

# 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 SEND OUT!

The results we obtain in life are a direct reflection of the energy we emit. Our experiences are intricately tied to the quality of our energetic output and, more significantly, the state of our internal energy.

### Everything is Made of Energy

Recent discoveries in quantum physics demonstrate that everything in the universe, including ourselves, is composed of energy and possesses a unique vibration. Understanding and harnessing the power of vibrational resonance is crucial when working with our own energy or engaging in energy work with others. Energy is a dynamic and ever-flowing entity, constantly being received, attracted, and emitted by us. It is important to recognize that all living beings are consistently in a state of vibrational resonance, where our vibrations or frequencies interact with the world around us.

We can enhance our overall well-being and make the most of our lives by attuning ourselves to positive and harmonious vibrations. However, if we are not mindful and fail to safeguard our energy from the harmful and disruptive energies present in the world, we can quickly become overwhelmed and even experience a decline in our physical and emotional health.

### What is Vibrational Resonance?

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 space is available through getting to know our energetic selves and trusting who we are and our 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, allowing 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 light and shadow experiences that match our frequency. If we hold unprocessed emotions and experiences in our shadow, we radiate 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 flow into our lives.

What we keep in our shadow can block the flow of our energy and prevent 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 can react or respond. Reactions are limiting and derived from trapped emotions in your shadow. Whereas responding is from your authentic self.

As you begin to understand that 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/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 possible.**

Most of us come into this life with our authentic energy. At birth, we are primarily in our pure, energetic resonance, 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 can create flow. Flow within 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 our 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. Living in your energy is the most important practice one can establish for oneself. To find this, we need to unwind these learned beliefs that don't resonate with flow.

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 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.

Being Queer, we have already experienced a minefield of contradictory beliefs inflicted upon us by those with 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.

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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.

## NEED GUIDANCE AND SUPPORT?

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RESOURCES AND SUPPORT  
SERVICES AT:

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