, but there is always free will. You can decide to carry the baggage of past hurts from relationships or you can choose to heal them. You can choose to stay stuck or to be free. You are full of choices in every moment and if you do not like what you are choosing, you can shift directions and get back on the path that is right for you. Relationships shift, change, grow, and disappear as you and the people in your life change. No one is stagnant and exactly the same. The experiences everyone has in their lives gives them opportunities to change paths, live life more purposefully, and to make a difference in the world.

You never know when something may be a last with someone, like a last dinner, a last conversation, or a last time you will see them. Always make your time with people count. The next moment is not guaranteed. You may treat people as if it does not matter how you leave something because you can fix it later. Sometimes, there is no later or next time, and that is when people have regrets. It is time to start paying attention to what you are doing in your relationships and why. All relationships have their ups and downs, but relationships are more fulfilling if you are aware of what you are creating with that person as you are creating it.

How to Use This Book

This is the third book in my “In Light & Love,” series. Its purpose is to help you become aware of and understand the energetic exchanges in your relationships that will not only benefit you, but the people you spend your time with as well. This book builds upon the detailed exercises in my first two books and focuses on understanding the energy exchanges in your relationships and how to get back in balance. The exercises in this book are blended into paragraphs as needed to help you in that moment, but please feel free to return to “In Light & Love: My Guide to Balance,” for detailed exercises on the energy work basics, or “Energy Balance: My Guide to Transformation,” for more detailed exercises to help you through big and life-altering changes.

This book is an important addition to the “In Light & Love,” series, because it helps you get to the core of whatever it is time for you to shift in your relationships. When it comes to relationships and patterns, you have to get to the core of what is happening so you can let it go, and then you can reprogram those areas energetically. If you understand what is happening energetically and that everything is happening because you choose for it to happen, it makes it easier to consciously create in your life. The more you do this, the more you elevate your relationships and the more fulfilling they will be for everyone involved.

The chapters are filled with tips and tools to really help you understand what is happening and how to get back in balance. Some of the topics in the book may seem simple, but energy is simple when you understand it. This means that it is easy to incorporate what you read in here into your daily life. Take a moment to look at the chapter titles and see which ones you could use help with now. You can feel free to start there or wherever you feel it will help you the most.

Use this book to empower you, support you, and guide you to make the necessary shifts in your relationships so that they can be balanced. Relationships can be extremely complicated when you do not understand all the energetic pieces that are in play. Most things are not at face value in our society, but they can be more clear if everyone is aware of what they are creating and why. You only have so much time in this life, spend it wisely.

In light & love,

Lisa

1 – Your Relationship with Yourself

The relationship you have with yourself is the most important relationship. How you treat yourself is how others treat you. They follow your lead. You set the stage. If you do not think you are worth loving, you will find that the people in your relationships do not love you either. If you feel like you cannot trust anyone, you will notice that your relationships are filled with people you do not trust. Whatever you believe to be true about how relationships are, is what you create in your life. What are the relationships in your life like? Are you happy with them or is it time to change them? What in your life has shaped your current relationships?

Your relationships have many purposes and one of the most important ones is for you to return to a place of love in all of them. No matter what has happened in your life, at your core, you are a being of love. In all your interactions, love is possible. If you find that love is not in a situation or relationship, you have a choice: to either return it to a place of love or to leave it and send it love. In this chapter, learn how self-love, self-worth, your power, patterns, and continually evolving create...you.

Self-Love

You cannot get self-love through other relationships. It is something that has to come from within you and it is within you.

Love is your core energy, but sometimes you may choose to block it, ignore it, or deny it. When this happens no one else can love you enough to make up for you not loving, honoring, and respecting yourself, nor can you buy anything as a substitute. Nothing should alter your self-love because it comes from within, but sometimes you forget all of this.

Can you be alone by yourself or do you always surround yourself with others and noise? Are you afraid of the dialogue in your head? If you are, "Letting Go," in chapter seven is key. It is vital for you to be able to be alone with yourself in silence. Not just in meditation, but for you to be able to sit and just be with yourself and appreciate your life, your being, your experiences, and your journey. You need this time to unplug and reconnect with yourself especially when there is so much craziness happening around you. No one else can do it for you, and it is important for you to just be so you can take care of you.

Self-love is key to creating nurturing and supportive relationships in your life. If you do not value yourself, how will others value you? Self-love is not necessarily just something that forms in this life, although it is heavily influenced in your childhood and from other-life experiences. Regardless of what is preventing you from loving yourself, it is important to let it go and remember that you are a being of love. Love is your natural state, always. Everything else is an illusion.

You Are Love

You come into this world as a being of love in a bright, white, light and you leave in a bright, white, light. You do this because you are that light and that light flows through you. That light is love and it is what you are made of. Visually, you can see love as a White Light.

If you are having a hard time being alone or loving yourself, remember that you truly are never alone. You are a part of this light, something bigger that is complete love. Let the love into your life, fill your being with it, and let go of any negativity or thoughts telling you that you do not deserve it, or you are not good enough. These thoughts are not true. When you feel yourself starting to sabotage yourself, stop immediately. Freeze the thought, put it on ice, imagine a stop sign stopping it, or whatever works to help you stop it. Then, be grateful for whatever you are truly grateful for in that moment. It has to be true, not what you think you should be grateful for. Let that grateful energy flow from the top of your head, down to your feet, and into the Earth. "I am love. Love is at my core. I spread love into all of my relationships."

Your light shines bright; it is always there for you and it is your self-love. You just have to remember it is there. You are made of this light and all negativity is an illusion that disappears when you remember and live this truth. Self-love is not a choice, rather it is a choice to reject it. This does not help you or those around you.

Return to the light, share the light with others, and put the light into all your experiences.

Self-Worth

Your self-worth should not be defined by your relationships, your material objects, or how much money you have or do not have. It is established by connecting with your purpose, your passion, and how you are contributing to the world. You cannot buy self-worth. It comes from within and amplifies when you are aligned with your purpose. If you are not connecting with your self-worth, then it is time for you to look within and ask how you can make a difference in the world. What are you here to do? What can you offer with all of your abilities, talents, and gifts? What are you passionate about? How can you share this with the world? Sometimes, this is connected with your work that pays the bills. Other times, it is not tied to your work, you just bring it with you wherever you go.

No one can give you your self-worth or take it away. This is something else that has to come from within you. If you feel like it is missing, you may find yourself trying to keep busy with other things at work and in your relationships. Busy work will not make you feel fulfilled. It will leave you feeling empty because it is not purposeful.

At your core, you know that you are here for a purpose. You are guided by your passion and you bring to the table so many

things to help make a difference in the world. If you have been distracted, you will know it is time to shift gears and reconnect with this when you feel empty, miserable, and unfulfilled. It is easy to get distracted from your purpose, but your spirit will grow restless and you will feel an intense need to reconnect with it and get back on track. You are here for a purpose and no one can take that away from you or do it for you. This is something only you can do and you have the tools to do it. You were born with them. Appreciate your unique value!

Your Power

Power is an energy exchange in all relationships and, ideally it is an equal one. Whether exerting your will on someone else, someone exerting their will on you, or in an equal energy exchange, it is important to be aware of what you are doing with your power. What you are doing and not doing with your power directly affects your energy and your relationships.

Balance Your Power in Relationships

Imagine that all the relationships you encounter are happening on a spider web so that you can see how what happens in one area affects the whole web. If you give away your power, you let your web break free from where it is anchored. The more it breaks free, the weaker and less empowered you feel until you are ready to break free from that relationship. When you exert your power on someone else, energetically it is as though you are pinning

them onto your web which will weigh it down. Eventually this will cause a hole in the web and in your relationship as well. If the relationship is balanced energetically, the web stays intact as does the relationship, your self-esteem, and your power.

Think about the relationships in your life and notice what type of web each one has. At some point everyone realizes that they are ready for balanced and equal relationships. Anything else takes too much energy and ends up causing too many problems. What are some things you can do in your relationships to make the web balanced and equal for everyone involved? Is this something you are ready to fix? If not, you will when the time is right for you. In the meantime, watch the web and your energy and see how they correlate with each other. In what relationships do you give away your power, over-power others, and which ones are balanced? By creating equal relationships, you help everyone involved. What does this mean to you and how does it relate to your patterns?

Your Patterns

Take time to notice who you spend the most time with at work, at home, and when you are with family. Do these people support you or do they bring you down? What is your role in the relationship? Do you still want this to be your role?

Relationships are complicated because there are so many more things happening than meets the eye. Many people do not