



**When you feel dominated by Pragmatic Reality, practice “Energy Awareness.”**

Whenever Energy is low people can feel it, and there is literally less possibility accessible and there can be despair. Sometimes possibility itself can lift Energy, or enthusiasm, but rather than cause resistance with any amount of force just pay attention to what the energy is. Notice is its low, or high, or confused, or anxious. You have great control over energy, but none without awareness of it.

**How to practice Energy Awareness:**

**The Power of Us**

**Interbeing**

**Frequency**

Explanation of the Practices:

**The Power of Us – Whether it is someone else or an object, you being together is more powerful.**

**Interbeing – Just like The Power of Us, there are connections we can engage with intimately.**

**Frequency – Everything is vibrating. Can you sense the vibration of things, or your own?**

**Energy Mantra:**

**“What is true for us both?”**