

Your Personal Energy Circuit



Learning to filter, transform and focus the energies we receive as well as those we send out.

What is a “Personal Energy Field” or "Personal Energy Circuit"?

The energy we draw in, is filtered and sent out, whether we realize it or not. The key is in filtering and controlling what comes in and what goes out.



What kind of energy are we talking about?

Any energies you encounter in your day to day life can attach to you and even filter through you.

Receive with our Non-Dominant, Direct with our Dominant

Your Non-Dominant Hand is the Receiver

This hand relates to: creative things, lucid dreaming, pathways to the subconscious, personal growth, relationships, internal work, compassion, nourishment, healing emotions, calm/relax the mind.

Your Dominant Hand is the Director

This hand relates to: communication and speech, connections, cleanse and detox, release energy, active projection of energy.

Each finger has it's own specific energy focus, too.



Left Hand

Pinky - Receiver of Change
Ring - Receiver of Creative Impulse
Middle - Receiver of Intuition
and Creative Inspirations
Index - Receiver of Direction and
Purpose



Right Hand

Index - Influences Action, Directs
Energy
Middle - Influences Creativity and
Intuition
Ring - Influences Creative Manifestation
Pinky - Influences Change and
Fortune

The Thumb is independently ruled, it represents your personal and universal will.

Get some bracelets and rings.



The stones you wear can magnify/be magnified by the finger/wrist you wear them on.

These are the stones I wear daily and why I wear them.

Labradorite: reflect inner light, connect with unseen dimensions, produce psychic abilities, inner eye, psychic protection, expand mind & spirit, manifesting, dreams

Amethyst: to stimulate psychic energy, to balance the energy of the Tiger's Eye (and because I'm obsessed with purple)

Moonstone: restore harmony, ensure safe travels, restore green thumb for gardeners (no wonder my plants look so great), restore youth, cure insomnia

Tiger's Eye: banish depression, increase judgmental abilities, silence gossipers

Fluorite: rid stagnant energy, release worries and stress, detoxify

Iolite: grounding, independence, intuition, all things psychic abilities

Because of Tiger's Eye's fiery energies, it's recommended to pair it with more calming stones like Amethyst or Angelite.

HOW DO I KNOW WHICH STONES OR CRYSTALS I SHOULD GET?

Use this worksheet to help you figure that out...

- 1) How do I want to manage the energy I receive?

- 2) How do I want to focus or transform those incoming energies?

- 3) How do I want to manage the energy I send out?

- 4) What qualities do I want to project with the energies I send out?

- 5) Which stones or crystals would best align with these goals?

Now that you know what crystals you want to wear, go shopping!