

Title:

Great Discovery Helps You Gain Energy

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741

Summary:

It is estimated that a whopping 70% of our energy comes from our emotional state of mind as ap

Keywords:

emotionalenergy,communicationtraining,communicationmastery,nutrition,love,anger,cells,thinking

Article Body:

"People who are unable to motivate themselves must be content with mediocrity, no matter how i
~ Andrew Carnegie, Industrialist

When we are tired, it is hard to communicate. Our thinking cells don't function and even if we

It is important to realize that our energy levels are affected by the state of our emotions.

Emotional energy is the preconception we have for everything. You see we can get into assumpti

Author Mira Kirshenbaum, author of THE EMOTIONAL ENERGY FACTOR wrote about how o

"It is estimated that a whopping 70% of our energy comes from our emotional state of m

Our positive emotions of love, joy, excitement, compassion, create energy within us. These ar

Whereas negative emotions such as anger, hatred, fear, worry anxiety etc. drain us of our ene

To increase your emotional energy, you need to look at two things.

1. Know what it is that drains you; (learn to avoid them)

a. Life situations

b. Toxic people

c. Habits of worry, guilt, fear, indecision, envy

d. Unfinished business; whether its cleaning, paper work or clearing the air

2. Know what it is that fills you (and give yourself more)

a. Prayer

b. Meditation

c. Hobbies

d. Walks or reading

Several authors from different backgrounds have written on the benefits of prayer and meditati

This does not mean attending church once a week and believing that, that is all there is. It

They state that there is a positive cycle that goes like this:

Prayer gives emotional energy = Emotional energy helps you take action

= Actions makes good things happen

Greg Braden explains that scientific experiments show that time is not linear (From the

This message is being repeated over and over by countless authours, speakers, philosophers and
Where as if we can use positive emotion energy when thinking about what we do want, we will at

So ask yourself, where is my emotional energy, and what is it doing to me?

"Your thoughts are like a boomerang. Your judgments and unforgiving thoughts will most certainly
From, Smile for No Good Reason
by Lee L. Jampolsky, Ph.D.

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