Time to plan your next year resolutions by plugging your energy leaks

(Harness the Power of your Biofield. Raise your Energy Intelligence - EQ.)

Yuliya Cohen

Q I have a ritual of making New Year resolutions that often do not work out. Do you have any suggestions on how I can give my resolutions a better chance this year?

The beginning of the year is traditionally a time to reflect on the accomplishments of the past year and to make next year’s resolutions. It is also a time that invokes everything from delight to resignation. Along with having hopes and dreams of what may come, we often experience feelings of guilt and disappointment for past shortcomings and failures. But we can turn all that around. Let us look at how the echoes of the past can supercharge your New Year potential. You can create new and exciting outcomes and harness the power of your biofield by plugging the energy leaks, so that in the New Year you can finally triumph over your obstacles and old fears.
In past issues of *Quantum Health* magazine, we explored how your body is surrounded and contained by an energetic structure—the protective energetic membrane of your biofield. Then in the November issue we considered how the biofield can be viewed as a petri dish of your body and soul, and that ultimately, the only environment you can control immediately and reliably in order to stay healthy and manifest your dreams, is your own energy field.

At the end of that article I posed this question. What would happen in a lab if a petri dish were cracked and leaking? How easy would it be for a technician to control and maintain the positive environment for the cells? Not so easy. Would applying a positive thinking approach solve the problem? Not really. So in this column I want to continue the analogy between the energy field and the petri dish to explore the ramifications of energy leaks in your biofield. I also want to look at how your can use the support of your biofield structure in plugging those leaks.

**A dripping faucet or the Titanic?**

To drive this point home, here is a drawing of a leaking energy field made by one of my clients who was healing after a trauma following a divorce from an emotionally abusive man.

The loss of energy through cracks, leaks and all sorts of fragmentation of the biofield and its membrane due to trauma is a common occurrence. Yet sadly, even after years of extensive studies of stress and trauma, the magnitude of the effect of actual energy loss and its effect on our health has remained largely unappreciated.

This should not come as a surprise. It is challenging and often impossible for a leaky vessel to maintain or regulate its environment. A leaky boat will not stay the course or reach its destination until those leaks are somehow plugged. So it is with our energy field as well. When it leaks, our own energy which is supposed to be there, is displaced, while unsavory external influences can creep in and pull us down.

There are dramatic, obvious leaks. Just think of a Titanic losing the battle to stay afloat and taking everyone down with it. Then there are leaks that at first glance may look “insignificant”, like that water faucet—slowly and steadily dripping in your sink. Not as dramatic at first sight, until you discover the hundred dollar charges on your water bill. Have you ever felt like that or know anyone who did?

My biofield has been a dripping faucet on more than one occasion, yours may have been as well. But, I want to share with you a “Titanic” story. Alison, a woman with a sweet and gentle disposition, in her late forties, had a difficult life and a childhood—she grew up in an utterly dysfunctional and unsupportive family where she had been blamed for anything that went wrong. All her life she coped with it the best she could. Then Alison joined a Law of Attraction group. They explained to her that we are personally responsible for creating everything in our lives. Next she was told that in fact she was responsible for creating that kind of family experience, and that it demonstrated some lack of positive attitude on her part. Yes, she got blamed once again, but now by what she considered to be her spiritual family. That was a blow that created a gaping leak in her biofield, and Alison was sinking fast. She suffered from adrenal exhaustion and had been developing severe chemical sensitivities.
We do not fully comprehend how our diminished state undermines the body’s ability to be in charge of our daily interactions and, ultimately, of our well-being. It leads to chronic fatigue and adrenal depletion. It may not be obvious to those who rarely deal with trauma. Therefore, we are told to think positively and to be in control of our environment while we may be feeling that we are sinking or even drowning, unable to create change.

**When your power leaks.**

I was going through my emails. “I will not be calling you tonight,” wrote Vicky in one of the messages. “I just finally managed to make my insurance agent leave after three hours of interrogation and I feel exhausted and positively decimated.”

I met Vicky during my presentation at an Energy Psychology Conference in Toronto a year ago. She had a strong presence that commanded respect. An accomplished business strategist and an executive, she helped run multimillion-dollar companies and felt at home as a keynote speaker at international business conferences and a presenter in boardrooms. But a week earlier she was in a car accident that totaled her car and left her body beat up, bruised and in pain. “I simply could not make the insurance agent leave” she confessed a day later during our phone conversation. “I was in so much discomfort, and I told her less than half way through that I could not continue the interview, and that we should do it another time, but the agent kept saying ‘just a couple more questions,’ and it kept going on. I feel beaten up and violated.”

“Isn’t that out of character for you?” I asked. “It seems to me that under ordinary circumstances you would have no problem arranging what you need and showing the agent to the door.”

“Oh, no question about it! Ordinarily I would have done it in a second. I was always excellent in taking on any problem situation. But this time, I really do not know what happened.”

One thing was clear: the feelings that welled up in her of being helpless and powerless were not fueled by a defeatist or negative attitude on her part. In fact, she felt positive and optimistic about rapid recovery as she was enthusiastically pursuing various healing modalities. “I do not have time to let this setback derail me from my life goal,” she told me defiantly after the accident.

So if her helplessness did not stem from lack of positive attitude, what was it about? The answer is simple. Not only was Vicky’s body banged up during her accident, so was her energy field. Her biofield was impacted by the physical impact of the incoming car, by the pain of the physical injuries, as well as the fear of being self-employed and out of work due to injuries. Now, in the loss of energy from dealing with the affront from the insurance agent. In this state of depletion something else has happened to this woman. Always steady, strong and collected, even in boardrooms run by powerful men, Vicky’s inability to exert control over the insurance agent was a sign of her loss of power.

The point of this story is that when your biofield leaks and you lose energy, you also could be losing your power. Power is a particular kind of energy. Power is our ability to maintain control over how others limit and mold us. It determines how we respond to our environment and carry out our interactions. Loss of power is concomitant with loss of energy, but there is a fundamental difference in how that loss affects
you. While your energy resources can potentially be replenished through rest, good food and exercise, to recapture the lost power you must reclaim it explicitly. If not reclaimed, loss of power triggers a sense of helplessness that from then on changes the dynamic of how we act.

**Energy recovery**

So now we’ve seen how your energy field may crack and leak. That’s bad.

But there is good news, too. According to the first law of thermodynamics, energy is never lost. It is still out there, but has been absorbed in another form within the living matrix of the quantum field. You must never try to “let go” of the energy that has leaked—you need to recover it.

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**TIPS**

Here are tips for a few energetic maneuvers to help you recover lost energy.

1. **If you experience loss of energy or power**—realize that your biofield has experienced a blow and there is a leak.

2. **Do not immediately jump into analyzing**—into trying to figure out how much of what happened was your fault. You can do it later. First take your energy back. You will get a better picture of the situation once your biofield is restored.

3. **When you are losing energy, you usually can feel that loss in your body as a feeling of discomfort.** Also, the energy loss may create an experience of a “negative pull.” Do not try to get rid of it. It will not work. Use this information as a safety rope: the physical discomfort along with the pull is the link to your lost energy.

4. **Through your awareness and intention** ask for the lost energy to come back. Do so until you feel the warmth and flow of the re-integrating energy.

Even though the problems facing us may seem never-ending, you have the tools at your disposal to alleviate the suffering that results from loss of energy and power in your life. The moment you fall apart, simply ask for the lost energy to come back and use your intention and attention to restore it.
In fact taking the energy back is what repairs the holes and the fragmentation of your biofield.
The woman with the picture of the leaking field told me that the holes got plugged when she
reclaimed the power and energy she lost to her abusive husband. Alison took her lost energy and
power back from the Law of Attraction group leader as well as from all the times her family blamed her for their problems.

There is a naturally tuned desire for the body to heal. The quantum web can help us to restore harmony within ourselves by holding our “lost energy.” Our biofield is linked to where the leaked energy is held in the quantum web of the living matrix. It remains linked, regardless of how extensive the leaks are, for our energy field does not turn itself on and off. Through your awareness and intention the links are activated and the energy is retrieved to flow back and re-integrate.

How do you actually go about taking your energy back? It is a wonderful exploration to learn all
the ins and outs of this truly life-giving restorative process. If you are inspired to embark on this
journey of life enhancement, I discuss the energy reclaiming mechanism in great detail and depth
Healing,” which is available through my website: healingwithouteffort.com. In fact, there is an
entire chapter just on reclaiming Power.

The time has come to develop a direct relationship between your conscious mind and
your energy field, which is your soul’s abode.

Be aware of the leaks in your biofield. Open up to this new way of thinking, and commit to
change by repairing the leaks in your “petri dish,” recovering both your energy and your power.
Waking up to your extraordinary aliveness and potency requires energy. Start this New Year
with the new perspective of energy ownership, and you will see progress you could have never anticipated.