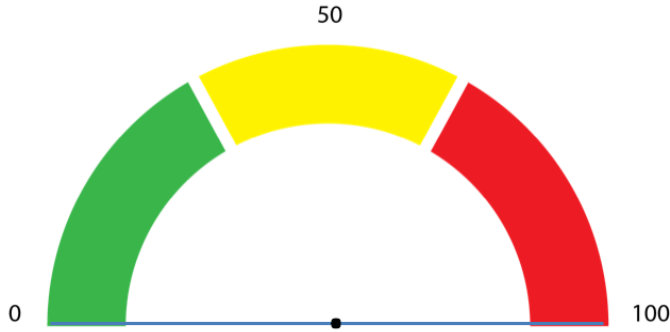
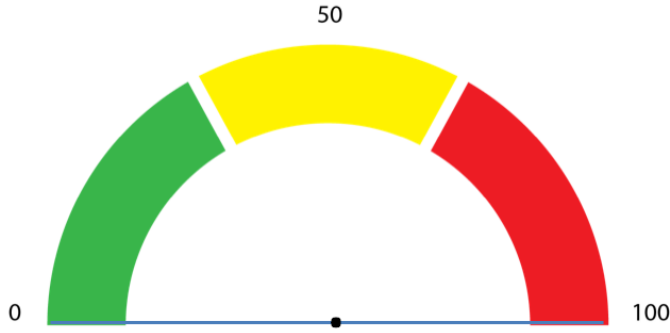


Identify and Release Other People's Energy Process

By Susan Rueppel, WINtuition®

You can use this simple yet powerful process to identify how much of other people's energy you've (probably inadvertently) let into your space, then release it. The great part is you don't even need to figure out whose energy it is or why you took it on. Just identify the percent and release it! You'll feel so much lighter. 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 how I'm feeling about _____ actually other people's energy? You may see a percent, hear it or just know it. Mark the percent on the gauge below.</p> 
2	<p>Create a grounding cord from the base of your spine to the center of the earth. Release other people's energy from your physical body and your energy field down your grounding cord to the center of the earth to be recycled.</p>
3	<p>See the gauge again with your intuitive eyes – your inner knowing – and see what percent of other people's energy remains in your body and energy field. If there is still some left, repeat step 2 then check the gauge again.</p> 
4	<p>Give yourself validation that you have released other people's energy!</p>