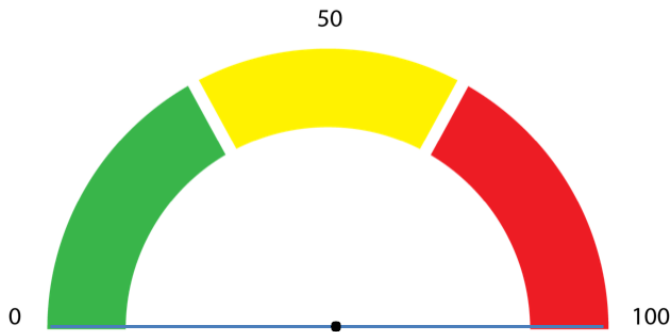
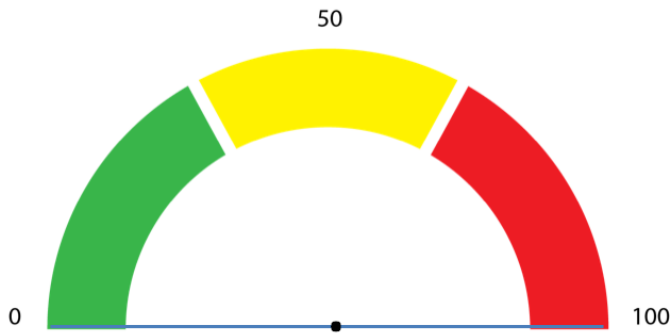


# Call Your Energy Back to Present Time Process

By Susan Rueppel, WINtuition®

You can use this simple yet powerful process to identify how much you are operating out of the past and call your energy back to present time. Just identify the percent of your energy that is in the past and call it back! You will feel much more present, powerful and clear. You can use this process when you are feeling low energy, frustrated, upset or angry about a circumstance or belief.

1	<p>Take a deep breath, close your eyes and ask your intuition: What percent of my energy is in the past (not in present time)? You may see a percent, hear it or just know it. Mark the percent on the gauge below. For further insight you can ask your intuition how old you were when this pattern first came about.</p> 
2	<p>Take a deep breath and create a grounding cord from the base of your spine to the center of the earth. Say "I call my energy back to present time."</p>
3	<p>Observe the gauge again with your intuitive eyes – your inner knowing – and see what percent of your energy remains in the past. If there is still some energy in the past, repeat step 2 then check the gauge again.</p> 
4	<p>Give yourself validation for calling your energy back to present time and notice how much better, more present, powerful and clear you feel!</p>