

Choose Your Energy: Change Your Life!
By Deborah Jane Wells
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Core Themes and Principles

- 1. How did your response to your near death experience (NDE) at birth shape your life path?**
 - a. As an “Rh factor” baby born in 1954, a complete blood transfusion was required within hours of my birth to save my life.
 - b. Instead of perceiving my survival as a blessing and a gift, early on I concluded that I had to pack each day with output because I was, after all, operating on borrowed time and someone else’s blood.
 - c. My response to a gift of grace was a lifelong marathon of trying to prove myself worthy through non-stop productivity.
 - d. Living at that pace for more than five decades resulted in complete burnout, including obesity and 10 years of severe depression.
- 2. What do you mean by the self-imposed prison of the hamster wheel approach to life?**
 - a. When we choose fear as our fuel, any of us—individuals and organizations alike—can become stuck in the “hamster wheel” approach to life.
 - b. Trapped by the mistaken belief that busyness is the same as purpose, we can’t stand the way we’re living but feel powerless to change.
- 3. How does choosing your energy change your life?**
 - a. Establishing and maintaining constructive core energy fueled by love, respect, curiosity, compassion, and gratitude forms the firm foundation for a life of flow.
 - b. Choosing love rather than fear as your core energy automatically enhances every aspect of your life: your perceptions, opportunities, relationships, and priorities.
 - c. You get unstuck, reclaim your personal power, and recapture your zest for living, moving yourself forward into a life you love.
 - d. When you fall in love with yourself, everything else falls into place, personally and professionally.
 - e. When love transforms your relationship with yourself, it can’t help but transform your personal life, your work, and the world.
- 4. How does replacing judging with curiosity make life more fulfilling and fun?**
 - a. Instead of judging, try wondering why: engaging your curiosity neutralizes the judge and opens the door to undreamt of opportunities.
 - b. Fear festers in dark and isolation—nowhere is this more true than when fear shows up as its relentless ugly cousin, judging.
 - c. When I talk of judging, I’m not referring to applying discernment—I’m talking about judging yourself, other people, and situations in dualistic terms such as good or bad, right or wrong, okay or not okay.
 - d. When we judge things by such simplistic, restrictive polarities, we limit our options, get stuck, and block ourselves from the highest good.
 - e. When we can neutralize the judge through even a small change in perception, we get unstuck, expand our perspective, multiply our possibilities, and increase our ability to grow and move forward.
- 5. What do you mean when you say that motivation matters?**
 - a. It’s not your words or actions that matter most, it’s the energy underneath them.
 - b. In every situation, love yourself enough to pay attention and respect everything you are experiencing—thinking, feeling, deciding, saying, and doing.

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- c. Foster gratitude by reminding yourself that everything is an opportunity and further neutralize the fear by bringing curiosity to bear.
 - d. Explore every aspect of the situation, especially your internal landscape, and identify all of the opportunities available to you through this unique experience.
 - e. Figure out what you want, determine if it's fueled by fear, transform any fear into love, set your intention, and then get ready to receive it, because it will happen.
- 6. How does the Lesson of the Oxygen Mask help us get past the limiting belief that falling in love with yourself is self-absorbed, narcissistic egomania?**
- a. There's a reason flight attendants instruct us on every flight that should an oxygen mask drop down in front of us, we must put on our own masks before attempting to help anyone else.
 - b. If we don't take care of ourselves, eventually we're no good to ourselves or anyone else.
 - c. My ability to love others unconditionally is directly dependent on whether I love myself unconditionally.
 - d. Those who learn to fall in love with themselves are actually less likely to behave selfishly.
 - e. They show up with a spring in their step and a zest for living that carries them, and those around them, forward in new and exciting directions.
- 7. What is your signature Discovery Framework and how did it come into being?**
- a. The framework is a how-to guide for building a life of flow and turning previously unexplored possibilities into fulfilling realities.
 - b. It grew out of my personal transformation and experience working with my clients.
 - c. The framework's cornerstones are constructive core energy, sensory balance, your personal board of directors and the tools for fostering flow.
- 8. What do you mean by living in flow?**
- a. Flow is a life of freedom centered in being not doing.
 - b. Approaching myself and my life—every being, encounter, and experience—with love, respect, curiosity, compassion and gratitude anchors each moment in a sense of generous, effortless, gracious flow filled with faith, hope, prosperity, peace, and joy.
- 9. What's your Five Part Manifestation Mindset for living in flow?**
- a. Those who thrive, whatever their circumstances, know obstacles are merely fear-fueled illusions. By aligning their energy with pure love and demonstrating curiosity, they transcend any troublesome illusions to reveal the opportunities hidden within. They persevere in pursuing their dreams by practicing the following manifestation mindset.
 - b. **Come as you are**—Show up and bring the best I have to offer in this moment. Not last year's best, or next year's best, or someone else's best. Just the best I've got to offer with the love and light I'm giving myself access to at this time. Quit judging myself as insufficient. I am always enough, just as I am right here and now.
 - c. **Live the Truth**—God is God, I am God's, and love is the greatest power in the Universe. My Source is excellent, limitless, and reliable. No external force can

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block my highest good. Universal abundance flows to and through me. Whatever my circumstances, I know who I am and Whose I am. I am a unique and precious cocreative expression of the Divine. I am so much more than enough!

- d. **Commit to the highest good**—Universal love is always unfolding the highest good for all, in all, through all. Love, respect, curiosity, and compassion reveal and advance the highest good. My part is to align myself with the highest good by keeping myself free of fear and holding myself wide open as a clear channel for love and light.
- e. **Express gratitude**—While feeling grateful is a nice start, don't stop there. Express it to and for every being, encounter, and experience. Appreciate my life. Know that everything's an opportunity. Expect it. Go looking for it. Notice it. Say, "Thank you!" Gratitude for Universal abundance fosters generous, effortless, gracious flow filled with faith, hope, prosperity, peace, and joy. And it starts with being grateful for every aspect of myself—the attributes that thrill me and those that frustrate me and everyone who knows me. They are all essential elements of my unique and precious cocreative role in expressing the Divine. I totally rock!
- f. **Trust God with the details**—Resist the urge to over-manage the minutiae and end up trapped in the weeds. Even though I'm bright and creative, that level of specificity is way above my pay grade. Remain focused on my responsibilities (the first four parts of the mindset) and stay tuned to the Universal frequency for further instructions on where to go, what to do, why, when, how, how much, with and for whom. When I discern, focus, and follow through, the Universe works wonders through me. My job becomes so much easier when I allow God to be God!

10. What is the God's Eye View and how can adopting it help us fosters lives of flow characterized by faith, hope, prosperity, peace and joy?

- a. Your ability to experience flow in any moment, filling your life with faith, hope, prosperity, peace, and joy, is directly proportional to your ability to fuel yourself in that moment with love, respect, curiosity, compassion, and gratitude.
- b. That fuel allows you to relax and realign your awareness with the bigger picture.
- c. When that God's-eye view enhances your perception and expands your perspective, you remember that we are all one and that Universal love is always unfolding the highest good for all, in all, through all.

11. Why is Sensory Balance so essential to living a life of flow?

- a. Like the framing in a home, our senses build on our energetic foundation to provide the day-to-day infrastructure for a life of flow securely grounded in constructive core energy.
- b. Sensory balance involves feeding all of our senses in healthy, balanced ways so that no one sense takes over trying to fill voids it can never hope to fill.
- c. This begins with mindfully feeding our five outer senses, through which we celebrate our world.
- d. It extends to intentionally feeding our four inner senses of creativity, vitality, spirituality, and belonging, through which we imbue our experience with meaning.

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- 12. What's the role of the Personal Board of Directors component of your Discovery Framework in achieving equanimity?**
- a. Your Personal Board of Directors is the source of that judgmental voice in your head—the one that creates misery and holds you captive in limitation and lack by reminding you you're not good enough and never will be.
 - b. Once you build more constructive relationships with your board members—your personal sage, guardian, and muse—you'll transform them from your most relentless saboteurs to your greatest allies.
 - c. When your board members collaborate respectfully, they leverage your vast collection of competencies, seamlessly drawing on your constructive core energy and feeding all of your senses in a balanced way.
 - d. When fueled by love, your board members are capable of helping you synthesize your diverse strengths and talents into a whole that is much greater than the sum of its parts.
 - e. When they become fueled by fear, you can help them redirect any misguided interference by understanding what old concerns have been brought out of hiding; helping them differentiate the remnants of past pain from today's reality, reminding them that small does not necessarily equal safe for an adult; clarifying that following your authentic path with love and without fear is what safe looks like now; harnessing their loyalty; and leveraging their core gifts of discernment, discipline, and imagination to keep moving yourself forward into a life you love.
- 13. How did you realize the essential shift from believing the Framework principles in your head to living them from your heart?**
- a. When I made 14 simple personalized practices a way of life, I found it much easier to stay centered in flow:
 - i. Pay Attention, Breathe, Be Here Now
 - ii. Opportunity Knocks, Get Curious, Talk to Yourself
 - iii. Write It Down, Move It, Hydrate, Trust Your Gut
 - iv. Behave As If, Take Baby Steps, Celebrate, Time for What Matters
 - b. When you drift off center occasionally, as any of us can do when overwhelmed by stress and gripped by ancient self-destructive scripts, these tools are the key to recognizing it quickly and getting back on track easily.
- 14. Why are healthy, happy, harmonious relationships so hard to manifest?**
- a. Relationships are the doctoral program of life lessons.
 - b. Just when we think we're starting to get the hang of living from unconditional self-love, the Universe raises the bar and sends us relationships.
 - c. To paraphrase spiritual teacher Ram Dass, "If you think you're enlightened, try spending a weekend with your family."
 - d. Relationships serve as loving mirrors, offering the opportunity to recognize and transform any remaining vestiges of unexamined fear within ourselves, thereby becoming even clearer channels for love and light at all times and in all situations.
 - e. The adage of opposites attracting is based in part on the idea that we seek in our companions a way to complete the underdeveloped or unappreciated parts of ourselves: You can choose to walk around feeling annoyed and put upon most of the time or, like the oyster, choose to embrace the irritant and set your intention to create a pearl.

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- 15. What insights can you offer into the role that trying to “fix” others plays in relationship discord?**
- a. An important aspect of establishing healthy boundaries is understanding the difference between disrespectful interference and respectful suggestions—it’s all about the energy underneath your actions, fear vs. love.
 - b. The root of the problem is not whether your suggestions are wise—the issue is the nature of the core energy underneath you providing suggestions in the first place.
 - c. Input stemming from a supposed “desire to help” becomes interference when it is fueled by fear in the form of anxiety, self-doubt, avoidance, or arrogance.
 - d. When I am coming from respect, I have no energetic charge over whether or when you act on what I share—I’m fully and creatively engaged in the process with no attachment to the outcome.
 - e. Just as cutting a butterfly out of its cocoon to speed its natural transformative process will kill it, trying to shortcut someone else’s path of personal growth to escape your own discomfort is not love.
- 16. The approach to life that you advocate seems much too easy and relaxed to meet the demands of real life, like completing my to do list and paying the bills?**
- a. Productive percolation is not the same as fear-based procrastination—vast, forced output is rarely sustained; great strides of lasting value involve myriad baby steps over time that provide the enriching effect of “simmering.”
 - b. Perfectionism is not a lofty goal or enviable trait—perfectionism is a fear-based illusion riddled with lies and characterized by force.
 - c. Excellence is a love-based reality characterized by flow and grounded in the truth of who I am and Whose I am: a unique, cocreative expression of the Divine.
 - d. Each step forward is an important opportunity to stop, consider what you’ve learned, examine your new tools, realize your new strengths, and embrace with gratitude the joy that will take you to the next step.
 - e. Noticing and demonstrating love, respect, curiosity, compassion, and gratitude for any resistance to change is as important to moving forward as celebrating your successes.
- 17. When I’m already so over-committed, how could adding meditation actually help me feel less overwhelmed?**
- a. Meditation does not have to last for hours and involve uncomfortable postures to have a constructive effect—a single breath can restore tranquility and equanimity in the midst of chaos.
 - b. A great spiritual teacher once said, “I have so much to do today, if I hope to accomplish everything on my list, I must meditate twice as long.”
 - c. I have all the time I need for the things that matter. My only responsibility in each moment is to discern what matters most right now, to focus, and to follow through.
 - d. Anything can be a meditation when approached with mindfulness and the intention to clear yourself of fear, recenter, and open yourself wide as a conduit for love and light—raking leaves, walking the dog, drying dishes, scooping cat litter, washing the car, folding laundry, cleaning floors.

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- e. Real-time meditation can be as simple as closing your eyes and taking a single intentional breath while repeating in your head a phrase that centers you: I am healthy, wealthy, happy, and whole.

18. What's loving yourself unconditionally got to do with organizational transformation?

- a. Whether the organization is professional (a small business, government agency, or Fortune 500 company) or personal (a marriage, family, or friendship), substantive, sustainable organization transformation always begins with each individual being fully committed to personal transformation.
- b. All of the destructive and dysfunctional thoughts, feelings, and behaviors we humans exhibit in life personally and professionally have their roots in fear—the absence of love.
- c. If every one of us knew that we were Divinely Sourced and knew that we held limitless intrinsic power, worth, and resources, all of the backstabbing, territorial squabbling, and sabotage would end, along with the raping and pillaging of our environment, the scarcity-based greed, and the cheating, lying, and stealing.
- d. When the energy we have been investing in destructive, fear-based, self-obsessive power jockeying and hoarding is freed up to be focused on constructive endeavors based in genuine self-love, the shift will be phenomenal.

19. How can you remain optimistic in the face of the suffering and uncertainty in our world?

- a. Whenever I feel myself absorbing the destructive energy around me and giving in to despair, I recommit to being the change I wish to see in the world. Energy really is contagious; energy attracts and fosters like energy.
- b. If you desire more love, respect, compassion, integrity, justice, prosperity, peace and joy in your world, begin by fostering them within yourself.
- c. Choosing love as your core energy changes your perceptions, opportunities, relationships, and priorities—you get unstuck, reclaim your personal power, and recapture your zest for living, moving yourself forward into a life you love.
- d. Individuals and organizations alike can harness that power to step into *their* greatness.

20. How can your teachings help those struggling with eating disorders like anorexia, bulimia and obesity?

- a. Because health challenges due to body weight are often indicators of deeper mental, emotional and spiritual imbalances, finding a sense of balance, harmony and wholeness is not primarily about what number shows up on the scale or what size clothing you wear—it involves caring enough about yourself to create an environment in which you nurture and cherish all aspects of yourself.
- b. As one who suffered anorexia at age nineteen and obesity at age fifty, I believe both have their roots in an unhealthy relationship with food—trying to use food to fill un-food needs.
- c. For me, both were ways of coping with anxiety—misguided attempts to feel safe by creating the illusion of control over a life spinning madly out of control.
- d. One key to living a life you love is to feed all of your senses in a balanced way, so no one sense will take over, trying to fill voids it can never hope to fill.

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e. Sensory balance doesn't just apply to the five outer senses through which we celebrate our external world but also to the four inner senses of creativity, vitality, spirituality, and belonging, through which we imbue our experience with meaning.

21. What is tapping or EFT and how does it help reduce stress, anxiety and overwhelm in your life by releasing limiting beliefs, emotions and habits?

- a. Tapping is a style of emotional freedom technique (or EFT) based on the principles of ancient acupressure and modern energy psychology.
- b. The human body includes a system of 12 meridians that function like an energy super transit system connecting every cell, tissue, organ and function.
- c. It also includes a part of the brain, the amygdala, which is responsible for recognizing and remembering any perceived threats.
- d. As a lifestyle of non-stop stress begins pushing the amygdala into overdrive, energy anomalies in the 12 meridians start compromising body function.
- e. Tapping realigns energy by shifting brain chemistry and altering neural pathways to enhance thoughts, emotions, habits and health. By restoring physical, mental, emotional and spiritual harmony, it increases your sense of peace, prosperity and joy. The process is simple; the results are profound.
- f. The practice consists of gently tapping with your fingertips on nine specific meridian points while anchoring yourself in unconditional self-acceptance and connecting fully with your current uncomfortable or unwanted reality—the beliefs, emotions, habits or physical sensations you'd like to clear.
- g. The combination calms the amygdala and allows it to recalibrate its alarms. As you start to relax and detach from your feelings of discomfort, you can begin shifting your focus to your desired reality—anchoring yourself and your amygdala in the more constructive thoughts, feelings, behavior and sensations you'd like to be your new norm.

22. What is the practice of Reiki and how does it enhance life experience in all areas?

- a. Reiki is a form of mindfulness-based energy work focused on enhancing life experience in all areas. It reduces stress, increases relaxation, fuels creativity and fosters healing. I liken Reiki to a form of energetic mindfulness meditation or prayer with the Reiki practitioner serving as a consecrated channel for the flow of spiritually guided Universal Source energy to support insight, healing and empowerment.
- b. A professional Reiki master teacher is one who has substantial experience and has received training and attunements through another professional Reiki master teacher. I am a Professional Member of both the Reiki Membership Association of the International Center for Reiki Training (ICRT) and the International Association of Reiki Professionals (IARP).
- c. People who practice any form of prayer or meditation attest to the subtle energy they feel flowing through them. Ancient wisdom traditions speak of this Life Force (often called Chi, Qi or Ki) as that which originates in the Infinite Source of All—flowing through and energizing every aspect of existence. Many scientists recognize this energetic force as both tangible and powerful.

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- d. When internal and external stressors, such as chronic stress and environmental toxins, generate energy anomalies in the 12 meridians, the chakras are thrown out of balance thereby compromising body and brain functioning.
- e. Reiki helps your body “remember” and return to its balanced state. By identifying and removing stress- and toxin-induced energy blocks, Reiki treatment helps you realign your energy and restore your sense of wellbeing.
- f. Reiki practitioners do not "heal" others. They help others heal themselves by establishing an energetic environment in which understanding, balance and harmony can be restored—allowing the body to return itself to a state of equilibrium and optimal experience.
- g. The practice of Reiki is in harmony with any religious tradition or spiritual practice that recognizes a Universal Source or Higher Power (by whatever name) and promotes unconditional love, respect and compassion.