



## Intuitive Insights

### Empowerment through Intuition

Welcome to the May issue of the monthly eNewsletter *Intuitive Insights* from Susan Rueppel of Energetic Wisdom. I hope you find the content and resources both interesting and enlightening.

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#### Intuition Insights

##### Energy Management and Healthy Energetic Boundaries

Wouldn't it be great if one of the things we learned when we were young is energy management - how to manage the non-tangible in our lives - our thoughts, feelings, and perceptions? Just because energy is usually non-tangible, and is seldom recognized with our five physical senses, doesn't mean it doesn't exist - and have significant impact on us.

One of the elements of energy management is energetic boundaries. Just as it's important to have healthy physical and emotional boundaries - it's important to have healthy energetic boundaries. We often unintentionally allow other people or circumstances to impact how we feel - taking on other people's thoughts, emotions, and perceptions as if they are our own.

##### Foreign Energy

I use the term "Foreign Energy" to mean any energy that is not yours. As opposed to thoughts, feelings, or perceptions that originate with you, Foreign Energy refers to thoughts, feelings, or perceptions that you unintentionally take on from other people or circumstances.

Have you ever experienced the following?

- After speaking with a particular person on the phone, do you feel lousy because they spent the entire time complaining or talking about all the negative things in their life or in the world (and they usually feel better because they got a chance to vent)?
- Have you ever been in the process of making an important decision in your life and are getting so many opinions from your friends and family about what you should do that you are either confused, annoyed, or both?

When we are feeling lousy or drained, it can sometimes be an indicator that we have unintentionally taken on other people's thoughts, emotions, or perceptions - their energy.

##### What You Can Do About It

Although it might sound like we are putting the blame, and therefore the responsibility, for how we feel

on other people - this is not the case at all. What is appropriate is that we TAKE RESPONSIBILITY for how we feel! You are in charge of your thoughts and feelings! No one can **make** us think or feel anything. You are in charge of your energy. No one can drain your energy or make you take on their energy. We sometimes unintentionally allow the people we come in contact with to negatively impact us because we have not learned about energy management and healthy energetic boundaries.

Here is one simple example of practicing healthy energetic boundaries: Next time you are speaking with someone who is focusing on the negative, instead of allowing it to get you down or make you feel bad or frustrated, consciously recognize that those are their thoughts, emotions, or perceptions and that you do not need to take them on as yours. Imagine that their thoughts, emotions, and perceptions (their energy) just keeps moving right on past you.

Below is a simple way to release energy that you have unintentionally taken on and that you are ready to let go of, and then fill yourself up with the energy that you choose. Next time you are feeling tired, drained, or confused, take a few moments and try this simple two-step process:

1. **Acknowledge and Release Foreign Energy** - sit comfortably, close your eyes, and take a deep breath. Imagine that you have your own personal TV screen in front of you that you can see when your eyes are closed. This is your Intuition Screen. On this screen you will get the answers to questions you ask. On your Intuition Screen visualize an imaginary gauge that goes from zero to 100. The gauge can look like a thermometer, speedometer in a car, or a digital readout - whatever works for you. Ask your gauge: How much of the energy that is causing me to feel drained, tired, or confused is not mine (is Foreign Energy)? You will immediately get a number. You don't have to think about it, analyze it, or worry about whose energy it is - just be with the number that comes up. People are often surprised to find out how much other people's energy they have unintentionally taken on. Next, have the intention to release any Foreign Energy (any energy that is not yours). Just imagine any Foreign Energy floating away, out of your physical body and out of your energy field that surrounds your body.
2. **Fill Yourself Up with the Energy You Choose** - Now comes the fun part! You get to consciously choose what type of energy, or combination of energies, you want to fill yourself up with. Now that you have released other people's "stuff", you have created an energetic void. It is important that you consciously choose what to fill up that void with, because since the universe loves to fill voids, if you don't choose, the universe will choose for you. Be creative with the energies you choose. You can choose different energies each time you do this simple clearing and resetting of your energy. A few examples of the types of energy you might pick from: fun, enthusiasm, delight, clarity, love, peace, joy, amusement, etc. Take a few moments to fill up with the energies you choose. Just imagine it permeating every cell of your body and your energy field. You will probably notice right away that you feel lighter, happier, or more relaxed.

Once you have done this process a few times, it can take less than a minute. Try this at the end of your work day - releasing the frustrations of the day and setting your energy for an enjoyable evening. Is it worth less than a minute of your time to feel better?

### Conscious Energy Management

Remember that it's not about protecting yourself from what's "out there" - as that's a fear-based posture. It's time for us all to become more aware of consciously choosing how we think and feel, and not just automatically being a part of group consciousness. Let's learn to manage our energy consciously and have healthy energetic boundaries. As long as you augment your common sense with a healthy dose of intuitive discernment - you will know what is appropriate for you.

Happy intuiting!

### **Enoch Elucidations**

Enoch = the guide group I channel

Elucidate = bright + intensive = To make clear; clarify

## Enoch on Co-Creating

"Ah, now here we are at the heart of being human. Co-creating is one of the reasons you have come into this physical form at this time. You are, each and every one of you, co-creating this universe. Many of you have heard the concept that a butterfly that flaps its wings in one part of the world can cause winds across the globe. This is more true than you realize. It is the same with human thoughts and actions. Be aware of the impact you have. This is not always known on a local level or even a global level, but impact you certainly have. Choose your thoughts, as they are yours to command - yours to choose. Co-create with clear intention and you will not only create for yourself, but have an even greater impact in co-creating this universe. Shift your thoughts from what is wrong with this town, world, or universe to what is right with it, and you will see and experience more of those things you consider right with the world. Choose to co-create for positive impact and positive change. As greater numbers of humans co-create with clear positive intention, the impact is magnificent indeed!"

## Offerings Outlook

On my web site you can:

- Take a [self assessment](#) to find out how active you are in using your own intuition
- Arrange to have an [intuitive reading or channeling session with Enoch](#)
- [Sign up](#) for my complimentary newsletter
- [Discover resources](#) to help you expand your intuition

Enjoy!

Susan

## Onward the adventure...

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Susan Rueppel, Ph.D. is a soul-directed medical intuitive - helping you uncover the underlying cause of health and life challenges, embrace the uniqueness of who you are and move to the next level of empowerment and joy in your life.

Please forward ***Intuitive Insights*** to others that might be interested in developing their intuition



# Energetic Wisdom

Offering tools for self-discovery & transformation



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