An aerial, top-down view of turbulent water, showing a mix of deep blue, teal, and white foam from a churning current or waterfall. The water's surface is highly textured with swirling eddies and white foam.

ENERGY 101

THE FUNDAMENTALS OF PERSONAL ENERGY

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Did you know?

Energy is a dynamic flow that is constant in our bodies.

**There is energy
in every:**



action we take



thought we have



emotion we feel



emotion we stuff
into our bodies

When we are in a positive state, the action that we take, the words we speak, the emotions we have, give us more energy.

For example:

If you are at a wedding and you are dancing, feeling joyous for the couple, speaking to people you know and love, you will very likely come away from the event feeling more energized.

Conversely, if you feel upset, disheartened, or like a failure, these emotions will drain your flow of energy.

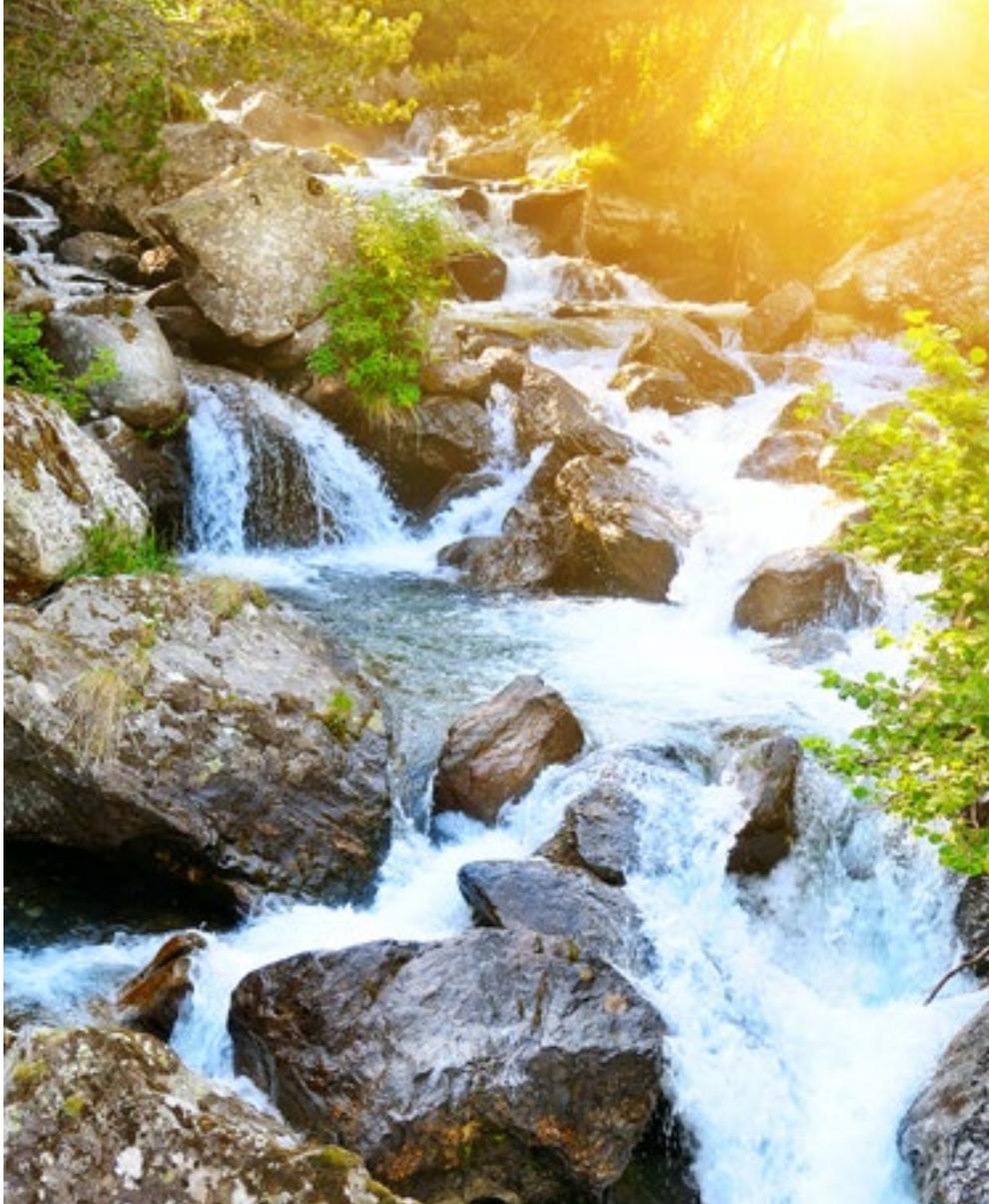
For example:

If you are at work and feel that you work tirelessly to get something completed, and nobody recognizes you for it, you are likely to leave work each day drained.

If you are in a situation where you are angry, or shut down, or you walk away with strong emotion, you drain your energy.

More importantly, you may have created energy blocks in your body.





What is An Energetic Block?

Imagine a fast-running stream, the stream being energy.

The stream flows along until it hits some boulders. It then needs to move around these boulders, causing it to disperse its power.

The power of the stream is compromised as it moves around these boulders, which sends water shooting off in different directions.

Energy blocks are like these huge boulders in your energy field. These blocks keep you from moving your energy easily and effortlessly toward what you desire.

The bigger the blocks are, the LESS power you have to create what you want in life.



How are Energetic Blocks Created?

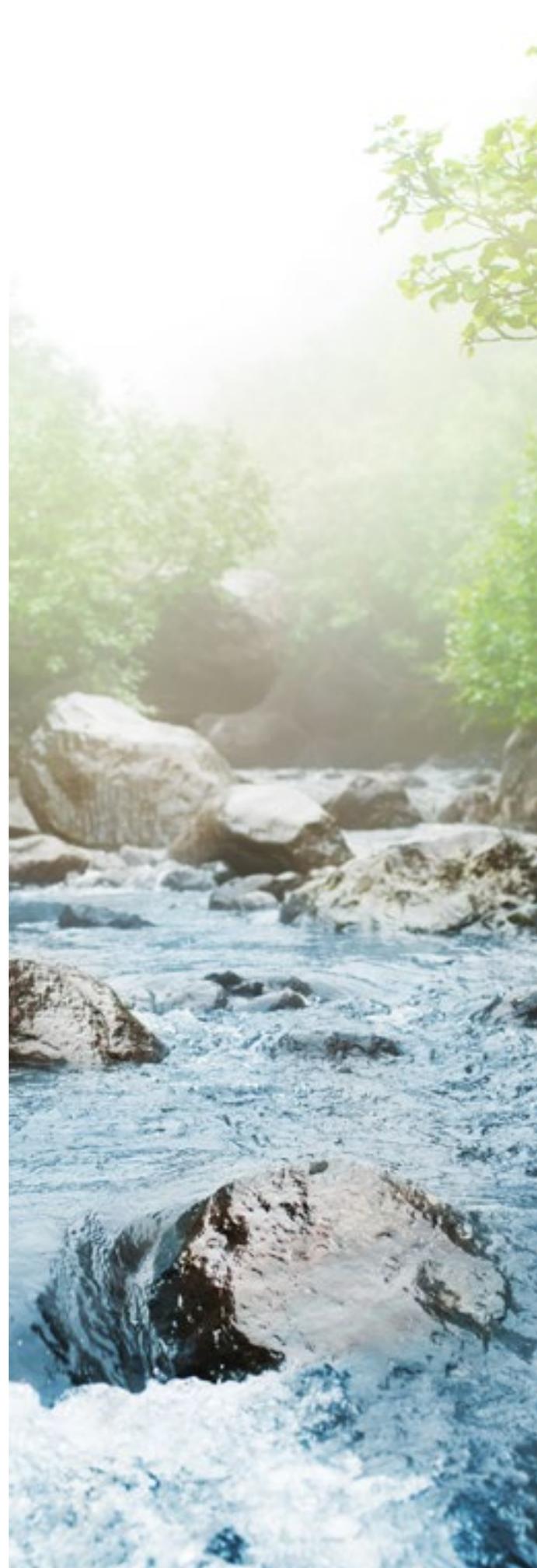
Energetic blocks can be created from something relatively minor, or something major. They are not your fault.

Stress, fear, and uncertainty make the perfect environment for them to form.

Being passed over for the lead part in the school play, or having your parents' divorce, are both events which could create Energetic Blocks.

Examples of situations which could lead to energetic blocks are if you:

- Experienced a TRAUMATIC incident
- Were ABUSED or were in an ABUSIVE RELATIONSHIP
- Experienced a FINANCIAL crisis
- Had a loved one experience a big HEALTH scare
- Had someone you love PASS AWAY unexpectedly
- Had someone you love LEAVE or ABANDON you
- Had your best friend move away from your hometown
- Experienced your first BREAKUP
- Felt NOT HEARD in relationships
- Were CRITICIZED for your behavior
- Came into this lifetime with "blocked energy" from a previous lifetime





Energetic Blocks and Your Body

During a traumatic experience, the brain may shut down and bury the trauma or emotion somewhere in your body.

This occurs when whatever you are experiencing is so overwhelming that the brain cannot and does not want to process it. The brain literally shuts down so you cannot recall the event. However, your body remembers the jolt, fear and anxiety that you may have felt during the experience. Because the brain can't process it, your body just stores all the energy associated with it somewhere in itself, thus creating energy blocks.

Because we all carry these blocks in our bodies, we must work harder than usual to move through the energy to get what we want, or we become stuck.

Once an Energetic Block is created, here's how it can manifest in your life:

- Cannot speak your feelings
- Hide your emotions
- Don't feel worthy
- Feel insecure
- Feel unsafe
- Feel like an imposter
- Feel anxiety
- Hold negative beliefs about yourself

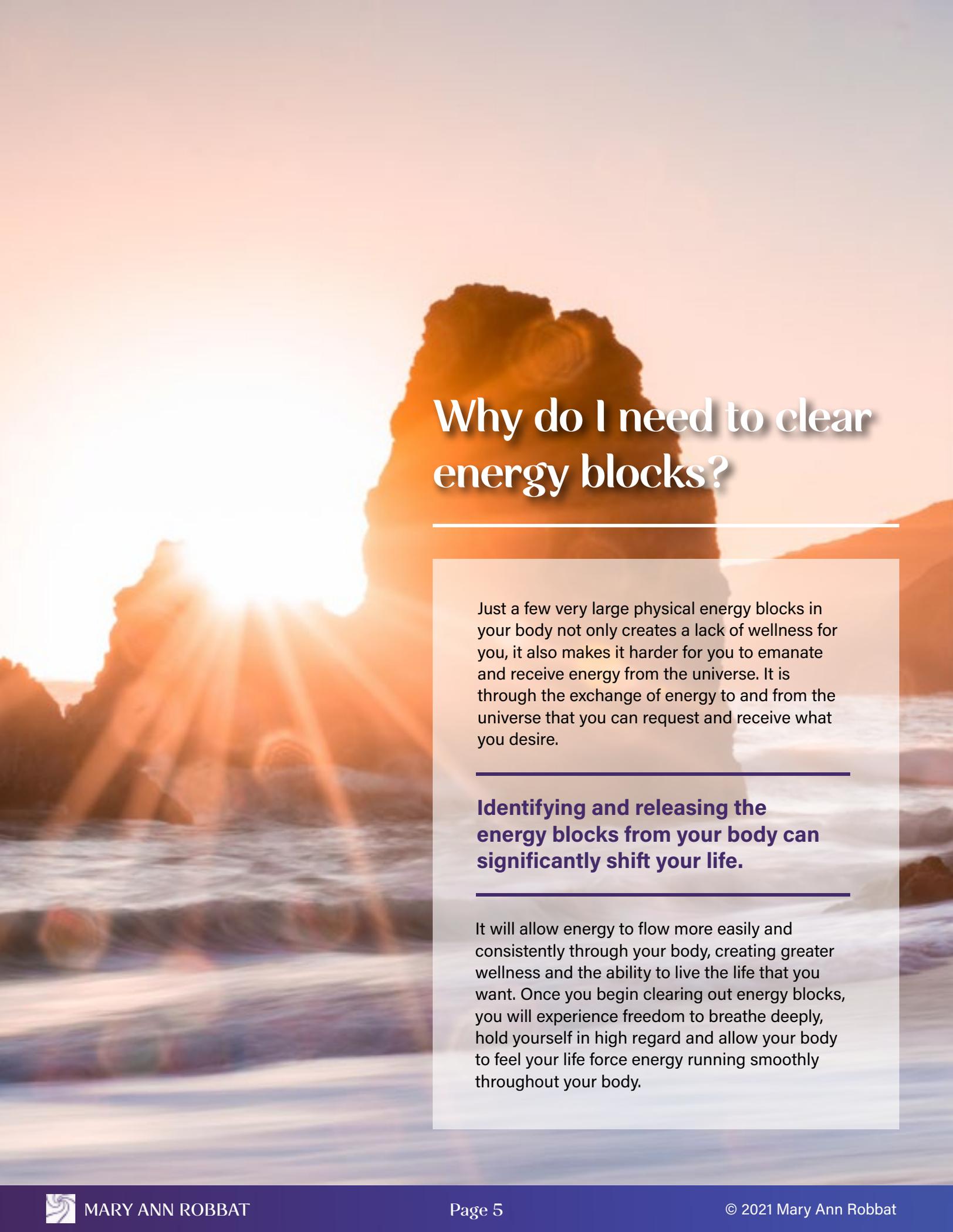
One of the most common energy blocks is formed when we hide our emotions or we don't speak our feelings.

When we hide our emotions or feelings, the energy behind those emotions has to go somewhere. If we hide emotions like crying or sadness, we don't release the energy of these emotions from our bodies. Therefore, that energy gets stuck in our bodies. This creates what is called an energy block. Over years of doing this, we may create a lot of little energy blocks in our bodies or one or two large blocks.

The results of hiding your emotions or feelings can be the loss of your 20-year marriage, an inability to feel fulfilled and happy, physical pain in your body, or negative feelings about yourself and the world around you.

Every time you hide your emotions or don't speak your feelings, you create more blocks or grow an existing block. This results in you working harder than usual to attract what you want in life.





Why do I need to clear energy blocks?

Just a few very large physical energy blocks in your body not only creates a lack of wellness for you, it also makes it harder for you to emanate and receive energy from the universe. It is through the exchange of energy to and from the universe that you can request and receive what you desire.

Identifying and releasing the energy blocks from your body can significantly shift your life.

It will allow energy to flow more easily and consistently through your body, creating greater wellness and the ability to live the life that you want. Once you begin clearing out energy blocks, you will experience freedom to breathe deeply, hold yourself in high regard and allow your body to feel your life force energy running smoothly throughout your body.



Do you have energy blocks that are getting in the way of Your Happiness?

When your energy is blocked, it reduces your energy flow into the world, making it harder or impossible for what you desire to show up for you.

Take this quick quiz to see if you have energy blocks.

Is it common for you to:

- Not speak what you are feeling?
- Hide your feelings as a way of keeping the peace?
- Shove down your feelings because you don't think they matter?

Do you sometimes:

- Take action because you think you should, not because you want to?
- Try to please others, so you feel validated?
- Go out of your way for others even if it is a hardship to you, just to receive some praise?

When you get up in the morning:

- Your energy is low and you reluctantly start your day?
- You think about your day and shift into overwhelm?
- You procrastinate starting your day, because nothing excites you?

Have you ever:

- Put other's needs before what you desire?
- Give and give until you have nothing left to give?
- Feel drained at the end of the day?

If you answered Yes to 3 or more of the above questions, you have blocked energy.



Blocked energy keeps you in your pain, confusion and inaction in your life.

Your pain maybe showing up in a physical or an emotional way:

- Your joints ache
- You don't trust you can have what you want in life
- You have heart or digestion issues
- You feel stuck, overwhelmed and a little hopeless

You may also be living in confusion:

- You know your life isn't working but you have no plan to do something about it.
- You are afraid to take action or go after something
- You don't trust you will be supported if you take a risk.



The Good News

You can remove Energy Blocks and learn to live a Soul-driven life...a life that is authentic, joyous, expansive, energizing, and inspiring—a life you look forward to every single day.

The **Tollerra Energy Mastery System** was created to help you master your energy, to release the energy you are holding from the past, and create a soul-driven life.

Click on the link below to learn more about the online **Tollerra Healing Experience Program**, a life-changing, 4-week journey to experience powerful energetic break-throughs and accelerate new ways to achieve what you want.

Tollerra Healing Experience Program

