



6 Steps to Integrating Your Energy

If you feel like you have one foot on the gas and one on the brakes and you're not going anywhere fast, it may be because you have parts of yourself who are "warring" for control.

In order to bring peace to these parts (and be able to move forward), use the following 6-step process to integrate your parts into wholeness. Journal about your process to keep track. (It's always fun to read it later.)

Step 1 – Listen

Tell yourself – and all of your parts *"I'm willing to listen to hear from anyone here who is upset and got their feet planted firmly in the ground, unwilling to move forward, for whatever reason."* (This may be a part of you that is a taskmaster, is upset about something, or is saying angry things to you.)

Ask yourself this question:

What do you need from me that you haven't been getting?

Step 2 – Get More Information

Go deeper. Find out how it is serving you to have this part acting out so strongly.

Ask this part of you:

What have you been doing for me? How is this keeping me safe?



Step 3 – Get Grateful

Time to acknowledge this part for its service to you. Time to bless it and truly honor that it has protected you and kept you safe. ***Thank it.*** It has done its job. Beautifully.

This step is all about ***you*** experiencing gratitude. *Don't ask for it to change.* This is acknowledgement time. Period.

Step 4 – Reassignment of Duties

It's time to ask your Divine team to come up with a place in your life or business that needs this particular quality or skill.

Ask this part of you:

Are you willing to use these incredible skills to help me do _____?

Get agreement from this part of you that it is willing to be reassigned.

Step 5 – Make a New Agreement

It's time to find out what this part wants from you. What does it need to do its job well?

Ask this part of you:

What do you need from me now to know that I will help you help me?

If you can, make the agreement. If not, renegotiate.

Step 6 – Ask for a Physical Sign



Now it's time to find out just how this part is going to communicate with you. You need a sign, a physical sign, that you agree to pay attention to so that it knows you are listening.

Agree to pay attention. Agree that you will. This is your job to work together with this part of you.

Ask this part of you:

What sign in my body will you give me so that I know you're talking to me so that I will be sure to listen?

Now wait to experience that sign. *Anchor it in your body by paying attention now.*

Don't worry about forgetting what the sign is. You will forget. Sometimes. But you will remember more than you forget, and you will be able to integrate your parts more and more easily the more frequently you do this.

Pay attention: your life is about to take on an almost magical quality as you join your "warring" parts together into peace. You'll notice that you are able to take the actions you need to take much more easily and effortlessly!

Do this exercise any time you find yourself stuck and unable to move forward. Sometimes being stuck is about getting clarity about your next step, but sometimes, it is about integrating your energy. Without this integration, you'll find yourself struggling.

And your wellness doesn't need to be a struggle. It can be easy and fun to create. This exercise will help.

To helping you reach your personal best,

Amy



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