

A close-up photograph of a person's arm and hand against a black background. The hand is positioned at the top left, with fingers slightly curled. On the inner forearm, there is a tattoo of several five-pointed stars of varying sizes. A vibrant, multi-colored scarf with shades of red, orange, yellow, and green is draped around the wrist and forearm, creating deep folds and catching the light. The overall mood is artistic and expressive.

# QUEER CONSCIOUS

Living as a Queer Empath

## BE YOUR ENERGY

A Guide to Working with Energy!

# HOW ENERGY WORK "WORKS"

**WE GET BACK, WHAT WE PUT OUT!**

The outcomes we experience when working with our energy, are purely dependent on what we put out...or more importantly, what is going on in our energy.

## **Everything is Made of Energy**

Quantum Physicists are now proving that everything is energy and has its unique vibration, including you. Vibrational resonance is essential when working with your energy or doing energy work with others. As energy is fluid, we receive, attract, and omit energy all the time. Everything that is living is in a constant state of vibrational resonance. This resonance (vibration/frequency) can support us to get the most out of life. If we aren't careful and don't protect our energy from the harsh energies that are ever present in the world, we can get overwhelmed and even become unwell.

### **What is Vibrational Resonance?**

A simple way of understanding your vibration or resonance is sitting with yourself and feeling into your body. As humans, our emotions are flowing constantly. Emotions are energy. Energy flows.

When we are happy, we laugh, and our energy increases and flows freely. When we are sad, we cry or become low in energy. When we don't process our emotions, they become trapped resulting in blocked energy which causes low resonance.

When our energy is flowing, we are usually in our light. This is a space available to us through getting to know whom we are as energetic souls and trusting our energetic abilities. When we are in our light, what is available to us is infinite, experiences flow to us with little effort and these experiences are rooted in the energy of love.

When our energy is not flowing, we are not connected to our light. We may experience depression, struggle, and even victimhood.

If things don't flow to you easily, there is work to be done on your energy.

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**What we resonate we attract in!**

The experiences we have in our outer life, the environment we choose to live in, the people we spend time with, and the relationships we have, are all determined by our energetic resonance.

What we radiate out we attract back in. We have electromagnetic abilities just like a magnet attracted to metal. We attract experiences and relationships that match our vibration.

Everything is in a constant state of radiating and absorbing energy. Theories state that energy is a spectrum that spans from light to dark (or shadow). A lot of literature shows dark or shadow energy as bad or toxic, but this is not the case. Our shadow energy is where all the gifts are...where we need to do the work to brighten our light. We place all the things we don't want to deal with in our shadow, This then allows the energy to turn into behaviors, habits, and programs that don't serve us and take us away from our authentic selves.

Because our energy is like an electromagnet, we attract both light and shadow experiences that match our frequency. If we are holding unprocessed emotions and experiences in our shadow, we are radiating out our willingness to experience more of the same limiting emotions and experiences without realizing it. There lies the challenge - to work in our shadow so we may let more light and flow into our lives.



What we keep in our shadow can block the flow of our energy and prevents our light from expanding. If you experience overwhelm, anxiety, challenge, conflict, struggle, or any other difficult emotion, it is because you are holding onto similar emotions or experiences in your shadow. When we experience such emotions, we have the option to react or respond. Reactions are limiting and derived from trapped emotions in your shadow.

As you begin to understand what is going on in your outer world, is a direct reflection of your inner world or shadow. you have the option to acknowledge the trapped emotions that you are holding, and do the work to release them or seek help to release them.

Doing this work, helps you gain control over your emotions/energy.

We must observe our triggers, and release or rewire any energetic programs or trapped emotions or we may remain entrapped by them and not experience all that is available to us.

**The goal of energy work is to align you with the wisdom of your soul and to connect you with a higher power depending on how you refer to the source energy present around and within us.**

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**Why should we work with our Energy?**

If you have chosen a path of self-actualization, and self-awareness, you have chosen a path of discovery. What are we discovering? That our only purpose in this life is to realign with our authentic selves as much as we can.

Most of us come into this life with our authentic energy. We are mostly pure in our energetic resonance at birth, like a clean canvas waiting to be painted on - but we don't stay that way. The journey of growing up is different for everyone. Essentially, we come into this life in clean energy and then absorb and learn from those responsible for our development. Warts and all!

We become programmed by our parents, guardians, teachers, society, culture, and the media. Those responsible for helping us develop mold us to their views and beliefs. They also program us with their limitations, programs (negative and positive), and wounding. It's a lot!

Working with your energy creates flow. Flow in your energy is the most important practice one can establish for themselves. To find this, we need to unwind these learned beliefs that don't resonate with us.

Being Queer, we have already experienced a minefield of contradictory beliefs being inflicted upon us by those who hold limiting beliefs. This comes from a place of fear - most people operate through projecting their fears and negative or limiting beliefs or programs onto others out of control.

A learned skill that limits the flow of our energy. As Queer Empaths, we have another layer of 'crap' that we have absorbed preventing our flow.

For us to experience our full potential, we need to work with our energy to re-align with our authentic selves as much as we can. This takes time, patience, and effort. It is a journey.



Working with our energy supports the release of our programming, behaviors, habits, limitations, and negative beliefs that are not serving us well.

The more we work with our energy, the more we see things more clearly without judgment, blame, or criticism of ourselves and others.

The more we work with our energy, the more our empathic/intuitive gifts flow to allow us to manifest the life we desire.

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## YOUR QUICK GUIDE TO

# BEING IN YOUR ENERGY

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Some quick and easy steps to be in  
your energy.



- ☐ Be conscious of your experiences. Remove yourself from drama and/or toxic situations if you can.
- ☐ Meditate as regularly as you can.
- ☐ Cleanse your body and living spaces of toxins.
- ☐ Start or reconnect with a hobby that makes you feel relaxed or brings joy.
- ☐ Get as much rest and sleep as possible
- ☐ Move and stretch your body every day.
- ☐ Sit in the sunshine, and listen to music.
- ☐ Eat well and hydrate.



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