



## Energy Flow and Feeling "Stuck"

*"The soul is dyed the color of its thoughts. Think only on those things that are in line with your principles and can bear the light of day. The content of your character is your choice. Day by day, what you do is who you become. Your integrity is your destiny - it is the light that guides your way."*

*~Heraclitus, Greek Philosopher 535-475 BC*

### **I also like to call this entry "Catherine, Your Other Left"**

I have had my hands full with clients over the past couple weeks frustrated with their lives and this feeling of being stuck.

Literally, you are stuck. How is that? Life is all about flow. Life is the flow of energy in, out, and through your life. We are energy, all of us are energetic beings and when we are in balance and everything flows, and then we seem to float seamlessly through our day. What about those days, those weeks and yes, even those YEARS when we feel stuck?

Energy flows to you from your left; we receive information on the left and release energy from our right sides. Think of dowsing, or how a clock works and progresses forward from one minute to the next. I tend to get a bit "directionally dyslexic" (I get my left and rights mixed up) because I spend my days reading energy and looking at everybody and everything from an "energy flow" angle. Which means, your left is my right and vice versa. So, I derived this title ("Catherine, Your other Left") from a time two years ago when I was stuck. Just stuck. Nothing was going right; I was bringing in one challenge after another and could not get out of my own way.

### Thursday's Kick! Energy Flow and Feeling "Stuck"

I remember walking on the farm and actually yelling at my guides and frustrated to the point of tears. I sat on this huge rock overhang that looks out over the creek, a place anyone would be grateful to enjoy, but I couldn't, I was mad, so frustrated and angry at the Universe, everyone, everything and myself. I was saying to whoever would listen; I have all these opportunities, joy, why won't they come in? I clearly heard this voice, saying "Catherine, your other left" I had everything manifesting all right, manifesting and floating on my right side, out of reach and leaving my energy field. Why, energy flows from the left to the right, when I read your energy it is on my right, I forgot to transfigure it for myself. That moment is when I became a true believer in energy, thought and manifesting. My "aha" moments may not be as profound as Oprah's but this was one for the books (comic books).

So, energy flows. You hear about the Law of Attraction, and many of you have seen or read the Secret, and we all know there are so many spiritual teachers out there for these principles and how to apply them to clients, business, relationships. Well, they may be teachers, but I am the professor. I have been through the trenches, but also have the ability to see how this energy flows; it is all color, and not just invisible color, color around you, influencing you and your emotions, your energy.

A wonderful woman came to my office, and she was talking about feeling stuck. Looking at her, it was amazing what I was shown, and now I pass this information onto you my readers, because it was very profound, and very literal. She was stuck because she was giving just as much (or more) energy to the stuff on her right side as well as to her left side. So she was creating a "push me pull you" energy and staying exactly where she was, stuck.

What is on the right? It can be anything from parents (and they don't have to be living for you to give them your energy) to situations to people to things. Anything in the past that should be released (I said "released" which means to LET IT GO) that you visit through regret, worry, guilt "what if's" any of that needs to be seen for the lesson it was and allowed to be released. I am human too, and it is easier said than done, but you know you are giving it too much energy when you are stuck and can't get out of your own way.

I have one entry entitled "Don't Worry Be Happy" and it offers some techniques to learn how to release, get unstuck, and learn how to move forward.

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I have also decided that it is important to look at the Law of Attraction from a different perspective: In client session, recently, we talked about being stuck and I realized that the Law of Attraction is really the Law of Reflection! Yes, if you are stuck, it is time to reflect on your thoughts, your life and your wants and desires. Look into your last six weeks and see what you have attracted into your life. Rather than cursing self, guides, or the Universe, bless the insight you have been given, for it is about reflection, adjustment and then reward.

Reward comes when you adjust your energy flow and begin seeing opportunities, money, and relationships flowing to you from your left side and into your energy field. If you are stuck it is because you, yes YOU are not putting enough thought on Happy, and where you want to be and how that will make you feel.

Which direction does the news pull you, feel it, it pulls you to the right, it pulls you IN, so turn it off and concentrate on good, on positive and realize that all anyone is talking about, even with the economy is FLOW. Economists are trying to get people to spend in order to create a flow of money; money is energy. So, take a breath and recognize where your thoughts are, are they to your right, which is all about stuff that should be released to move on in the greater scope of things, or are your thoughts on creating and manifesting everything on your left and bringing it into your energy field?

Catch yourself, and remember, you are the center of your universe, you do not move toward opportunities; you are a magnet and attract opportunities to you. Look at your life, your relationships and your situations, they are a reflection of your thoughts, and thoughts can be changed, as can your life instantaneously.