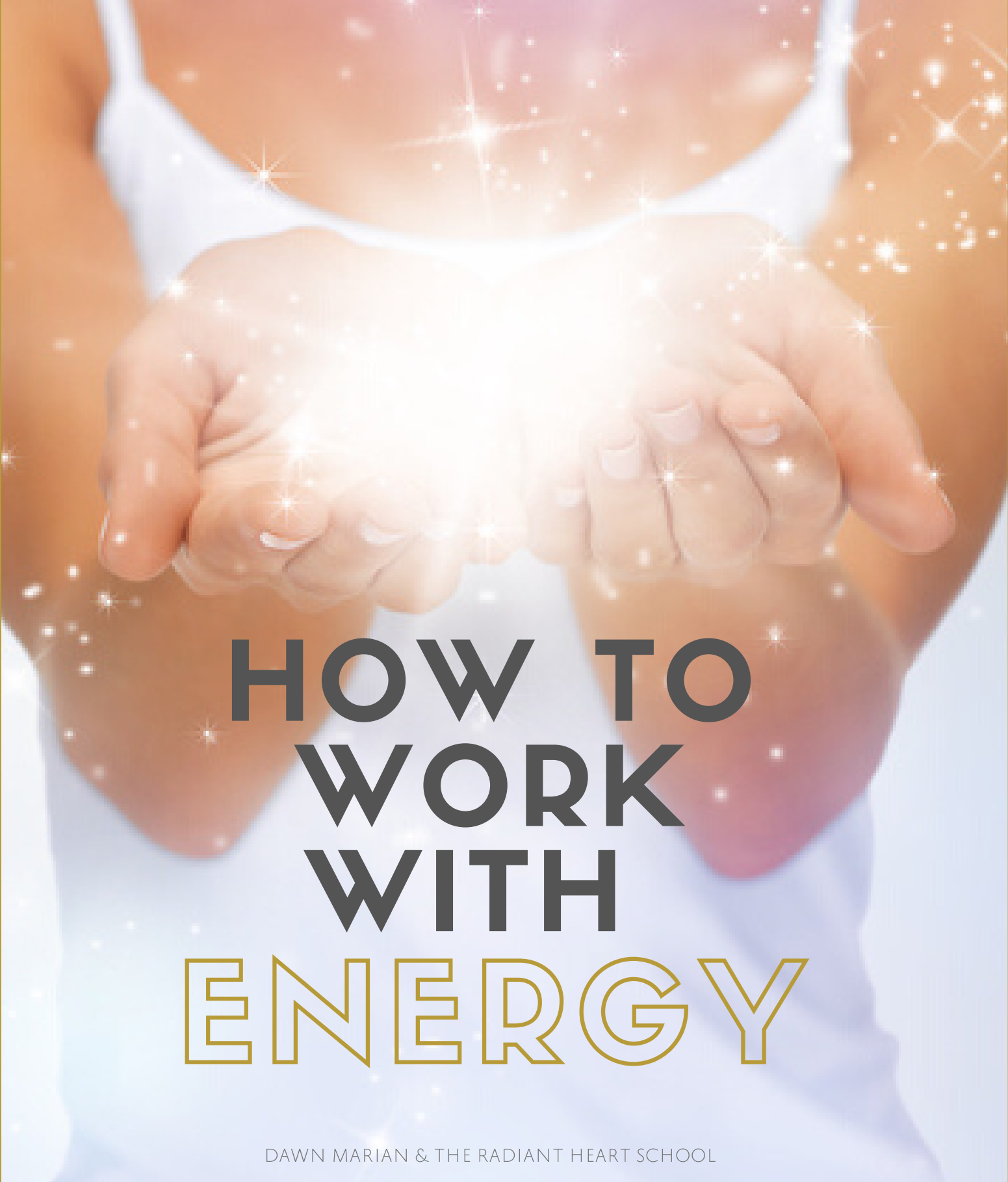


AUDIO CLASS FUN SHEET

A close-up photograph of a person's hands, wearing a white tank top, holding a glowing orb of light. The orb is bright white and yellow, surrounded by numerous small, sparkling light effects. The background is a soft, warm orange and yellow gradient.

HOW TO WORK WITH ENERGY

DAWN MARIAN & THE RADIANT HEART SCHOOL

Welcome Lovely!

What's your intention for this class?

Energy Principle #1

Everything is Energy

10 things that are obviously energy:

10 things you haven't thought of before:

Energy can change form & never dies. It is part of an endless_____.

Emotion = energy in _____.



Your point of power is in _____.
You always have a choice in every moment.

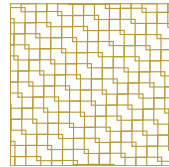


Energy Principle #2

Energy is Neutral at the Core

Ways you often describe energy:

Energy can take on a _____.



If you don't like the energy you can:

- suffer for the rest of your life
- pray to God to intervene
- make excuses
- change it



Energy is neutral. What gives it characteristics is how it's been patterned or imprinted.
And, it can change.

*great news when you
are feeling stuck!*

Energy Principle #3

Energy is influenced by Consciousness

The majority of the time we are dealing with energy that is already present in our life and that we have a history with.

What are your stories about the energy in your life? Hint: Think about your family, your finances, your health, relationships, etc.

We direct our _____ into energy each time we think about something.

When we try to fix, heal or change things we get into polarity.



The real issue is actually the pattern. The belief or consciousness is what is out of alignment.



Stay away from black and white thinking and absolutes.
They take you out of the game.

give yourself some wiggle room!

Power Tool #1 *Your intention*

If you are not clear on what you want you will get so-so results at best.

You are a divine being. You are pure power, energy and consciousness. You are a creator made in the Divine's form. Playing small and insignificant is not not your destiny. It's time for YOU to put on the royal robes of your divinity and claim the truth of your being.



assume your throne!

What do you intend? Be clear and specific.



Stay focused with your intention.
Write it, say it, feel it, be grateful for it.
Connect with it every day.

Power Tool #2 *Conscious Language*

Words have _____.



Eliminate the word try from your vocabulary. Also up for extreme scrutiny are should/ shouldn't, can't, won't and anything you say after I AM.



Choose words that focus on what you want or are leaning into instead of what you do not want and push away from.

What do you intend or want? Use only conscious language to describe it.

Words you are breaking up with:

I AM is the most powerful phrase in your world.

Power Tool #3

Action

Actions have and use _____.

When your actions are fueled by clear intentions and backed up by conscious language you will begin to feel and see real movement and energetic shifts in your life when done consistently.



Take one baby step or micro action towards your desired outcome everyday.

Break down your desired outcome into 10 baby steps. If you need to continue breaking it down, do so.

BRAINSTORM: 25 ways to _____.



action is the bridge between worlds

Power Tool #4 *Energy matching*

Use the concept of energy matching to align yourself with your desires.


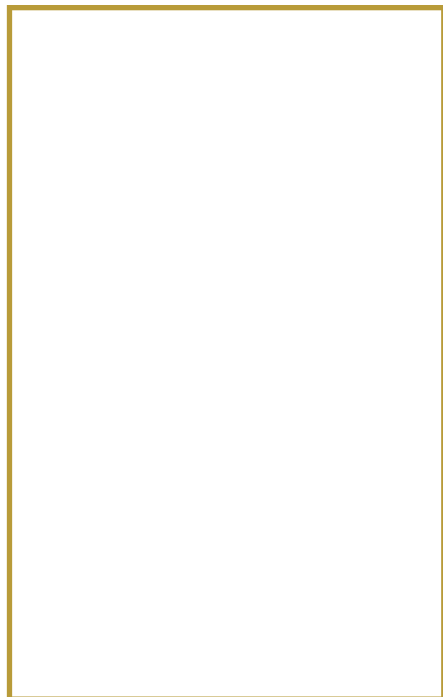
Does the thing you are about to do/ say/ feel/ buy/ consume/ view etc. match with what you intend? If not, pick again until you are dialed in to the same energy.

Work with your intention or desire. Think of what types of energy are matches for it and what is not. If you've been working with this intention for a while you may want to consider how you've been going about things to see where you can uplevel your energy.

It's HOT! = a great energy match

LUKEWARM= meh, not quite a match

COLD= no way-- definitely not a match



it is your divine birthright to choose

Thank you for joining this Radiant Heart School Masterclass!



You are amazing!

You are powerful beyond your wildest dreams. You now have the basic tools to begin working with energy in your life and create something wonderful and worthy of yourself. I am sending you lots of love and bright blessings!

Dawn

To continue your exploration of energy in its many forms check out our upcoming Radiant Heart School classes.



Foundations
of Awakening



Energy
Healing
Classes



Akashic
Records
Training