I am fully aware that as tempting as it may be, simply to blame others for the events in Arizona—the shooting of US Representative Gabby Giffords and others—is fruitless. I know that the only person I can really change is me. Still, is there anything else I can do as part of my responsibility to heal and balance the world?
I'm sure you've watched or heard how our entire country had been saddened by the recent shootings in Tucson, Arizona. My heart goes out to all who have experienced the tragedy directly and all those who have been affected by it. Many have acknowledged that they feel a sense of helplessness, or a pull to assign blame and respond in anger.

What can we do in situations like this? We all may have different levels of response to the events corresponding to our level of involvement in the world. What unites us as energy psychology and energy medicine practitioners is that we bridge from the socio/political to physical/emotional to the spiritual/energetic, and that we want to make sure that our responses reflect the spiritual/energetic dimension.

In the December column I wrote for Quantum Health magazine, I talked about energy leaks and gathering back energy lost to conflicts as a way of recovering from shock and trauma. That can be one level of response.

What I would like to share in this column is another very powerful and practical way in which we have an opportunity to make a contribution towards our own energetic balance, as well as to foster balance and healing in the world in the way that is just and in alignment with the universal principles. I speak of a particular unifying principle shared by many traditions and religions—a principle of energy allocation that is rarely discussed and frequently misunderstood.

Let us say that you've been energetically attacked by someone (and no, it does not have to be anything supernatural): your political opponent, a neighbour, or even a feuding family member.

**How do you respond?**
Many of us focus on self-examination. If you are a spiritually oriented person, you most likely will also adopt some “energetic karate” routines for energetic protection. The most common ones are to visualise surrounding yourself with a white light or creating some kind of protective barriers around your energy field.

From an “engineering” perspective (which is my background, as many of you know), there is a problem with this “let's look on how we contributed to this problem” approach, if that is all that we do. By solely focusing inwards on our own responsibilities and protecting our own energetic space, we are actually placing a limit on our own area of energetic influence, while allowing the toxic energy of the attacker to run rampant. This is what happens if we let the political pundits run their toxic campaigns unimpeded.

It turns out that the first step in the process of forgiveness and healing must be to allocate (responsibly, of course) the responsibility for what has happened back to the perpetrator. The desire for retribution is the first instinctual reaction we have as humans. But as we become spiritually evolved, we discover that there is a great deal more behind this instinctual response. There is a difference between expressing hostility towards others as a reaction to their actions (which among other things is bad for our heart and immune system) and returning back what is rightfully their own energy. Our true task is to facilitate returning and containing the energy that they put out in the world to its source and, in so doing, to help restore the balance of the universe.

The Russian folk medicine injunction sums it up succinctly: “Yours to you, mine to me.” And this approach should be the true meaning of the English expression “to give someone a taste of their own medicine.”

In ancient times, the true warrior was the one who could avoid conflict by the act of controlling his inner state. Energy allocation is a method frequently employed for achieving this control. The shamanistic, mystical, magical and spiritual traditions share in many different ways the notion of allocating personal responsibility for one’s actions as they warn us against being a source of negative energies.
TIPS

The first step is to allow yourself to feel your feelings fully, just as they are. It is important to honor your feelings and reactions to what happened. Blocking emotions keeps the emotional energy trapped and you will have to work hard to keep all of this pent-up energy under control. It’s like trying to keep a lid on a pressure cooker.

Return back to the attacker all the energy he or she generated, along with the consequence of the attacker’s actions. Think of whatever they have done that drives you nuts, causes you distress, makes you angry, or scares you. It does not have to be a personal attack, but could be something that impacted your home, your community, your country. Ask that the part of it which is not yours, but theirs (i.e., the part that is not solely due to your own triggers) be given back to them.

This process is not about slamming it in their face, or directing your anger at them, but rather piling the energy (which they themselves produced) at their own feet, and in this way gifting them the opportunity to do their own introspection and healing.

Create a boundary around the attacker (or more generally, the source of the attack), capping all the energy at the source. As a result of doing this, the influence of the attacker and the toxic energy he or she generated becomes limited, while your own energy field remains open and unrestricted to create a positive change in the world.

Pray that beyond even the possible and believable, the universe provides all the support it can so the returned energy is used for the attacker’s growth and transformation.

Finally, after clearing the space of the negative energy of the attacker, turn to introspection regarding your own attitudes and behaviours. Now that you can see more clearly where and how your own actions, negativity, or lack of awareness may have contributed, in whatever way, to the situation, you can apply the principle of energy allocation in reverse and recall your own stuff back.

(Information on principles and processes underlying those steps are described in my book Energetic Boundaries – The New Paradigm for Effortless Healing at www.ingwithouteffort.com)

And as we do it, it is incumbent upon us to do it with love. “I have decided to stick with love. Hate is too great a burden to bear,” — Martin Luther King, Jr.

Justice comes from balance. There’s so much need in the world, it’s both humbling and gratifying to have a chance to make even a small difference. Using the principles of energy allocation the difference you make can be very powerful!

When A Heavy Hat is Lifted – a Personal Example

Let us step outside of the realm of politics and into the world of personal relationships. I want to illustrate the fundamental role the energy allocation principle plays in restoring balance through a real life example. I met James at a personal growth workshop. I overheard him talking to a teacher about an ongoing struggle
he had been having for the three years since his divorce. He complained that he was pulled down by depression. But the most troubling part of it all was that, being a deeply spiritual man, he felt cut off from the source of his spiritual connection. He felt lost and scared and helpless. He was inquiring about a therapist or a healer who could help him re-gain his spiritual connection.

Two of us ended up eating dinner in a Chinese restaurant. While we were waiting for the soup to arrive, I offered to check what was going on with his energy. As I scanned him intuitively, he looked basically fine, except for a dark blob of dysfunctional energy that was plugging his crown chakra. The crown chakra, located at the top of the head, is the personal boundary between the divine and the physical. It was not a particularly huge plug, but big enough to create a blockage of the flow of energy, and lead to disharmony in the mind, body and spirit. It was as if a dark cloud was permanently parked over him, blocking the sun.

That kind of energy in my experience often comes with people who suffer some form of mental disorder, and he was clearly not a source of it. But there was a match with his former wife. When I mentioned it, he admitted, that, in fact, it was his wife’s deteriorating mental state that was the cause for the divorce. He was surprised to hear that he was still carrying her energy, since he thought he had done a lot of work clearing energetic connections between them.

“How did that energy end up stuck and plugging my crown chakra three years later?” he asked with a puzzled expression on his face.

“I will tell you how it typically happens, and you can tell me if it rings true.” I explained. “Can you think of a point in your relationship when, from a place of love and service, you wished to save her from her suffering and took it upon yourself to clear her mental affliction?”

“Yes, I did exactly that”, he admitted. “I thought I could cast out the darkness and dysfunction of the mental illness and then we would be happy together. What happened was quite the opposite.

It seemed that the more I was taking it upon myself, the further her condition deteriorated. I felt powerless to change it. Now I keep feeling that her energy is continually attacking me.”

He began waving his hands over the top of the head, trying to release the energy by pulling it out, but nothing happened. “See now,” he said despondently, “I just cannot shake it off no matter what I try.”

“Let’s try something else,” I suggested. “There’s a principle of energy allocation, where rather than simply releasing the energy, which is what you are trying to do now, you in fact return it back to the person to whom it belongs. Her energy in your energy field is purposeless, all it does is distort your optimal state. Would you like to try that? That should correct the disharmony in your field.”

“I’m willing to try anything,” he exclaimed.

“I need my connection back; I want my life back.”

We invoked the principle of energy allocation. He repeated after me that he fully realized that taking on the energy of her dysfunction did not help her in any way, but only clouded his own sense of self, and that he was releasing ownership of this energy back to her, and that it be contained at the source, without affecting him any longer. Almost in an instant the entire dark blob disappeared, as if suctioned by some giant cosmic vacuum cleaner.

He sat in shock and disbelief. “It just disappeared, like that.” he finally spoke. “After three years of trying everything and going to everyone. It’s quite unbelievable and makes perfect sense at the same time. This energy was never mine. I should have never taken it in. There was nothing I could do with it in my own body, except for hurting myself. My head feels clear; I feel my connection again, and I feel like there’s actually room to feel compassion for what happened between us.

It’s as if a very heavy hat that I have been wearing for a long time has been lifted from my head, and there is just a little indentation left from wearing it too long”.

**And right at this point our soup was served.**