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The *Real* Energy Crisis

seeds sustainable, engaging and empowering designs for success

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The *Real* Energy Crisis

Are you singing your unique song? What is the footprint you wish to make in the sandy soil called your life?

We are living at a time of unprecedented and rapid rate of change in our world. As forms change and systems fail or fall apart, it can be frightening and confusing. The physical world, known as the “real world”, grows more problematic and complex. The things we have done in the past no longer seem to work. In the core of your being, you know something more whole, sustainable and loving is possible.

In the face of the enormous demands people juggle each day in their lives, multi-tasking is viewed as a necessity.

In much of the world, the way we work and live is to run, run, run. Our natural rhythms are rushed. It is rare to live in a setting where you can see the stars and notice the natural cycles of the moon. Our days get carved into bits and bytes as we text, tweet and connect through cyberspace. We are expected to react quickly and even do more with less. We are wired up and even melting down in some cases. External demands seem to be endless and work can be continuous without any way to fully disconnect.

Many people in the baby boomer generation are looking for alternative ways to support their families and communities. The youth of generation Y and the millennials question the sanity of it all, or the insanity. Generation X is often left stuck in the middle, trying to keep up. This is the generation that is also primarily responsible for raising our children. Work-Life balance seems illusive as we strive for longer days. The way we are working seems to be draining us. Still, we aim to

add more, do more, in an already busy hectic life.

The irony is that we *are* capable of so much more. We are designed for abundance. We have enormous capacity within us. We have the capacity to access a renewable sustainable energy and to co-create a whole new world from the inside out. What sense could it possibly make to keep this abundance and potential repressed? An organic natural process for sustainable living can offer some hope and renewal.

The seed at the heart of the matter is energy. Everything is energy. Energy is consciousness. Energy does not go away: it simply changes form determined by the intent and quality of the consciousness behind the form. The physical world and the cultures we have created often don't nurture or rejuvenate our souls. Especially in US cultures, it is getting more difficult to stop working long enough to take a real vacation, or a holiday that offers us a chance for healing and fulfillment for

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our souls. How can we co-create lives and workspaces that feed our souls?

Our souls long for renewal while the world keeps us busy doing more while separating us from being more in tune with our inner world of co-creative possibilities.

Our lives become “but a sleep and a forgetting” the dream seed in our heart.

Are you showing up in your life as a field of possibilities, noticing the energy and aliveness in everything?

Deep down, in the core of our being, many people know there is a field of possibilities and unlimited potential for love in life. What is the footprint you wish to leave in the world? What is the unique song you wish to share?

Our most precious resource is the sea of pure consciousness. It is the pulse, the heartbeat of sustainable livelihood. The quality and quantity of energy available to us through this sea of consciousness are not fixed.

The energy available to us is

a renewable and sustainable resource. The **real energy crisis** is that we try to live our life without accessing this abundant resource.

We are standing at a crossroads and have the opportunity to imagine a sustainable co-creative future. We have an open moment to receive the gifts of an energy that is light, pure consciousness. What will you choose?

It matters where we place our attention. Is it possible that a huge change could be realized by *shifting our focus from managing time to a focus on managing the quality and quantity of the energy we bring to each moment?*

What would it take to create more space in your life, perhaps a few deeper breaths? Take a few deep breaths and notice how you feel. Do you notice a change in how your body feels and how your energy is flowing? Take a few more: pause now and just breathe. You might experience more space inside or less tension in your body. You might even feel yourself begin to melt. Your energy

is simply changing form as you bring more conscious breathing into your body. If we truly wish for change in our lives, we have to co-create some space for something different to show up. Whatever size space you can make is really up to you. You can start with a very small step. It is most important to begin. The invitation and open door to sustainable energy may not remain open indefinitely. The time to awaken is NOW.

Who are you and what do you desire to see in your life?

We are organic energetic multi-dimensional beings. We function through mental, emotional, physical and spiritual energy. We are designed to live from the inside out, to discover our unique gift and share it with others. A human life is an unfolding, a blossoming of potential.

We have the power to transform the way we live and work. What is the investment you are willing to

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make in co-creating a different result?

You might create a simple ritual to represent your commitment. Here is an example: Plant a seed in a pot of soil infused with the intention to co-create change. The change will ripple out and touch others like ripples on a still pond. The degree to which you are committed is the same degree to which you will draw surprising and helpful resources to assist you.

Trust your inner knowing and ask yourself: ***What is the best way for me to co-create a shift in my energy right now? What level of being (mental, emotional, physical, spiritual) requires the most attention for me?***

You can take the **free assessment** mentioned below if you think it will help you to gain some additional clarity.

A few **suggestions (examples)** to care for emotional, mental, physical and spiritual well-being follow:

Emotional Energy - Shift out of Fight / Flight

A big challenge is often dealing with stress. Remaining in a stressed state turns off the immune system.

10 Second Relief:

- Rate your stress on a scale of 0 - 10, no stress to unbearable.
- Focus on the emotion in your body.
- Place the palms of your hands together.
- Breathe rapidly into your belly, in and out. Breathe in and out forcefully, blowing out air and taking in air through your mouth. Your belly moves out as you breathe in.
- Visualize something peaceful, or anything you enjoy.

Incorporate this simple technique 3, 4, or more times into your day. Rate your stress afterward.

Feel the emotions that emerge in you as you move through your day. Often we exert enormous energy to resist “negative” emotions.

If you have a heavy emotion, notice what you might be thinking. Notice the “story” you are running in your head.

Simple story lines that can generate anger and frustration may be blaming others for not meeting expectations, or feeling you must apply force and control events or nothing will get done.

For now, simply notice.

Express genuine, specific appreciation and gratitude to others.

Mental Energy - Focus and Optimism

Stop running marathons and carve out smaller sections of time to focus. (example: 90 - 120 minutes). Create uninterrupted space and then take a break. Set good boundaries.

Is multi-tasking, as a way of life, highly over-rated? Each time you shift focus you increase the time to complete your task by 25%. (Of course if you are caring

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for small children, you may need another approach.)

Find ways for technology to serve you instead of responding to it and allowing it to interrupt you. Create a ritual around email by only checking it at certain times in the day.

Discover what distracts your focus and make a small ritual around managing it.

At night, identify the most important challenge(s) for the next day. Focus on that first the next day.

Take 5

Set aside five minutes and turn on a timer. Sit and breath. Notice your breath and notice the volume of thoughts that are running in your head. Breathe and notice without judgment.

Physical Energy - Fuel and Movement

Ask your body what will nourish it best in this moment? Is it needing food or is it needing movement? What form of movement?

Perhaps your body would just like to dance? Perhaps your body would like a big hug.

Experiment with integrating nourishment for your body in small breaks during the day. See what works best for you.

Build in breaks for renewal.

Spiritual Energy - Meaning and Connection

What is it that you desire? What is it that you love and feel most passionate about in your life? Focus on what and get clear without thinking about how. Clarify what you value and also notice the energy, the resonance around those values. Create a simple ritual to bring more attention to your desires. What would work best for you? When you are clear about what you love, you can make choices in favor of that in your day.

Identify your strengths and get other information about yourself. Put focus on learning more about what makes

your heart sing. What is your unique gift? How can you own it more fully?

Please keep in mind that you are a resourceful creative being. I find it is important to stop and to ask: **What is the question that is central for me right now?** Listen. If you can form the question, the answer is within your field of possibilities, for the question and answer are linked.

The body, mind, emotions and spiritual levels of being are all interconnected. Trust the consciousness within you.

Perhaps a ritual to remember to **Stop, Ask, and Listen** might be most useful. Here is a link to a podcast with **Suchi Waters Benjamin** speaking about co-creative sustainable living. Suchi delivers a message with clarity and a frequency that touches your heart and soul.

Click on the hyperlink (PODCAST) to listen to the conversation. The link will take you to the Co-Creative

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Living website, scroll down to blog entry: **Suchi & Nancy Discuss Co-Creative Living in this Podcast Conversation (Part 1)**.

PODCAST

We are energy. We are connected to a precious resource of pure consciousness that is the pulse, the heartbeat of sustainable living.

Here is a link to a website that offers more resources and a free assessment. It is simple and might help you to gain more focus.

FREE ENERGY ASSESSMENT

The Energy Project has been working with people at work to focus on well-being on all levels. The focus is on investing in people to do their best instead of making increasing demands and draining them. You can read more about their work and positive impact it has on results:

www.theenergyproject.com

Key Benefits *for changing the way we live and work:*

- Experience a life of a different nature and share your unique gift.
- Imagine and discover new opportunities and possibilities.
- Health and well-being for ourselves and the environment.
- Co-create your life with an intelligence beyond the ego.
- Live, Love, and Laugh more.
- Invest in the well-being of the whole.
- Positive impact on our economy and our ecology.

Nancy McMorrow is a leadership coach and group facilitator. She is President of **seeds: sustainable, engaging and empowering designs for success**. She works with clients to imagine possibilities for sustainable living and to clarify the vision and steps on their personal journey of manifestation. She inspires, challenges and energizes the leader in you to turn your vision into reality. Nancy also works with groups in organizations to facilitate conversations and learning in the areas of diversity and inclusion, team effectiveness, and leadership. Visit her website at: <http://www.seedslc.com>

Credits:

- Center for Co-Creative Living founded by Suchi Waters Benjamin <http://www.co-creativeliving.com/CCWebsite1/Home.html>
- Research on Engagement in the workplace:
The Gallup Management Journal
- The idea to shift the focus from managing time to managing energy:
- The Power of Full Engagement, Jim Loehr and Tony Schwartz
- Article:
“Manage Your Energy Not Your Time”, Tony Schwartz and Catherine McCarthy
Harvard Business Review – October 2007

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