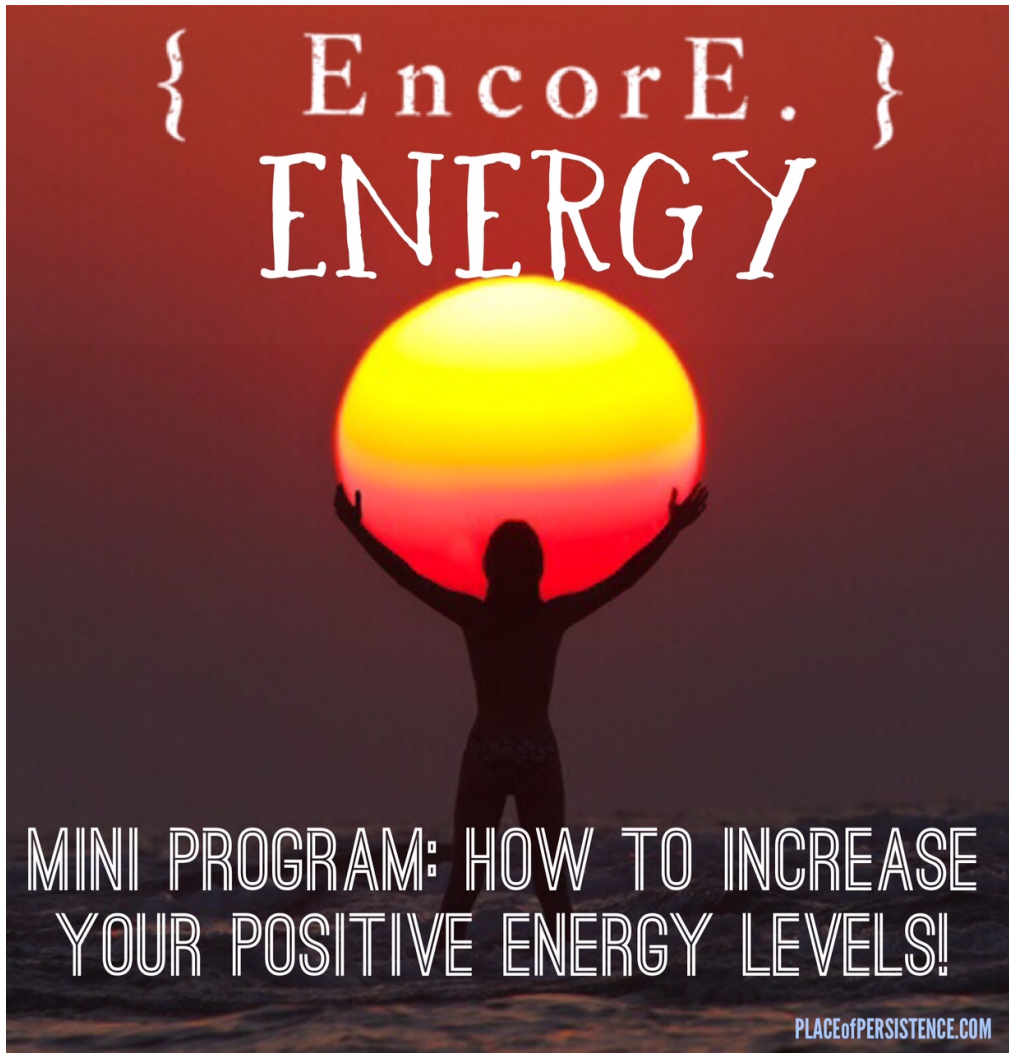


# -PLACE of PERSISTENCE-



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# The Energy that you have been craving

Have you ever been around a person and they have been extremely bubbly, cheerful, active, full of life and overall very energetic about everything they are doing? I know I have and I have often thought to myself geez I wish I had just a small amount of their energy and I would be able to be far more productive, active and happy in the things that I do in life.

If you have a look at a lot of successful, healthy and wealthy people in life then there is one thing that you will notice that is common amongst most of these people and that is that they are very proactive, highly energetic and they have a great deal of fire in their belly. However, far too often we see that the average person in society is tired and exhausted. Their energy levels are far too depleted due to the general stresses of life, work, relationships and financial pressures. Yet most of us don't even realize that our energy levels are so depleted and that they are actually impinging on how productive and happy we are in our lives.

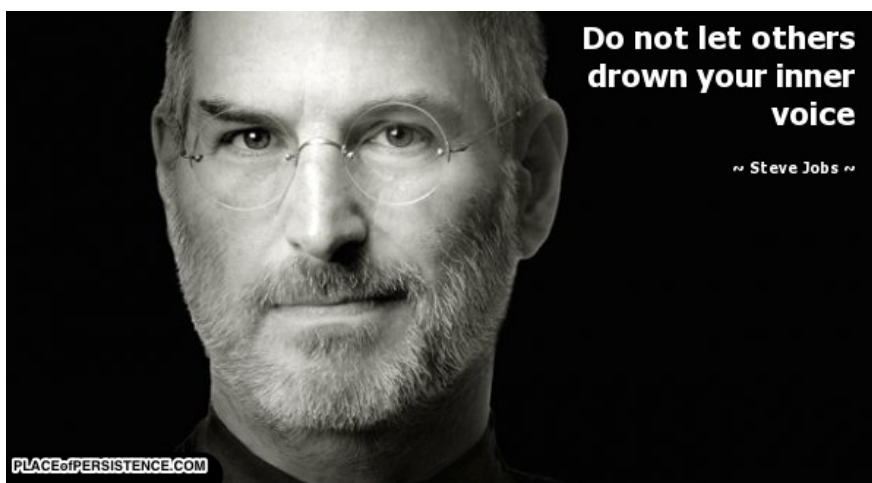
For this very reason it's time to take a stand and take action to begin optimizing our lives. A great starting point for this is to increase our energy levels both physically and mentally.

So what I want to discuss with you throughout this epic blog post is a number of different ways in which you can increase your energy in order to be more productive and be generally more happy about yourself and your life. I want to offer you a **MINI PROGRAM** that I have put together to help you increase your positive energy levels.

At the end of the day we all need to realize that everyone is different and some people are simply born with a little bit more drive and fire in the belly than other people due to their personality and genetic make up which can enhance their ability to be more energetic. But certainly there are many different ways in which you can optimize your life by increasing your positive energy levels and that's exactly what we want to discuss throughout this program.

## "ENCORE ENERGY PROGRAM"

### Energy Habit # 1: *Be conscious about your thoughts*



You need to get in touch with your "Inner Voice", that is the voice inside your head which is constantly talking and telling you how you should think, what you should do and how you should feel. It is your own personal voice which only you can hear or acknowledge - yet it is a voice which is the most powerful influence on you as a person. Far too often it is a person's ego and self importance which completely takes over control of a person's inner voice. Generally when this happens that person will exude a certain level of negative energy towards themselves and other people around them. People can often become extremely negative and jaded when all they think about is themselves, what possessions they do or do not have and their own self importance.

So in order to change this a person needs to become more conscious of that inner voice inside their head and find a way in which to stop themselves from attracting negative self serving energies into their mind. One way is to realize when your inner voice is beginning to be overpowered or controlled by the ego. If you are conscious about your inner voice and your thoughts then as soon as you're in the middle of thinking about something that is surrounded by negative energy you should immediately shift your thoughts and emotions from the negative energies into stronger and more positive energies. A stronger and more positive energy field is one which is not controlled by your ego and self importance but rather one that is focused more on kindness, forgiveness, love, creativity, productivity and generally being a good person.

Becoming more conscious about your inner voice will enable you to shift your thinking away from negative energies and towards more positive energy. Sometimes your emotions will get the better of you and they will be so strong that you're unable to make that shift away from the negative to positive energy but on the whole if you can be more conscious about that inner voice and your own personal thinking then you should become better at being able to shift your negative energies over to a more positive energy field.

If you are able to incorporate this conscious thought along with a number of the other steps in this Encore Energy Program then you will be able to increase your energy levels and you will automatically find that you are being more conscious about your thoughts and ultimately project yourself in a higher energy field.

Does this habit sound a bit too wishy washy for you?

Well, if so, then take a real life examples to help paint the picture a little better.

***Scenario Example:***

You are in your car on the way to work in the morning and someone in another car cuts in front of you. Your instant emotional reaction is to think thoughts along the lines of:

*"How dare you be so rude to cut in front of me, who do you think you are, I was here first, look at you shitty car, look at you, you're so ugly, what an asshole."*

I am sure you have all been in a similar situation when someone has done an act which has really rubbed you the wrong way and your inner voice has said a number of similar things to what we just mentioned above. All of those thoughts and emotions are filled with negativity, hate and disdain which ultimately introduce a large amount of negative energy into your

mind. Ultimately the other person cutting in front of you in the traffic line is so insignificant in the over all realm of things going on in your life yet your inner voice has made such a big deal of it because it is driven by your ego and self importance.

*"How dare someone act like that towards me....don't you know who I am"* that sought of thinking really does attract negative energy. It's the little insignificant things in life like this which can constantly occur and turn a persons overall attitude into a very low and negative energy field.

So the name of the game in being conscious of your inner voice would be to realize as quickly as possible when those low and negative energy thoughts and emotions are entering your mind.

In relation to the traffic example above, when you see the person cut in front of you then your natural reaction will be to start judging and criticizing that person which is driven by your ego. But the sooner you can take a step back and take control of your inner voice by saying:

*"Hey hold on, stop feeling animosity towards this person, he may be in a hurry & stressed out for reasons I don't know, or he may just be rude, but hey just let him in and get over it what is the big deal, who cares, him pushing in has not hurt me, it's no big deal, off you go mate and I hope you have a good day."*

Notice that this inner voice is a lot more passive, relaxed and less stressed over such an insignificant issue. Well that is because your inner voice has been separated from your ego and self-importance, you have been able to become conscious of your inner voice by shifting negative energy into positive energy.

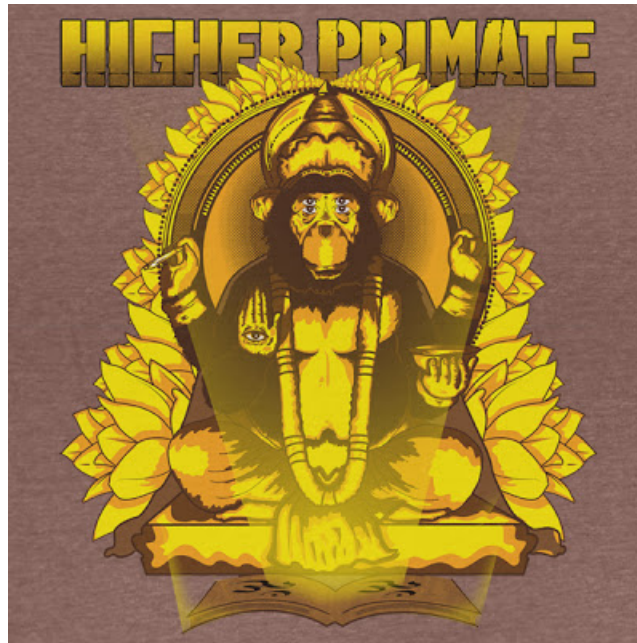
This is such a critical step in attracting higher and more positive levels of energy into your life. Obviously, the above example is simply a common scenario but the principles of being conscious of your inner voice and making that shift should be applied to all situations in your life.

It is very rare that you find a person full of life and energy who is always being negative or trying to bring others down instead I generally find that these high energy people are always trying to lift the spirits of others around them, help them be happier and more energetic themselves.

Ultimately your goal is to simply realize that there is that inner voice inside your head and you need to be conscious of the fact that your ego and self importance which are run by negative energies can often control your inner voice, your thinking and bring you down into a weakened, low and negative energy field. Alternatively, you want to be more conscious of your thinking and attract more positive energy into the way you feel, think and act towards others.

You will actually be surprised at how much more at peace and how much more happier you can be when you are more conscious about your inner voice and what controls it. In relation to developing this habit you simply need to be aware of your inner voice a consciously analyze it and catch it out when it begins to be controlled by negative energies and then make that shift towards more positive thoughts, actions and energies.

## Energy Habit # 2: *Meditate on a daily basis*



Picture from [Higher-Primate.com](http://Higher-Primate.com)

Meditation is such a powerful activity to take part in which is free, easy to do and anyone can take part in it. I remember for years I was very curious about meditation and I really wanted to try and give it a go but I just wasn't sure how to start or how to teach myself to meditate. I had tried to sit down and completely remove all my thoughts and feelings from my mind and meditate but after a couple of failed attempts I thought there was some trick to being able to meditate properly so I just stopped doing it.

But what you need to know is that meditation is like a reset button for your mind and it doesn't necessarily mean you have to completely remove all your thoughts, feelings and emotions out of your mind to be able to meditate, in fact removing all of those things from your mind would be next to impossible.

However, recently when I went away on holidays to Hawaii and I was reading "**The Secrets of Power of Intention**" by Dr Wayne Dyer I was able to learn about a number of ways to increase my energy and certainly one of these ways was to begin a daily ritual of 10 to 20 minutes of meditation.

So I thought I would give it another crack and really concentrate on trying to get into this meditation stuff. So one early morning I went out to the beach as the sun was rising over the ocean and I sat there with out anyone around and just heard the crashing of the waves in the background. I crossed my legs I sat with my hands in front of me and I close my eyes. I then started to focus my mind on my breathing and in particular I would breathe air in through my nose and pretend that I was breathing in clean pure air and a whole lot of positive energies. Then when I would exhale, I would do so through my mouth and I would pretend as though

the breath that I was exhaling was ridding my body of a whole lot of impurities and negative energies. I would try to concentrate on my breathing as much as possible, sometimes my mind would start to wander off and begin to think about different things going on in my life but I would then quickly shift my thoughts back to concentrating on my breathing. After about five minutes of just concentrating on my breathing through my nose and then exhaling any negative energies out my mouth I suddenly began to feel my mind started resting at ease.

I will ever forget that first truly incredible meditation experience that I had as I sat on the volcanic rock shore line at Turtle Bay in North Shore Hawaii.



After I feel my mind was the ease I then started to concentrate on the **7 facets of intention** that I learned from Wayne Dyer's book "[The Secrets of Power of Intention](#)". I sat there and I thought about each particular facet of intention that I could try to improve on as a person for myself and these 7 facets of intention include:

- Being more **CREATIVE**
- Acting with greater **KINDNESS**
- Giving more **LOVE**
- Seeing more **BEAUTY** in everything around me
- Promoting greater **EXPANSION** of positive energy
- Realizing that there is an **ABUNDANCE** of positive energy everywhere
- Being **RECEPTIVE** to all of the positive energies around me

After sitting down and concentrating on my breathing and once my mind was at ease I sometimes feel like I have a minor out of body experience as I sometimes feel a sense of weightlessness. This type of out of body experience does not always happen but occasionally when I am in deep meditation I have a weightless or floating type of feeling which is incredible. By concentrating on the 7 facets of intention I am able to think about the different ways that I can introduce more positive and higher energies into my own personal life. It allows me to reset my mind and visualize a high energy blueprint for the day ahead.

Take for example "**CREATIVITY**" I would think about different projects I'm working on in my life. I would try and visualize where I wanted that project to be at the end of the day and what results that I want to achieve from it and by doing this a whole lot of other creative thoughts and issues come to my mind of how I can achieve this goal and expand the ideas in other creative ways. I usually find that after this my mind is clearer and more focused on the direction that I want to take, so in effect my daily habit of meditation is a fantastic productivity tool.

When I focus on "**KINDNESS**" I think about something that I could do which would allow me to be kind to other people or I would think about some Random Act of Kindness that I could do to help someone out without seeking anything in return.

Whilst I was going over these 7 facets of intention in my mind during my 10 to 20 minutes of meditation each morning I am all the time concentrating on my breathing so that I was breathing pure thoughts, feelings and energies through my nose and exhaling the negative energies out through my mouth. Finally once I had gone through the 7 facets of intention I would simply focus on my energy levels and in particular what I needed to get up and do for the rest of the day.

Meditation has done a couple of things to me in particular it helps clear my mind and focus on the person that I want to be and reconnect with my inner voice allowing more positive thoughts and higher energies. It allows me to subside the more negative thoughts and energies that tend to worry me and take control of my life, my emotions and thinking. One of the main things that meditation has done for me is it has allowed me to be more patient in life and not get angry and aggressive over small insignificant things that really at the end of the day do not have a significant impact on the way I live my life.

Meditation allows me to get more in tune with my inner voice and my conscious thought. I find that a daily ritual of 10 to 20 minutes of meditation is just like fine tuning my brain just as if it is a well oiled engine.

Some days I will have extremely deep feelings and out of body types of experiences when I meditate and other days I will find it harder to focus on the positive energies. But if you make meditation a daily ritual when you get up in the morning it will definitely work in your favour in attracting higher positive energies into your life and allow you to be a happier and more productive person.

## **Energy Habit # 3: *Exercise on a daily basis***



Exercise and physical activity is a no-brainer in relation to bringing a greater amount of energy into your life. If you make a point of doing some sort of daily physical exercise whether it be only for 20 minutes it will certainly enhance your energy and overall happiness. It is no secret that when you see extremely vibrant, happy, healthy and high energy driven people that they are generally fit and in good shape because they incorporate an exercise routine into their life. Exercise really shouldn't be an option in your life and you really need to be able to want to exercise and enjoy your exercise otherwise it will become a chore for you.

I tend to enjoy mixing my different physical activities so I don't get bored of doing the same thing all the time.

One day I might go for a long run, the next day I might be lifting heavy weights in the gym, another day I might do some intensive yoga and stretching exercises at home, for another day I might just go for a long walk however regardless of what I'm doing I want to be able to get the body moving and raise my heart rate.

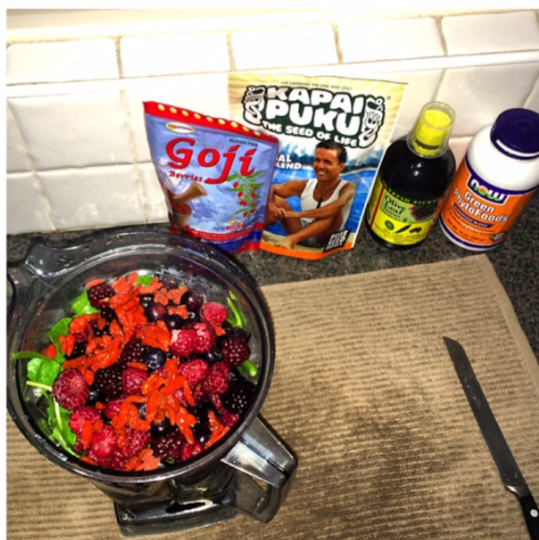
The human body was initially designed (or evolved) to move. It was not designed to sit in an office staring at a computer all day in a seated position. So doing some sort of physical activity, stretching, movement, lifting is absolutely critical in order to prevent the body ceasing up and failing in health.

Exercising releases endorphins into your body which makes you feel good and has a positive effect on your overall health and well being. It just automatically brings a whole range of positive energies into your life both your mind and your body.

I would recommend doing some exercise as soon as you get out of bed in the morning for a minimum of 20 minutes and then perform a minimum of 10 to 20 minutes worth of meditation shortly after that. These two activities should definitely be incorporated into a higher energy morning ritual that you should perform every day. You will be astounded as to how much better and alive you will feel if you begin doing this every morning.



## Energy Habit # 4: *Be conscious of the food you eat*



Just like exercise eating healthy food is also a no-brainer for introducing more positive and higher energies into your life. This doesn't mean you have to take your diet to an extreme level by strictly eating specific weird types of foods however what it does mean is that you should cut out a lot of foods which weaken your energy levels. By dramatically reducing or completely cutting out all refined sugars and processed foods this will be a major step in removing foods that carry with them negative types of energy and general unhealthiness. If you replace these refined sugars and processed foods with more naturally freshly grown foods such as organic fruits, vegetables and grass fed types or organic meats then you will automatically feel a lot more vibrant and healthier for introducing these types of foods into your diet.

The fact is that while you might get an instant rush from eating highly processed and refined sugared foods this is a very short lived high which will ultimately mean that you crash, feel very flat and low subsequently introducing you into a weakened state of negative energy.

I will freely admit that my diet used to be my biggest downfall in regards to my overall health. Despite the fact that I do a lot of regular exercise you really need a healthy balanced diet to compliment this healthy and high energy regime. Because my diet used to be extremely poor I eventually came to the realization that I needed to fix my diet.

Probably the best habit that I put in place in improving my overall health was to buy a high powered blender and begin using it daily to create healthy super-food smoothies everyday. What I am now able to do is put a whole lot of fruits, vegetables, spices, nuts, seeds, spring water and other ingredients into the blender. I am able to blend it up into an extremely healthy smoothie drink. I generally try to create one of these every night before I go to bed so that in the morning I will have two or three 600 ml water bottles filled with this super-food goodness drink. The amount of fruit and vegetables that I can fill into this blender and mix into a drink is massive and can contain my required daily intake of healthy vitamins and minerals. The great thing is that I can consume all this healthy goodness in an extremely short amount of time by simply consuming a drink, it has made my life so much easier and improved my diet out of sight. I can mix up different variations of what fruit and vegetables that I put into my blender to create different tastes and consistencies. I generally feel great immediately after consuming the blended drink.

I also like to add in various other ingredients like chia seeds, olive leaf extract, coconut oil, acai, super-food green powders and other extra ingredients to increase the taste and healthiness of the smoothie.

It is actually incredible how much more energetic I feel after consuming one of these drinks and it is such an easy way to get a whole lot of goodness into your system without having to sit down at a table and eating a whole load of fruits and vegetables on a plate. Again I implore you to incorporate a fruit and vegetable smoothie blend into your morning ritual by consuming it in the morning when you're on your way to work or once you've finished your meditation and exercise rituals.

Your body will absolutely thank you for it, your skin will look more vibrant and of course you will increase your overall energy levels.

## **Energy Habit # 5: *Avoid low energy substances***



It is pretty well known that there are a lot of substances within our society that can often get abused but which we clearly know that are not good for our health and well-being. Substances such as alcohol, drugs and other sorts of negative toxic substances are well documented to be adverse in relation to our health and energy levels. Whether you use these low energy substances socially or whether you abuse them habitually the fact remains that they do carry with them a great deal of low negative energy which will ultimately weaken your body's physical and mental resolve.

There are many different reasons why people choose to partake in consuming these negative low energy substances but if you really want to be serious about increasing your energy levels and living a more positive life then you really need to take a step back and have a look at why you are consuming these substances.

Sometimes in striving to succeed at life it can come down to minimizing the mistakes that you do and certainly consuming toxic and low energy substances can be viewed as a problematic area in one's life.

In saying this I am not here to preach to you that you should never touch alcohol, or drugs, or refined sugars or any other low energy substances instead what I am saying is that you should be more conscious about how often you to consume these low negative energy substances. You should make a concerted attempt to try and dramatically reduce or refrain from consuming such substances because at the end of the day, whilst they may give you a short-term high or good feeling, they will ultimately bring negative energy into your life and put you into a weakened energy state.

You should view these low energy substances for the most part as toxic and poisonous substances which naturally should not be consumed by the human body. Just think, if you have a huge night out socializing and drinking large amounts of alcohol then I can guarantee

you that the next day you are going to feel less energetic, dehydrated, flat and low on energy, you may feel hungover and emotionally quite depressed. This is just one example and one common substance that introduces low and negative energy into your life alternatively if you can consume more positive and higher energy substances like healthy organic foods, vitamins and minerals then your body will respond both mentally and physically in a higher energy state, you will feel stronger and a lot more full of life.

If you do tend to take low energy substances such as alcohol or recreational drugs in social settings then you just need to be more conscious about the negative effects that they are having on your body and you should be more conscious about trying to reduce your intake of these substances. If this is your situation then you may also want to take a look at the social groups and settings that you are involving yourself with because all too often the groups of people you associate with can generally work hand in hand with the substances that you consume.

However, if you are regularly abusing drugs, alcohol and other low energy toxic substances then it may very well be that you have an addiction to these negative substances and if this is the case then you should really take a step back and have a good long hard look at the root cause of the addiction. It is strongly advised that you seek professional psychological and medical help in trying to overcome addiction.

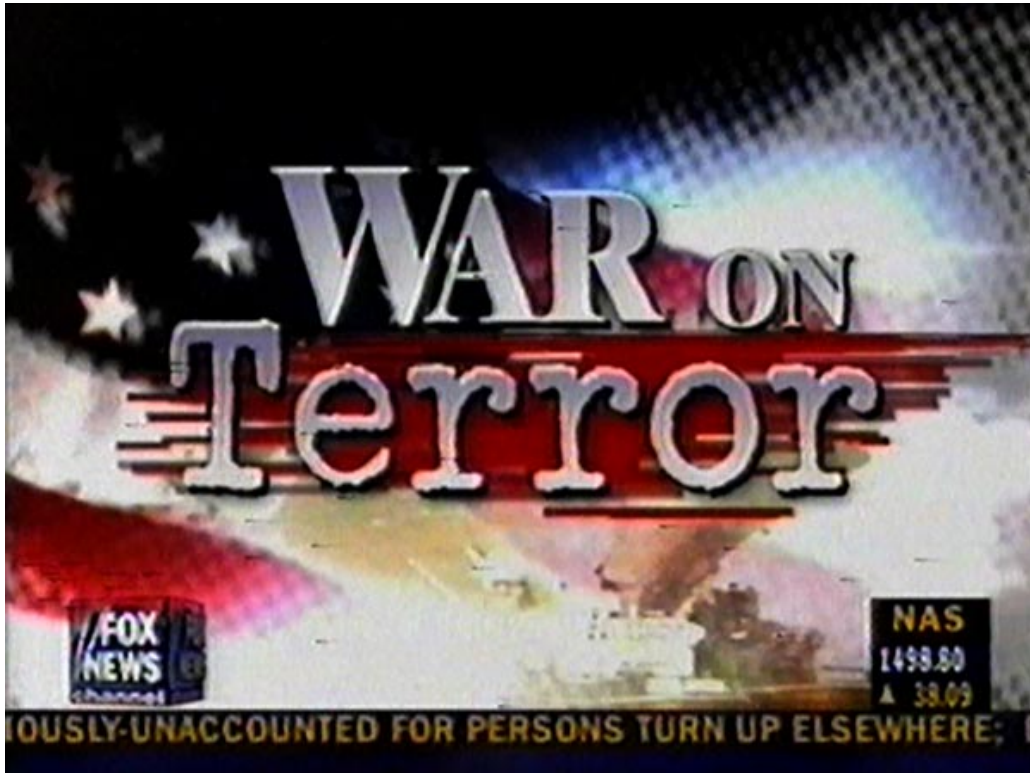
You should never be too proud or too scared to admit that you have a problem and to obtain outside help in order to reduce or abstain from these negative low energy substances because at the end of the day it will only be in your best interest to get help if you need it.

An example of low energy, negative and toxic types of substances that you should try to avoid in your life is much as possible would include:

- Alcohol
- Drugs both illicit and non-essential prescription (please consult a medical specialist in relation to taking prescription drugs)
- Refined sugars
- Trans fats
- Most processed foods

So take a look at all of the substances that you put into your body and assessed whether you need to reduce certain substances that you consume. Perhaps it is a matter of cutting out the lower negative substances and replacing them with an alternative but more positive type of substance.

## ***Energy Habit # 6: Avoid low energy or negative TV & Music***



Whilst you may not believe it the amount of television and music that most people listen to on a daily basis is on average quite a significant amounts of digital consumption. We probably don't even consider how many hours of the day we sit down watching TV or listen to music but if we actually did calculate the amount of time we spend consuming digital sources of information and entertainment then we would be amazed at how much time we spend consuming it.

Now I'm not going to turn around and tell you that you should completely stop watching television or stop listening to music because ultimately these activities are entertaining and can be fun and relaxing for a lot of people. I will however tell you that you should consider being more conscious and aware of what types of topics and issues you're watching or listening to. The reason why you should be more conscious about the different types of television and music that you consume is because there are a lots of different topics, genres and issues that carry with them very low negative energies and connotations.

You may think that this is being a little bit silly and is being far too overkill in order to increase your energy levels in your daily life but at the end of the day what this program is about is putting in place a number of habits for you to attract higher positive energy levels into your life in order to make you happier, healthier, friendlier and more positive about the life that you live. Therefore it is important to analyse and take a look at every single aspect in your life and try to reduce or get rid of as many low negative energies and certainly this includes the consumption of certain types television and music.

I understand that there are a lot of movies and televisions shows that are presented at home on your television that are often fun and entertaining to watch or informative and educational but you should just be conscious that you are able to be entertained by watching a number of programs or movies that promote higher positive energies as opposed to lower negative

energies. Some people find it important to keep up with current affairs but it seems that in this day and age the news tends to report on a lot of negative information out there in our world, there is a lot of fear mongering which is presented on TV in order to shock the masses and attract the audiences attention. Unfortunately, many of these current affairs programs fail to report on the more positive, enlightened and happier things that go on within our world and for this reason many current affairs programs tend to report on very negative low energy type stories. Sure it is good to keep up with the current affairs around the world and locally but if you are watching constant coverage every single night when you get home from a hard days work of people being killed, their homes being destroyed, murders, rapes and wars going on overseas then it is just natural that you are going to attract lower negative energies into your own mind. You will soon develop a jaded mind if you consume too much of this repetitive negative viewing.

Of course it is very sad that these tragic stories to go on around the world however as mentioned there are plenty of happy and positive stories that are also going on in our world which are not reported on and if you can immerse yourself in today's more positive and higher energies then you yourself will feel better about the world around you.

I don't think it is my place to sit here and tell you what to and what not to watch because everyone is different and everyone is entertained and educated in different ways. However, all I am saying is that in order to bring yourself closer to a higher energy source you should try and reduce the amount of sad, tragic, fear mongering types of stories, topics and issues that are presented on TV every single day.

Similarly, the type of music that you listen to can also introduce negative energies into your life. Certainly there is a whole range of different musical genres out there which you can choose to listen to but studies have shown that happier music can elevate a person's mood and in turn introduced higher more positive energies into their life. Different types of music is pleasurable to different types of people however what you should know is that there is certain music out there and which is filled with negative values and send messages of hate and negativity to other people in society. Also extremely loud, repetitive and hard-core types of music have also been shown to introduce lower energy sources into peoples people's lives.

**PARENTAL  
ADVISORY  
EXPLICIT CONTENT**

I have heard some people say that I like to listen to hard-core techno music or hard-core metal music or hard-core rap music because it pumps me up for when I go for a run or when I go to the gym that may be the case however it is pumping you up the sort of music to increase your anger levels in order to help you go harder and stronger in the gym or in the activity that you're participating in. If you find that this type of music is working for you in these types of circumstances then so be it but all I am saying is that you should try and reduce the amount of negative music that you do listen to and if you do listen to some negative hard-core music then you should try and balance that out by listening to some more happier positive styles of music.

Television and music entertainment is certainly a choice that everyone has to make but you should really become more conscious about the types of entertainment that you're enjoying and listening to as the type of digital material that you're consuming on a daily basis can certainly affect the different types of energies that you attract into your life.

## ***Energy Habit # 7: Surround yourself with high energy photographs***

Photographs and pictures are fantastic way of stimulating a person's mind and also recording a specific event in time which can bring back pleasurable and positive memories from the past.

It is for this reason that we encourage you to increase the amount of sentimental and positive photographs or pictures around your house that you can see on a daily basis. If you are constantly surrounded by meaningful and positive photographs or pictures which can jog your memory about pleasurable experiences then this will automatically bring more positive energy into your life. This is as opposed to leaving a more sterile lifestyle where you have no pictures or photographs in your home, in your wallets, around your workplace and you don't have any positive visual sources surrounding you in your life to reinvigorate pleasurable memories and energies that you have experienced in the past.

Pictures and photos are such a fantastic way to record things that have happened in the past, they bring a lot of positive energy into your life and they create a sense of fulfillment, belonging and love when you are constantly surrounded by these pictures or photographs which bring us happy memories.

Believe it or not such a small thing as introducing more happy and memorable photographs into your home or your workplace can definitely introduce a higher and more positive level of energies into your life.

So start snapping away and treasure those beautiful moments.

## ***Energy Habit # 8: Become conscious of the energy levels of the people around you***



It will become extremely interesting to you that as you start to put these daily habits in place and start becoming more conscious about bringing higher positive energies into your life that you will begin to realise that different people in your life also exude a certain level of their own energy whether it be more positive or more negative.

Everyone in this world is completely different some people see things in different ways to other people and certainly some people have a more happier and brighter outlook on life which generally attracts higher energies to that person and of course on the flip side there are people that tend to be more negative and more judgmental about different things and towards other people, thus we tend to see that these types of people have a lower source of energy about themselves.

By becoming more conscious about introducing positive energies into your life you will see that different people around you in life will carry themselves in a way which is ultimately driven by a certain level of energy. Now again this program is not here to tell you who to be friends with but we do want you to begin making more conscious choices as to the different energy levels that the people you associate with have. If you do want to attract higher and more positive energies into your life it is a good idea to begin associating more with people who also have a more positive frame of mind and higher positive energy about themselves.

In the past I have often found that when I am hanging around the person who is always putting other people down or being very judgmental about certain things I tend to find myself falling into that same low negative energy trap that they have surrounding them and I often tend to find myself agreeing with them and also being negative and judgmental in certain areas. It just seems to be a natural thing to do when you yourself are pulled into a low energy field then you will automatically find that you shift your whole mental and physical energy into that low negative field as well.



However, on the flip side I find that when I hang around people who are full of beans, happy in their own skin and are happy with their life, they have fire in their belly, they tend to offer kindness to themselves and also to others. When I'm with these more positive people the negative and judgemental thoughts don't even pop into my mind, in return they don't exhaust me and pull me down to a lower energy level either.

I myself have a loss of long-term friends who I will be friends with full life who I know are extremely negative people. But now that I am more conscious about some of their negativity towards different things then when I am around them or associating with them I just try and be more conscious positive about this negativity and I try not to bring myself down to their lower energy field level.

It works very well. So basically you have to understand that everyone in this life is different and we can't afford to be judgemental towards others in trying to understand why they themselves may have more negative in their life. So what we're trying to help you understand is that if you can be more aware and conscious of these negative energies then you will be able to remain positive and keep yourself in a higher energy field.

In turn by you being more positive and remaining in a higher energy field then it is likely your friends and associates who are more negative about things in life will actually shift over to a more positive energy field that you're worrying and it will help bring more energy to their lives as well.

The wonderful thing about this program is that if you're able to introduce a greater amount of higher and positive energy into your own life then naturally this will rub off on to other people who are around you and in your live subsequently expanding this higher and more positive energy to everyone we come in contact with.. This can really only be a fantastic thing and result in side effects of you becoming more energetic as a person.

## ***Energy Habit # 9: Be conscious of your activities & where they take place***

What you do in your spare time and how you conduct your work or your business is a choice that is entirely up to you. However you should know that there are many different types of situations that you can put yourself in which will either enhance your positive energy levels or diminish your energy levels by attracting low and negative energy. As we have mentioned in the previous steps there are a number of things that can attract low and negative energy into a person's life such as low energy sources of music, television and substances which people can consume.

So in order to be more conscious of where your activities take place so that you can attract a higher level of positive energies into your life then you should really decide where it is best for you to carry out your work and social activities.

For example if you spend a lot of your spare time going out late at night to dark dingy night clubs filled with loud repetitive music which carry undertones of negative influences and

furthermore hanging around with people who are right into consuming large amounts of drugs, alcohol and cigarettes then the natural result of this will be that you will attract low and negative energies into your life. Generally, if you are hanging around and constantly socialising in similar settings like this then you yourself will end up consuming and abusing negative substances and taking part in situations which have extremely low and negative forms of energy.

Another example of a low and negative energy filled place to carry out your activities would be a place where your true self is not accepted by others to dominate the situation. Whether it be a social group or a religious group or any other sort of group or organisation that doesn't accept you for who you are and that brings a lots of prejudice to you as a person then these are certainly situations where you want to avoid carrying out your activities whether it be in your spare time or your work or anything that you wish to carry out as a person.

The fact is that if your friends are constantly hanging out or socialising in low negative energy situations then you really need to take a step back and assess whether these associates or friends are actually able to be your friends in different and alternate situations where there is higher and more positive forms of energy. True friendships can withstand high and low energy types of situations, so if you feel that you would be unable to be friends with the people that you are hanging around with in alternate situations which are more positive then you really need to assess whether these are friends that are worth staying in contact with. Often the only things some people have in common are the negative activities such as drinking or drug taking which constantly bring them together into low energy types of situations.

Certainly we are not here to tell you who and who not to be friends with as these are choices that you as a person and an individual will make on your own. But what we are simply trying to do is point out that you can attract higher and more positive energies into your life when you carry out your social or working activities in more positive situations and locations.

If you are a little bit unsure as to which types of settings and areas bring with them higher more positive energies then you really need to focus on the different aspects that we have already discussed in this program that attract greater energies.

For example we have already discussed in this program that being active through performing exercise brings with it high and positive forms of energy. Therefore you can put yourself in more active and healthy social settings where exercise and activity is the focal point of what you surround yourself with, this will bring with it a higher form of energy into your life. Certainly we have pressed upon you that hanging around with more positive and supportive people will automatically bring your own self into our higher and more positive field of energy so if you can socialise more frequently with these types of people in settings which involve healthier consumption of foods, greater amount of physical exercise, a reduced amount of substance abuse, non-judgmental settings and other forms of low negative energy then you will find that you are more easily able to attract a higher level of energy into your life just by being more conscious about where you carry out your activities in life.

In this program we touch upon the fact that displaying an element of kindness towards others attract extremely positive and higher forms of energy into your life. Given this you may wish to consider in your spare time taking the time out to help out the elderly, or the homeless or other people who are less fortunate than you are in life. This type of kindness towards others

will make you feel good about yourself it will certainly make others appreciate you as a person and appreciate what you were doing for them. Overall this can only introduce more positive and higher energies into your life.

Ultimately the choice is up to you as to where you work and the way you spend your time socialising and performing different types of activities. However the strong point that we want to make to you is that you should be more conscious about where you carry out your work and your activities since the different environments that you participate in can often determine the different types of energies that you attract into your life.

## ***Energy Habit # 10: Extend Random Acts of Kindness without expecting anything in return***



Often when we become too engrossed in our busy and exhausting lives we simply become too obsessed with our own ego and self importance the result of this is that we tend to forget about other less fortunate people in the world. This is a very sad reality of the way in which our world is going and to be quite honest this type of living is a low and negative form of living. It is simply making us more jaded and introverted into ourselves and our lives. The less fortunate and disadvantaged people in the world appear to be falling through larger and larger cracks that are appearing in society.

This however can be changed in a very easy and simple way by carrying out random acts of kindness towards other people who may be less fortunate, disadvantaged or other people who are simply not expecting an act of kindness to come from you. By performing a random act of kindness on a less fortunate or unsuspecting person then you are actually doing a couple of things - you are performing a good deed for someone else and bringing happiness into

another person's life. This will automatically bring a higher and more positive form of energy into the recipients life. But the other thing that it will do is it will automatically make you feel so much better about your own self and this will in turn bring a huge amount of high and positive energy into your life.

When you carry out a random act of kindness on a less fortunate person or a person who simply does not expect such kindness to come from you then what you're doing is you're actually spreading that kindness onto other people and in turn that kindness becomes quite an infectious type of energy. This kindness received by others will show them that it is easy to spread this highly infectious positive energy, it will make them feel good about themselves and in turn they will often act out in ways which produce more kindness towards other people.

Just by you taking that one step to perform a random act of kindness can have a huge flow on affect to an infinite number of people in this world where kindness spreads throughout different aspects of our society. You will never know how your one act of random kindness can affect so many people and certainly more people than the person you are offering your kindness to. It is certainly through this type of flow on effects and infectious energy that can be created from a random act of kindness that this is a hugely effective way in which we as a society can help bring more positive and higher energies into everyone's life.

I initially came across this concept of Random Acts Of Kindness (RAOK) one day when I was listening to a [Smart Passive Income Podcast by Pat Flynn](#) where he went into some detail talking about carrying out a Random Act Of Kindness and the profound effects that it can have on other people. I then came across the Random Acts Of Kindness concept more recently through Dr Wayne Dyers book when he went into more detail about how great our ability to be kind can be in introducing higher positive energies into our lives and other peoples lives.

## ***Energy Habit # 11: Strategically placed written affirmations***

So this is a great way to bring another level of positive energy into your life and to be able to jog your mind or shift your mental state into a higher more positive energy field at various times throughout the day. By now you should be aware that this whole program is designed to make you more aware and more conscious of your inner voice which can drive your body and your mind into different energy fields be that positive or negative.

By strategically placing specific written affirmations around the place which have meaning to you on a personal basis and allow you to think more positively about your life then this is a fantastic way to remain more conscious about your thinking and about the energy surrounding you at specific times throughout the day.

### ***FRIDGE MAGNET:***

For example I was introduced to a short written peace by my father many years ago entitled "**Desiderata**". This is a fantastic and positive written piece of literature which gives

recommendation on how to live a happy, meaningful and purposeful life, also to generally be good and kind to other people around you. I find it to be an extremely positive piece of writing and whenever I read it it really makes me think of how lucky I am as it shows me how I can be a better person to myself and to other people.

But just because I love this piece of writing and it means a lot to me, makes me feel positive and brings a higher level of energy into my life it doesn't necessarily mean I think about it every single day. So the trick here is for you to find a powerful written affirmation, note, bucket list, set of goals or simply a number of meaningful positive words and strategically place them in a specific place which you will turn your attention to on a daily basis.

For me every time I wake up in the morning and go to get some food out of the fridge I will see page printout of "Desiderata" attached to the front of the fridge by a magnet. Now I don't sit there every morning and read through the whole passage but every time I see it it jogs my mind to thinking positive thoughts and subsequently attracting positive energies into my life. Whenever I think about the overall message that comes from that written piece it puts me in a good positive frame of mind.

#### ***PHONE WALLPAPER:***

Another piece of written affirmation that I like comes from Dr Wayne Dyer's book [\*\*The Secrets of Power of Intention\*\*](#) which talks about the seven facets of intention which I have discussed earlier in this program. For this list of seven words every time I say it it shifts my thinking into a higher and more positive energy field because I know the general message that these seven facets of intention provide to me. So when I see these seven facets of intention written down it ensures that I am thinking and acting in a positive and conscious way. So what I have done is I taken a really inspiring picture that I love to look at and then typed each of the seven facets of intention over the top of this picture on my iPhone. Then I use the picture with these written affirmations on it as the wallpaper on my iPhone.



Throughout the day I am constantly looking at my iPhone whether it is to look at that time, use mobile applications, use the Internet or the what ever the use maybe it is probably the most used possession that I interact with on a daily basis. So every time I take my mobile phone out of my pocket I can see the wallpaper & the seven facets of intention brightly displayed which ultimately turns my mind to more positive thoughts and actions - it moves me into a higher energy field.

***PHONE ALARM:***

Another way that I can strategically place specific written affirmations to inspire and motivate me throughout the day is to set an alarm on my mobile phone. So what I do is set a silent vibrating mobile phone to go off at 10am, 1pm and 4pm. When the alarm alerts it comes up with the following message "**AM I BEING PRODUCTIVE OR JUST ACTIVE**".

I took this phrase from [The 4-Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich](#) by Tim Ferriss who provides some of the best tips on motivation and productivity. Each time the alert goes off during the day on my phone I take a quick look at the phrase and often think to myself am I being as productive as I can or am I just procrastinating. If I am at the computer on Facebook or watching entertainment on YouTube then I will see the alert and quickly shift my thought and actions to something far more productive.

When we be discussing productivity or increasing higher energy levels it is natural for us as humans to procrastinate or at times fall into low negative energy fields this is always going to happen from time to time. But the aim of this program is to do what we can and put in place systems and habits will allow us to be conscious of when we more into a low negative energy field so that we can quickly realize this and shift our minds and bodies into higher more positive energy fields.

Written affirmations that pop up in our lives strategically can often jog our train of thought to make us more conscious and aware of what our energy levels are.

## ***Energy Habit # 12: Hold thoughts of forgiveness in your mind***

The final Energy Habit that we wish to press upon your in the Encore Energy Program is that of "forgiveness".

It is no secret that when you are aggrieved by another person it can upset you and bring a certain level of negative energy into your life since you hold ill feelings towards the other person. However, the problem is that if you are unable to let go of past issues where you have been hurt or aggrieved then you will ultimately bottle up a whole lot of negative feelings towards a lot of different people. When you bottle up too may negative feelings and energies without being able to have some sort of ability to release those negative energies then you will find that you whole attitude can be effected, often this is how people become so jaded, spiteful and seek negative actions of revenge.

It has been shown in the past that muscle testing can show weakened states of strength when a person holds negative feelings of revenge and hate. However, on the flip side when a person holds greater feelings of forgiveness and positivity then it brings about a stronger physical and mental state.

So basically the idea with this Energy Habit is to consciously be aware of the ill feelings and negativity that you have towards other people for things that you believed they have done to you in the past. Often you will find that many feelings of negativity towards other people is a build up of anger, hate or revenge in your own mind which is sadly causing more ongoing negative energy for you to deal with whilst the other people you feel ill towards do not usually expend any energy on the issues and ill feelings that you harbour towards them. In effect what this means is that when someone harbours these negative feelings towards other people then

it is their own issues in their own mind which is bringing more negative energy into their lives.

This is something that everyone can control and take action on. Anyone can turn this negative energy into positive energy simply through reflecting and forgiving others. By reflecting on specific ill feelings that you have towards other people you will become more conscious of why you harbour such negative energy. Then you can and should think about whether you can let go of these negative emotions by releasing them through a sense of forgive and forget. Through the act of forgiveness you will automatically find that this will be the form of release of low negative energies that you need. It will be like lifting a huge weight from your shoulder and hitting the reset button on your mind and emotions.

Forgiveness to others is an Energy Habit which you should become more conscious about and this can only occur through regular mental analysis and reflection. At the end of the day the aim is to not let past and previous negative energies to haunt you and stay with you now and into the future. Forgiving others is one of the best forms of negative and low energy release and will immediately bring a greater level of higher positive energies into your life.

## Putting it all together



### ***ENCORE ENERGY PROGRAM - EFFECTS:***

Throughout this Encore Energy Program we have provided you with 12 very important Energy Habits to allow you to naturally introduce and attract a higher level of positive energy into your life. This program is designed to bring a higher level of positive mental and physical energy into your life and allow you to become a person who is happier, full of life, productive and capable of leading a healthier and more meaningful life.

If you make it a point of incorporating the 12 Energy Habits into your life you will be amazed at the immediate effects that it will have on your life in general. Since having put the Encore Energy Program in place in my own life I have found that I am happier, more relaxed, I have



enhanced the personal and professional relationships with other people in my life, I find that my mental and physical body are fitter, stronger and healthier, and I am far more productive in the work and goals that I set out to achieve. Overall many small and large things in my life have been optimized and I feel as though my life has more meaning and purpose.

### ***ACCEPTING & REFLECTING ON FAILURE:***

The beauty about this program is that each and every Energy Habit we recommend that you put in place is easy to do and available for anyone to act on. There is a certain level of discipline involved in order to strictly apply the Energy Habits into your life however the secret is to start by slowly introducing these Energy Habits. There is no point in trying to go from not doing any of the Energy Habits that we have discussed to trying to put them all in place in one fell swoop. The problem with this is that you will become frustrated if you fail to put every one of these 12 Energy Habits in place within a short space of time. So you should work on achieving change in your life even if you are only able to start thinking about the Energy Habits and incorporating them in only a small capacity. If you are able to start being more aware of the fact that you need to think about and act on these Energy Habits then you can at least build on making these Energy Habits a more regular and routine part of your life.

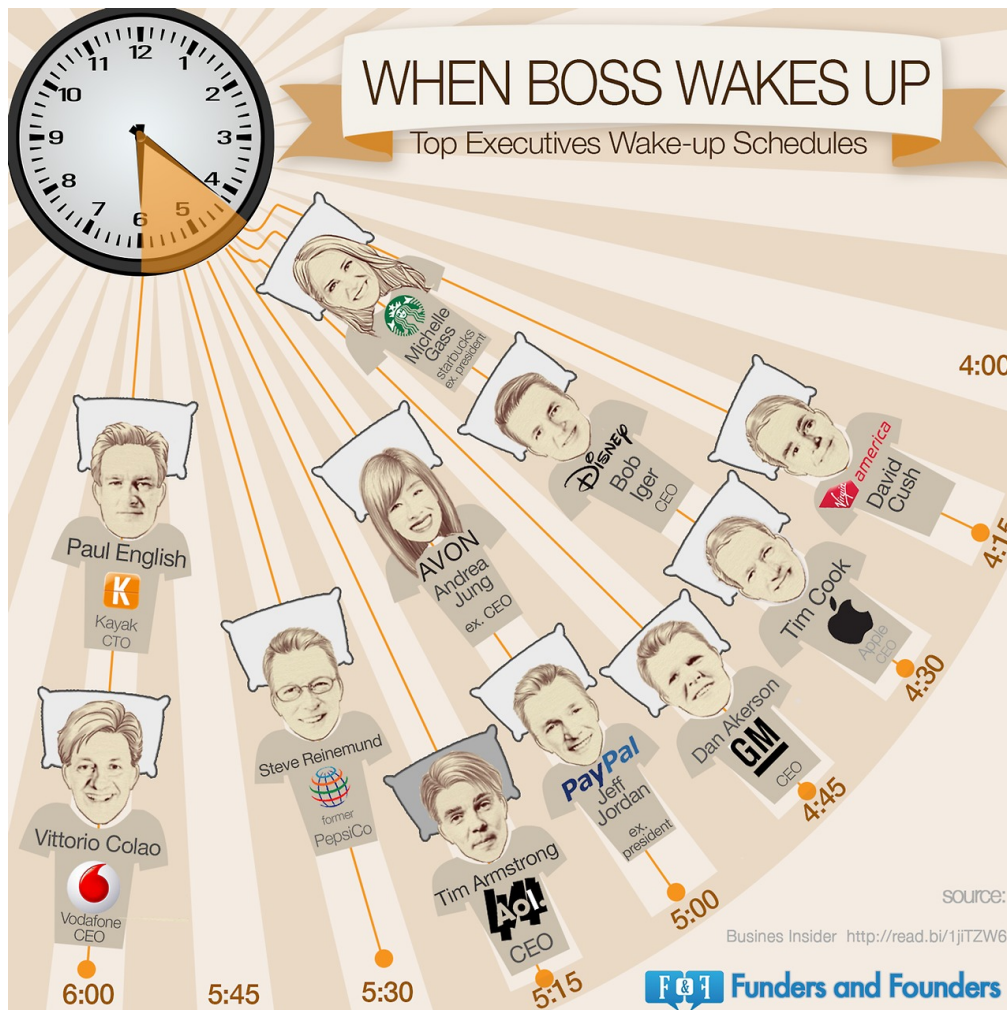
If you miss a day of exercise, or meditation, or clean eating, or if you end up consuming negative substances or getting angry at someone for no significant reason then you should not beat yourself up over this. Instead you should at least reflect on how you have failed to act on either one or a number of these Energy Habits and be aware that you need to try and make a more conscious effort to carry out these Energy Habits in order to lead a higher and more positive energy style of living. No one is perfect and often you will fail on incorporating all 12 Energy Habits into your life on a daily basis but as Tim Ferriss (a hugely successful & well regarded giant in the online entrepreneur arena) said in his blog post entitled ["Productivity Tricks for the Neurotic, Manic-Depressive, and Crazy \(like Me\):"](#)

*I'm no superhero. I'm not even a consistent "normal."*

*Most "superheroes" are nothing of the sort. They're weird, neurotic creatures who do big things DESPITE lots of self-defeating habits and self-talk.*

So if you fall down and fail from time to time in acting on this Encore Energy Program please whatever you do not beat yourself up about it because the best way to overcome this failure is to jump straight back onto the program and begin taking the mental and physical action required to bring higher positive energies into your life.

### ***GOOD SLEEP & WAKING EARLY:***



You can read up on many highly successful entrepreneurs and people in this world and you will generally find that many of these people go to bed early and wake up early. They get enough sleep but they are able to get up and get stuff done early in the morning before the average person even wakes up.

Similarly, if you are serious about making the Encore Energy Program work for you then you should also go to bed earlier and wake up earlier as this will allow you to perform some of the most important Energy Habits in the early hours of the morning before you need to rush to prepare for the day ahead. In particular if you can perform exercise, meditation and begin the day with a healthy meal then you will kick start your body and your mind into being able to carry out the remaining Energy Habits that we discussed throughout the Encore Energy Program.

**SUMMARY OF HABITS:**

- [Energy Habit # 1: Be conscious about your thoughts](#)
- [Energy Habit # 2: Meditate on a daily basis](#)

- [Energy Habit # 3: Exercise on a daily basis](#)
- [Energy Habit # 4: Be conscious of the food you eat](#)
- [Energy Habit # 5: Avoid low energy substances](#)
- [Energy Habit # 6: Avoid low energy or negative TV & Music](#)
- [Energy Habit # 7: Surround yourself with high energy photographs](#)
- [Energy Habit # 8: Become conscious of the energy levels of the people around you](#)
- [Energy Habit # 9: Be conscious of your activities & where they take place](#)
- [Energy Habit # 10: Extend Random Acts of Kindness without expecting anything in return](#)
- [Energy Habit # 11: Strategically placed written affirmations](#)
- [Energy Habit # 12: Hold thoughts of forgiveness in your mind](#)

Finally, if we can offer you one last piece of advice in relation to living a better and more fulfilling life then that would be to continue learning and educating yourself on all things that are of interest to you and also greater, higher and more positive energies that can be introduced into your life.

Good luck and we welcome all your feedback on how your progress through the Encore Energy Program.

# Resources

- [Dr Wayne Dyer](#) - @DrWayneWDyer
- [Tim Ferriss](#) - @tferriss
- [Higher Primate](#) - @hpclothing
- [Patt Flynn](#) - @PatFlynn
- [Funders & Founders](#) @FundersFounders

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**<http://placeofpersistence.com/encore-energy-program-increase-positive-energy-levels/>**