

# The 3 Steps to Powerfully Elevate Your Energy



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There are times in all of our lives when we need a definite shift. It's what I fondly like to call a '*space change*,' and I find it is one of the most valuable skills to cultivate in order to live with greater happiness and emotional vitality. When we are feeling stuck and in a rut, angry or frustrated, anxious or depressed...eventually we want to transmute and elevate the energetic space in which we find ourselves.

What doesn't typically work is over thinking. Endeavoring to rationalize ourselves out of a challenging emotional state is simply non-effective. Have you ever tried to rationalize yourself out of a bad mood? Have you ever tried to rationalize your significant other out of a bad mood!? Instead, we need an energetic shift which *bypasses* our thinking and emotional mind altogether. We need a *space change*!

There are many ways to create a space change. Perhaps the most obvious is to do yoga or meditate. With a substantive amount of time, yoga and meditation are going to work for us ten out of ten times. Will they solve all of our problems? Of course

not. Will they give us the energetic and emotional vitality to deal with our challenges through love, intelligence, and wisdom? Most definitely.

However, there are many other ways to create a space change. In fact, meditation isn't always going to be the most ideal (I'll explain why in a bit). A space change has three primary steps:

1. Slow Down & Feel
2. Engage The Physical Body
3. Transport The Mind

## STEP 1: SLOW DOWN & FEEL

Probably the most common mistake we make when working with our emotions is trying to bypass them too quickly. There is a principle in yoga that I find incredibly helpful to keep in mind: 'all emotions are energy in motion on the path to becoming love.' Our anger, worry, and depression is all energy endeavoring to experience love. That energy needs to be metabolized. So what is the first thing to do if I feel sad? I need to *feel* sad! If I'm feeling worried, what should I do? I need to slow down and *feel* the

sensations of worry in my body and mind. I need to acknowledge how I feel and allow myself to *feel* before trying to make any adjustment at all. This is the crucial first step.

## STEP 2: ENGAGE THE PHYSICAL BODY

Now that we've spent time with our feelings, and allowed a sense of self-compassion to arise out of our feelings, it's time to engage the body. Engaging the body is crucial as it is the key ingredient to get out of our head and to stop over-thinking. Perhaps you do yoga, tai chi, or go on a run. Maybe you love to go to the gym and work out. Sometimes a simple walk will do. A long walk in nature almost always works. How long do we need to spend engaging our body? It depends on the intensity of the emotion. If you are feeling really frazzled, you might need a solid hour or more. Everyone is different but in general you need to match the amount of exercise with the intensity of the emotional state.

*Pro Tip:* Sometimes, when we are really upset, it is hard to get ourselves to do the things that are supremely good for us (such as yoga and meditation). It's wise to be real about that and to have a variety of ways in which we can transport our energy to a higher octave.

For instance, I love to play basketball. Basketball is physical and it requires solid concentration in order to play well. An hour of hoops will completely adjust my energetic space. If I was feeling frustrated, angry, or even depressed, I can almost always adjust my energy with a solid sixty minutes of basketball. Then, when I return to the other activities of life which may have been causing me stress, I can do so with fresh energy!


Of course, you may not be into basketball. What do you love that is physical, that makes you sweat? The key is that you find something which you really enjoy doing. That way, the subconscious mind won't resist as much and you'll be more consistently successful.

## STEP 3: RECALIBRATE THE MIND

Now that we've moved our body and effectively got out of our heads, we can now mindfully revisit the situation that initially triggered us with greater wisdom. When our emotional energy is extremely high, our wisdom energy is very low. If it was an argument with our spouse that triggered our emotional energy, now we are ready to reflect on the situation with grounded energy, and thus greater wisdom. This final step is important as it helps us be mindful of what caused us to become flustered in the first place, and helps us to not fall right back into the same emotional pattern.

Try these three steps for creating a space change and energetic shift. The more you work with this formula, the more effective it will become. The hardest part is often slowing down enough to remember what we need to do in order to shift our vibe. The steps themselves are not hard. Disrupting our old patterns and creating new healthy habits is the real work. If you have a significant other, consider sharing these ideas with them. Not necessarily as a suggestion that they follow them, but rather to let them know that this is something you're going to try out in order to improve relationship dynamics. After all, it is in our relationships where most of our emotional triggers are found. If they are aware of these ideas, the next time there is great tension, you can simply say 'I need to give myself a space change,' and they will be more sympathetic to your process and more respectful of your space.

All the best to you and wishing you great happiness and beautiful space! ☺

 Learn more about author Jai Dev Singh, at <https://teachings.jaidevsingh.com/life-force-academy-home/>