

Energy!

A thorough understanding of the human energy system is crucial for anyone who wants success in their life. Energy is what drives our actions. Anything we do or think either gives or takes energy. Those who are conscious of these energies, can apply this knowledge to themselves – and the people they work with.

The human system has five energy centres. Whatever we do, we do it with the energies available to us. These energy centres use different fuels, whilst working simultaneously for the benefit of the whole system. Below is a concise description of the function and workings of the five energy centres.

Thinking

The thinking centre (mainly based in the brains) measures and compares all incoming data with the information already stored and indexed by the brain.

The thinking centre is fond of facts and ideas, and needs stimulation (information) as its fuel. The thinking centre can, however, get overloaded when too much stimulation is offered or when there is too much pressure to make decisions.

Doing

The doing centre (around the stomach) is responsible for all 'automatic' activities. Just suppose you would have to consciously think about each action you make; it would take a whole day to get the car out of the garage!

The doing centre loves repetition and training of things it is good at, but it does need its food in time. A lot of movement, fresh air, sunlight, and healthy food and drinks keep this energy centre in shape.

Instinct

The instinctual centre (in and around the spine) is more like a security mechanism that causes the **fight** or **flight** reaction. It is a high octane fuel, meant to cope with emergency situations. When all other energies are used up, this centre can still give the body an adrenaline boost when danger presents itself.

Emotion

The emotional centre (around the heart) has everything to do with connection. Emotions connect people to other people, to animals, to things or ideas. Emotions either give or take energy, depending on what emotions the person is connected to. Example: love, joy and passion give energy. Jealousy, anger and hate cost energy.

In order to function properly it is important to have lots of positive emotions and to do lots of things that one is passionate about.

Creativity

The creative centre is constantly looking for new opportunities. Creative energy is the highest energy available: it assists people in their personal growth, both worldly and spiritually.

People with vision and many ideas are often dynamic and energetic people, that others like to be with. In order to keep this energy centre fit vision, ideas and ideals are important.

How to keep a healthy energy balance?

To obtain a healthy balance there are two things you can do:

- ◆ Work out where you lose energy unnecessarily and then try to 'repair' these energy leaks
- ◆ Think about what gives you energy and then try to do those things as much as possible

What can you do to:

Push back energy loss	Attract positive energy	Centre
Try to limit your 'information-intake' for some time. 14 days without newspaper, radio and TV will provide more settlement in the head.	The brain loves cool, constant and uninterrupted processes. Pull the telephone plug and read a good book or try to think about one thing for a longer period.	Thinking
Avoid too much: coffee, smoking, food, fat, sugar, alcohol, driving, straining effort, lack of sleep, etc.	Go outside, move around, do some sport, take in some sunshine and fresh air, drink a lot of water and rest regularly. Shower more often, during which you consciously wash away the pressures of the day.	Doing
Have a good look at your worries, fears and insecurities. Talk about them and make plans about how to reduce them.	Do some things you are really good at, seek the company of good friends and pay extra attention to 'the home front'.	Instinct
Don't let things outside of your circle of influence get to you. Avoid negative emotions, such as anger, jealousy, self pity, resentment, etc.	Think about the people and things in life that you love, and make time for your passions (dancing, making music or listening to music, going out, painting, family, friends, etc).	Emotions
Do as few things as possible that you don't believe in or don't see the use of and delegate routine work wherever that is possible.	Seek inspiration and challenge. Use your creativity. Try something new. And do things that you believe in or can be proud of (charity, voluntary work, etc.)	Creativity

Don't try to do this all at once, as that will produce stress too. Choose one item for each energy centre and work on those for 2 to 4 weeks. Then have another look at the tips and choose five others.