

**Energy Meter and Shifting Tool**  
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This is a simple 5-step process to help you better assess what you are feeling about a particular subject, accept where you are, move higher up the vibrational scale and take inspired action from that place. The entire process can often be completed in 5 - 10 minutes

When we act from a higher vibration, things flow much easier and more smoothly.

Our emotions are an indicator of our energy.

1. Every day, check in and ask yourself "*What am I feeling?*":

There is a good chance you are feeling differently about different aspects of your life.

You may be hopeful in one area and disappointed in another.

To measure how you are feeling about something specific

Just point the question at the topic – *What am I feeling about \_\_\_?*

Remember just labeling the feeling can have a calming affect and allow you to move on.

Below, I have listed some emotions. This is not an-all inclusive list. If you are feeling something different, state that particular emotion (and note whether your emotion falls before or after acceptance).

**Energy Meter**

I am:

- 1. Tired or lethargic
- 2. Sad or depressed
- 3. Grumpy, irritated, frustrated or mad

\_ 4. Stressed, worried, fearful or nervous

\_ 5. Disappointed

\_ 6. ACCEPTING WHAT IS

\_ 7. Hopeful

\_ 8. Grateful

\_ 9. Happy or joyful

If you checked 2, 3, 4, or 5, then your energy is not flowing as well as it could and your body is tight.

The goal is to move to a place of acceptance and then let it go (use EFT – Tapping Script below) before proceeding.

## **2. To shift your energy, tap based on wherever you are emotionally using this Tapping Script:**

First tap (using 4 fingers on one hand to tap on fleshy side of other hand, below pinky. While tapping say, even though I am \_\_\_ (insert emotion(s) I totally and completely love and accept myself ( repeat 3 times)

Next tap using 1-2 fingers, on the side of the fingernail bed on each of each of 5 fingers continuously while saying each of the following:

I accept this and it is okay to feel this way.

(do this until you feel a shift – a sigh, deep breath, energy release are possible signs of a shift – you may experience it differently)

I choose to learn from this and move on,

Or

I choose to let go of this feeling and move on

(do this until you feel ready to move on to next statement)

I intend for great things to happen in ways that are better than I can imagine.

(tap on this repeatedly until your energy raises)

3. Reassess. Now where are you on the energy meter? If not at least at acceptance, you may want go back and do more tapping or do some of the other practices listed below.

If at acceptance or higher, follow the steps below for where you are on the scale.

4. Here are some other things you can do based on where you are on the energy meter

First decide where you are on the energy scale and then pick one or more suggestions to help you move through it. Remember that the first step is always to accept where you are, regardless of where it is on the scale. This is not about suppressing emotions.

\_ a. Tired or lethargic:

Give self permission to rest take a break

Eat energy food – only if hungry (light protein, vegetable or fruit or green drink or such – not sugar or caffeine or anything with high glycemic index),

Move your body – stretch, walk, or other exercise ( or get adjusted by chiropractor if neck or spine is out)

Breathe – deep breaths to oxygenate your blood

Meditate

\_ b. Sad or depressed:

Allow your feelings using tapping method or other

Then focus on something else that makes you feel good,

Sing a song,

Dance to some music,

Call someone that makes you laugh,

Watch a comedian

\_ c. Grumpy, irritated, frustrated or mad:

Allow your feelings using tapping or other method, (may want to write out your feelings in a journal and then throw it away)

Ask what is in my power to do about it,

If there is nothing you can do or want to do, choose to let it go

\_ d. Stressed, worried, fearful or nervous:

Allow the feelings and tap , then add the statement, "I choose to be calm and confident" and tap on that.

Do the 1 minute or 5 minute stillness meditation provided in the **stillness experiment**

Write a page of gratitude's for what is currently good in your life

\_ e. Acceptance:

Ask – from this place of acceptance what else is possible?

Continue tapping on "*I wonder what else is possible*", "*anything is possible*", "*everything is possible*" – being open to miracles in ways that are greater than you can imagine

\_ f. Hopeful:

Visualize it, see end result of what you really want - in a way that feels good or write out a script of something as if it had already happened in a way that raises your energy and makes you giggle.

List gratitudes

\_ g. Grateful:

Start being grateful for what is to come as if it already is – raise your energy around it, be excited about it, it is yours (example – say yippee 50 new orders – over and over again (while tapping)– this needs to be something your mind can believe)

\_h. Happy or joyful:

Celebrate the feeling,

Be open to what shows up,

Notice what you are inspired to do and do it from this place.

5. Any time you shift up one notch on the scale is a good time to take action. It is also important to become an observer and to notice what shows up. Pay attention, things will be showing up all around you. Celebrate each one, no matter how small, as if it was the end result you wanted.

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This handout was created by Stacey Mayo, Center for Balanced Living.

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