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Shifting Energies Using Energy Opposites

When you become aware of a personal energy that is not serving you, rather than trying to shift *away* from it (which doesn't work), try shifting *toward* its opposite. Here are some examples:

Defensiveness ⇔ Trust

Frustration ⇔ Patience

Struggle ⇔ Flow

Lack ⇔ Gratitude

Control ⇔ Surrender

Resistance ⇔ Acceptance

Busy ⇔ Effective

Weak ⇔ Strong

Hurt ⇔ Forgiveness

Powerless ⇔ Decisive

Perfection ⇔ Adventurism

Fear ⇔ Courage

Worry ⇔ Faith