



SmartTribes®
INSTITUTE 

CULTURE & TALENT PLAYBOOK

Managing Your Energy To Keep

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Seeking Balance via Connection

According to Dr. Edward Hallowell, an expert on anxiety and stress, there are twelve ways in which people need to connect in order to have full, rich, healthy, long lives. I had no idea how disconnected I actually was until I read his outstanding book, *Connect: 12 Vital Ties That Open Your Heart, Lengthen Your Life, and Deepen Your Soul*. I learned more about connecting in that book than I have from any shrink or at any seminar. Here's his list of where we should all be connecting.

Ask yourself these questions:

Birth Family:

Do I have strong bonds and clear communication with my parents, siblings, relatives? Do I connect with them regularly?

What are some ways I might increase connection?

Immediate Family:

Do I treat them with love and respect?

Are we emotionally close?

What are some ways I might increase connection?

Friends and Community:

Do I see friends and neighbors on a regular basis?

Do I share my life with them frequently?

Do I make time to enjoy their company?

Am I involved in community groups and projects?

Do I identify with and support the community I live in?

What are some ways I might increase connection?

Work:

Do I have emotional equity and a sense of mission at work?

Do I share a connection with my co-workers and company?

What are some ways I might increase connection?

Beauty:

Do I enjoy beauty regularly, do I appreciate it and pay attention to it and savor it?

Do I take time to enjoy a favorite art form?

What are some ways I might increase connection?

History:

Do I feel part of the history of humankind?

Do I learn about it, feel the power of it, and cherish the history of my country, town, culture?

What are some ways I might increase connection?

Nature:

Do I connect with nature on a weekly basis?

Do I spend time outdoors or indoors caring for plants or appreciating nature?

Do I have special places that are healing to me?

What are some ways I might increase connection?

Pets/Animals:

Do I enjoy playing with and having a relationship with a pet?

Do I value animals and enjoy seeing them, listening to them, interacting with them?

What are some ways I might increase connection?

Ideas and Information:

Do I learn new things often?

Am I interested in new ideas and perspectives?

Am I getting the most out of my brain power?

What are some ways I might increase connection?

Organizations and Institutions:

Am I a member of any organizations?

Do I contribute to their growth and welfare?

What are some ways I might increase connection?

Greater Truth/Spirituality:

Do I have a spiritual practice?

Do I make time to read spiritual, uplifting books or listen to CDs or podcasts?

Do I continue to seek meaning and truth in whatever way resonates with me?

What are some ways I might increase connection?

Myself:

Do I meditate, have quiet time alone, know what matters most to me and live according to it?

Am I comfortable being who I am?

What are some ways I might increase connection?

Silence Practice Techniques

When we stop our thoughts, we stop the world. Our thoughts are the voice of our ego, and our ego is primarily driven by fear. According to the research of Dr. Fred Luskin of Stanford University, a human being has approximately 60,000 thoughts *per day*—and 90% of these are repetitive!

Just how much value can a repetitive thought add? Why do we have repetitive thoughts? Great questions. I believe we have repetitive thoughts because most of us haven't trained our minds to be still. Our minds and thoughts can be trained, you'll see results fairly quickly, and in stillness (or silence) you will find all of the answers you seek.

Here are some practices I've shared with countless people over the past few decades. To date, one of them has resonated with every person I've met. If you are the exception, let me know, and I'll submit more practices.

All of these practices are helpful for insomnia too. Simply do them in bed, as you are lying awake.

Pre-Practice Prep: turn off all phones/noise makers. Ensure your family/colleagues/etc. cannot disturb you. Sit up straight, whether in a chair or cross-legged. You may want to set a timer for 5 minutes. If you simply do silence practice daily for only 5 minutes you will see and feel a difference in 30 days or less.

Practice: Heart Opening

Say “me” and touch your chest. If you do this a few times you’ll notice you always touch the same area. This is the position of your spiritual heart, or your heart center (or *chakra*).

Close your eyes. Place your inner focus on your heart center. See a rose bud there, choose whatever color you like. Now see the petals slowly unfolding in your heart center. This rose bud has an infinite amount of petals. See them unfolding as the rose gets bigger and bigger, filling up your chest. Keep focusing on the rose unfolding.

When thoughts arise, let them pass, do not cling to them or reject them. Simply focus on the rose unfolding.

Practice: News Feed

Imagine a news feed across the bottom of a TV screen. There’s a bit of news, then some white space, then more news, and so on. Your thoughts are like the news. There’s always more! Now consider the white space between the thoughts. In Japanese, the word *ma* is loosely translated to mean pause--the pause between notes, the pause between breaths, the pause between sentences, the pause between thoughts.

Close your eyes. Place your inner focus on the constant stream of thoughts scrolling across the TV of your mind. See the scrolling thoughts floating in space or actually across a screen, whatever image works for you.

Don’t pay attention to the thoughts in detail. Them scroll by, do not cling to them or reject them. Now focus on the space between the thoughts, the *ma*, the pause. As you focus on the white space between the thoughts you’ll find it getting wider, longer, bigger. In time you’ll see mostly emptiness, with few if any thoughts.

Focusing on *ma*, pause, emptiness is a nice practice during the day too. Stop and notice open space as conversations pause, as music pauses. We are surrounded by pauses. That’s where some of the best stuff is. We often fill our minds and schedules

out of fear of emptiness. Yet emptiness is where true peace and connectedness and love can always be found.

Practice: Light Shower

Close your eyes. See yourself with your inner vision. You're sitting exactly where you are, dressed as you are. You are watching yourself. Move your focus to the top of your head. See a shower of white light pouring down over your head, covering your body gradually. Keep watching it pour over you as it covers you entirely, covers your outfit, your fingers, your face, your shoes or toes. It covers your front and back sides.

You can no longer distinguish your features, you simply see an image of you made of white light. This is the light of God, the Universe, whatever resonates with you. This light is always available to you, all you need to do is remember to tune in to the light shower.

When thoughts arise, let them pass, do not cling to them or reject them. Simply focus on the light shower covering you completely.

This is a terrific technique to do midday if you feel tired or upset.

Practice: Brain Dump

Back in the mainframe computing days a "core dump" was when the memory and all buffers were "dumped" or emptied. The result was pages and pages of gibberish as the buffers were flushed. Doing a "core dump" of your mind can be helpful when you have a constant swirl of thoughts.

Here's how to do it:

- 1) Get in a quiet place where you will not be disturbed. Turn off phones/etc. Have a piece of paper and pen ready.
- 2) Light a candle and ask for the highest good for yourself and all beings.
- 3) Set a timer for 20 minutes.
- 4) Now start writing about any issue you are obsessing about, want to clear from your mind, want to understand or be free from, or have a question about. Just write, unedited and unpunctuated. When the sheet is full, turn it over, then on upside down, on its side, etc. You will not be reading this later, so there's no point in using more than 1 sheet of paper. The only purpose is to keep writing until the timer sounds.

- 5) When time is up, either burn the paper or tear it up and flush it down the toilet. Wash your hands and change your physiology (jump up and down for a moment, roll shoulders, etc.)

Energy Recall

This is a technique taught to me in many variations by several teachers including BPI, Myra Lewin (www.halepule.com) and others. I am grateful to them all.

We all place energy out in the world—in people, places, projects. We place energy generally in an attempt to get something accomplished (like in a key colleague to help them get a project done for us or our partner to get them to do what we want). Another time we place energy is when we have a negative judgment about someone—in that case we'll push our energy out to them to try to make them change.

The trouble is we often leave our energy where we placed it—even when its purpose is complete. Countless clients of ours have done this Energy Recall process only to find they still had energy in former coworkers from years ago!

Here's how it works.

Close your eyes. See a large golden sun about 4 feet above your head. This is your energy. Now in your mind's eye flick a switch and notice that the sun is now magnetic. Ask it to call back your energy from wherever you have placed it: in other people, physical locations, specific projects, maybe you even placed it in your calendar. Many people see the energy coming back in discs, like pancakes or Frisbees, others see it as streaming energy or light. See it however you see it.

Regardless of the form the energy takes, track where it came from—where had you placed it? You can do this by “looking” at who is at the other end of the returning energy. If you see energy as a disc, flip the recalled energy disc over—can you see what is written on the back? Is it someone's name or a location or project? See the energy stream or disc rejoining your sun and merging back into it.

When you understand how much energy you are putting out and to whom, you will understand why you sometimes feel drained. Then you can work with your coach on putting energy into the positive alternative, the Relationship Bubble, which is the third part in each relationship—the “us.” For every relationship something is being created, the merger of the two people, the joint “project.” When you put your energy there, and not directly into the person, you will not feel drained.

Once your energy is recalled, flip a switch on the sun and see the energy in the form of golden light pouring down into you and over you until you're solid golden light. Then see it radiating off of you to your office, town, state, country, and the globe.

Please visit www.smarttribesinstitute.com/Energy to see this process demonstrated.

Please read my article on Forbes describing the Energy Recall Process:

<http://www.forbes.com/sites/christinecomaford/2014/12/05/get-more-energy-in-3-minutes-the-brain-based-way/>

