Energy Is Real!™

A PRACTICAL GUIDE FOR MANAGING PERSONAL ENERGY IN DAILY LIFE

Gail Christel Behrend
and
Claudette Anna Bouchard

Human Energistics Press
www.energyisreal.com
VANCOUVER, BC
CANADA
Advance Praise for

Energy is Real!

“Outstanding! This highly informative and very practical book will teach you how to manage your energy so you can have the life you truly want for yourself. As a practicing clinician of 30 years, I consider this an absolutely must-have book for personal growth.

—Beverley Pugh, Registered Clinical Counselor, Vancouver BC, Canada

“Energy is Real! is a fantastic introduction for anyone wanting to learn more about this important and life-changing aspect of human life.”

—Alexandra Amor, freelance editor, Vancouver BC, Canada

“Claudette and Gail have done a masterful job in demystifying and exploring how to work with our own energy system. They teach us how to tap into one of our most valuable resources to promote health and well-being. Their book is filled with fun, easy and motivating self-care practices to incorporate into our daily lives. I highly recommend it for people who wish to live life to the fullest at any age!”

—Therese MacDonald, Registered Clinical Counselor, Surrey BC, Canada

“Gail and Claudette's book Energy is Real is engaging and refreshing. It takes the reader on a journey of self discovery of their energy bodies with easy to understand language and exercises. I would love to have had this book when I first started to learn about the wonderful world of energy. This book can change your life! I will be recommending it to my clients and friends for sure!”

—Catherine Ralp hs, RN, Vancouver BC, Canada

“Just like a manual for learning to drive, this book teaches you how to utilize and harness the vehicle of your own energy. It’s fun, practical and very informative. Try it out!”

—Dr. S.A. McMurtry, Reiki Master, Vancouver BC, Canada

“I think this is a fabulous starter book for anyone wanting to learn more about energy and how to apply it in everyday situations!”

—Donna Evans-Strauss, Psychologist, Doylestown, PA
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Introduction

The study of human energy has been going on for thousands of years and many systems of health have developed around it, including traditional Chinese medicine, acupuncture, Ayurveda, homeopathy, energy healing, Tai Chi, Qi Gong, and yoga, among others. While these systems are now gaining wider acceptance, particularly in the fields of alternative health, understanding how energy works and how to use it consciously in our daily lives is still not yet generally known to the regular public.

Our aim in creating this book has been to demystify the subject of human energy and to show you how to manage your energy in practical ways that apply in today’s modern world.

Why Read This Book?

After decades of personally seeing the effects of energy both in our own lives and in those of our clients, we know from direct experience that when people consciously manage their energy they
can create powerful changes in their lives. We’ve seen it happen many hundreds of times.

Benefits of managing your energy include:

- **Better health**—When you’re able to restore energy flow to areas where you’ve repressed or frozen your energy, you can relieve pain or heal yourself of chronic illness. Energy techniques enable you to boost vitality, endurance and strength within minutes. You can also improve your mood or mental state quickly and easily by changing your energy.

- **Empowerment**—Being aware of energy, you are less likely to be deceived by those who try to manipulate you. You also have the energy skills to assert yourself effectively in any situation. When you understand the energetic implications of your actions, you make wiser decisions and become more accountable. Rather than blaming others, you begin to take responsibility for improving your own life.

- **Improved relationships**—By creating an energetic buffer of safety around you, you feel calmer and less anxious in relationship. You are able to honor your own needs, while respecting others. You feel safe enough to allow deeper intimacy with loved ones. Your positive energy makes you more attractive. Because your energy feels good to them, people are more likely to trust and support you.
• **Better work environments**—Energy skills can change conflict situations into creative win-win situations, improving your work life and relations with colleagues. Increased motivation, productivity, profitability, as well as improved morale and teamwork are sure to result.

• **More creativity and passion**—As you use your energy senses to explore the truth of who you are, you’ll discover many of your previously accepted roles and beliefs to be false or limited. Once you open to your energy nature, you free yourself for more creativity and exploration. You have more passion and zest for life.

This book will teach you how to manage your personal energy so that you can experience these benefits for yourself.

**What You’ll Learn**

Your body’s physical senses of sight, hearing, taste, smell and touch bring you important information about your surroundings, but they do not tell you who you are. Your real sense of self comes from an inner awareness of your life-force, feelings, thoughts, beliefs, memories, desires and ideals. You can’t see these things, yet you know they exist and are what make you unique. In this book, we use the collective term “energy self” to refer to these subtle, nonphysical aspects of your being. This is the real self who thinks, feels and takes action in your life.
The purpose of this book is to help you to make the vital connection with your own energy self. As you do the exercises, you’ll explore how various experiences affect your vitality and your sense of well-being. You’ll discover that what you do with your energy affects every aspect of your life, including relationships with others. And you’ll learn the basic techniques for managing your energy to create more health, happiness and fulfillment in your life.

The journey of getting to know and manage your energy has three parts. Here is a summary of what you’ll learn:

- **Part I—This is the journey of exploring your energy nature:**
  - **Chapter 1, The World of Human Energy** describes common examples of how energy affects us in our daily lives, and provides exercises to sense energy in various ways. You’ll discover that you probably already know more about energy than you may realize.

  - **Chapter 2, Coming Home to Your Energy Self** introduces you to your own energy field and teaches you how to connect with your real self. You’ll also learn how to manage your energy to feel safe wherever you go.

  - **Chapter 3, Becoming Clear Within** explores your energy nature more deeply. As you delve within, you’ll discover what you truly want and need in your life.
Part II—This is the journey of learning how to manage your energies:

- Chapter 4, *Energy and Self Care* explores how neglecting self-care affects your energy levels. You’ll also learn what self-care you need to keep your energies strong physically, emotionally, mentally and spiritually.

- Chapter 5, *Maintaining Your Energy* describes four important techniques for building and managing your energies and provides practical exercises for applying them in your daily life.

- Chapter 6, *Surfing Your Energy Wave* explores how your energy moves in natural cycles. You’ll learn how to work with your energy wave to best advantage.

- Chapter 7, *Restoring Inner Balance* explores how to discover and interpret the balancing messages contained within your energy field. You’ll also find out what actions to take to return to inner balance.

Part III—This is the journey of taking your new energy skills into the world:

- Chapter 8, *Energy and Your Life* explores how to create balance in your life, using the energy skills that you’ve learned in this book.
Chapter 9, Questions and Answers provides answers to frequently asked questions about managing energy in different situations.

How To Use This Book

We’ve designed the exercises in this book to give you a direct experience of energy and to help you develop the necessary skills to manage your own energy in daily life. As you read each chapter of this book, we recommend that you take the time to do the exercises so you can experience the benefits firsthand.

Because the skills build on one another, we suggest practicing each exercise until you become comfortable with it, before moving on to the next one. Your patience and diligence in the earlier exercises will reward you with more powerful insights and experiences later.

We also recommend that you keep a journal of your experiences with these exercises. You can use a simple lined notebook or you can use the Energy Is Real! workbook that is available from our website. Recording your experiences will teach you more about your energy every time you try the exercises.

Energy is real. We invite you to experience the truth of this for yourself. The sooner you can begin applying the techniques in this book, the sooner you’ll be on your way to enjoying a healthier, happier and more rewarding life!
For More Information

Website

If you would like further information about managing your energy, we offer additional tools and support on our website:

http://www.energyisreal.com

You can subscribe to our newsletter and follow links to scientific papers and other energy-related sites, read articles, or download free tools, hints and tips.

Our website also provides a list of recommended reading for more information on other aspects of energy awareness and self-care.

For more experiential training, check our online event schedule listing the upcoming workshops, talks and teleseminars.

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About the Authors

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Their company, Human Energistics, offers personal energy training to individuals and businesses. Both authors reside in Vancouver, Canada.
YOUR ENERGY IS THE KEY TO CHANGING YOUR LIFE.

Discover how managing your personal energy can dramatically improve your health and happiness:

✓ Go from tired to energized in moments.
✓ Handle stress easily and calmly.
✓ Lift your mood without drugs or therapy.
✓ Improve your health and vitality at any age.
✓ Feel more empowered in relationships.
✓ Make wiser decisions.
✓ Have the life you want.

Can anyone do this? Absolutely.

Energy is Real! gives you easy, illustrated instructions and plenty of practical exercises that teach you how to apply your personal energy effectively to improve your life.

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