



TODAY I OBSERVE MY ENERGY.

We are energy.

Taoism, a religion and a philosophy from ancient China (500B.C.), teaches that all living creatures ought to live in a state of harmony with the universe, and the energy found in it. **Ch'i**, or qi, is the energy present in and guiding everything in the universe.

The Daoist awareness of energetic patterns in time, space, and nature can be compared to the modern scientific understanding of biomagnetic fields and bioelectricity as forming a living matrix that pervades the human body as much as the earth. All matter and psychological processes — **thoughts, emotions, beliefs, and attitudes** — are composed of energy. When applied to the human body, every atom, molecule, cell, tissue and body system is composed of energy that when superimposed on each other create the **human energy field**. "Each human being is made up of 5 trillion to 10 trillion cells, explains Harvard Professor Lue, and each cell is 'a small universe' with its own tremendous complexity.

DAY.2

In addition, each highly organized cell operates like 'a remarkably well-organized factory,' where each component has a very specific job." Self-organized, without you having to direct anything, except creating or maintaining the right conditions to continue the flow.

Our body is doing its best to support us & our energy is our capacity to be & impact the world around us. We have **4 dimensions of energy within ourselves: physical, emotional, mental & spiritual**. It is like 4 fuel tanks interdependently comprising our energy. For example, we can be physically fit, but emotionally drained, and thus unable to take action. When 1 of the 4 is depleted, we go into survival or apathetic mode, affecting our thoughts, reactions & actions.

Being able to **stay tuned into our bold, wise, kind, true self, is a lot easier when our tank is fueled up**. So a good starting point, when we aim to change our behaviour or beliefs is to observe our energy on all levels.

DAY.2

Phrase of the day: 'Today I observe my energy'.

Please also write this phrase in your journal

PRACTICE: OBSERVE YOUR FUEL.

Today we invite you to observe what fuels you & what drains your energy throughout the day.

Start with writing down activities, people, things, situations, foods, information that feed your body, mind, heart & soul, and which ones drain them.

You can use the visualisation below to track how filled up your 'fuel tanks' are right now, and what fills or drains them throughout your day.

