



Choose Your Energy: Change Your Life!

by Deborah Jane Wells
Hay House/Balboa Press

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***When you fall in love with yourself,
everything else falls into place,
personally and professionally.***

***When love transforms
your relationship with yourself,
it transforms your personal life,
your work, and the world.***

Available from Hay House/Balboa Press

Choose Your Energy: Change Your Life!

When you fall in love with yourself, everything else falls into place

by Deborah Jane Wells

When your birth includes a near-death experience, you know you are in for a wild ride. More than five decades later, that roller coaster of triumph and burnout led to finding my life purpose. **Mine is a story of hope. Yours can be too.**

What's love got to do with it? Everything!

When love transforms your relationship with yourself, it can't help but transform your personal life, your work, and the world. Individuals and organizations alike can harness that power to step into their greatness.

Based on my signature Discovery Framework and real stories from my own life and the lives of my clients, this book is a treasure map for discovering unexplored possibilities buried deep within your authentic self. And a guide for turning those possibilities into fulfilling realities.

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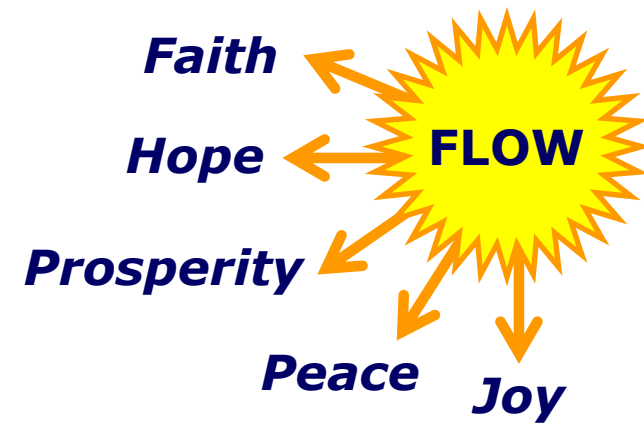
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Discovery Framework



OUTER SENSES

See • Touch • Hear • Smell • Taste

INNER SENSES

Creativity

Vitality

Sage

Guardian

Muse



Tools

Spirituality

Belonging

CORE ENERGY

Love • Respect • Curiosity • Compassion • Gratitude

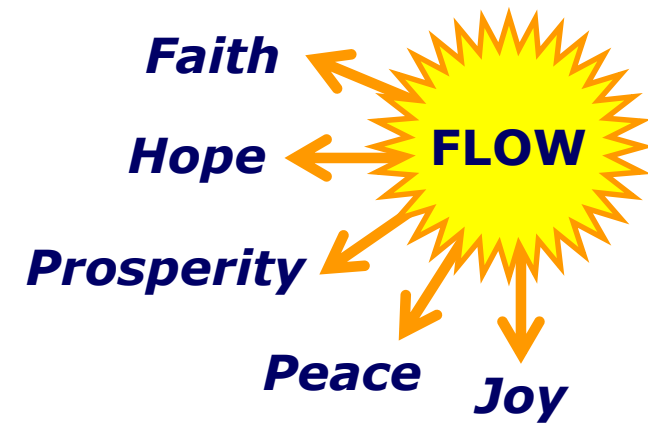
Flow Scan

I approach life with love, respect, curiosity, and compassion,
revealing and advancing the highest good.

My gratitude for Universal abundance anchors each moment
in generous, effortless, gracious flow filled with faith, hope, prosperity, peace, and joy.

	<i>FEAR-Based Lies and Illusions Blocking Me</i>		FLOW	<i>Baby Steps to LOVE-Based Truth and Reality</i>
DISTRUST		FAITH	I am confident that love is the greatest power in the Universe.	
DESPAIR		HOPE	Universal love is always unfolding the highest good for all, in all, through all.	
SCARCITY		PROSPERITY	My Universal Source is excellent, limitless and reliable.	
PANIC		PEACE	I relax into all that was, is and will be.	
MISERY		JOY	Whatever my circumstances, I know who I am and Whose I am.	

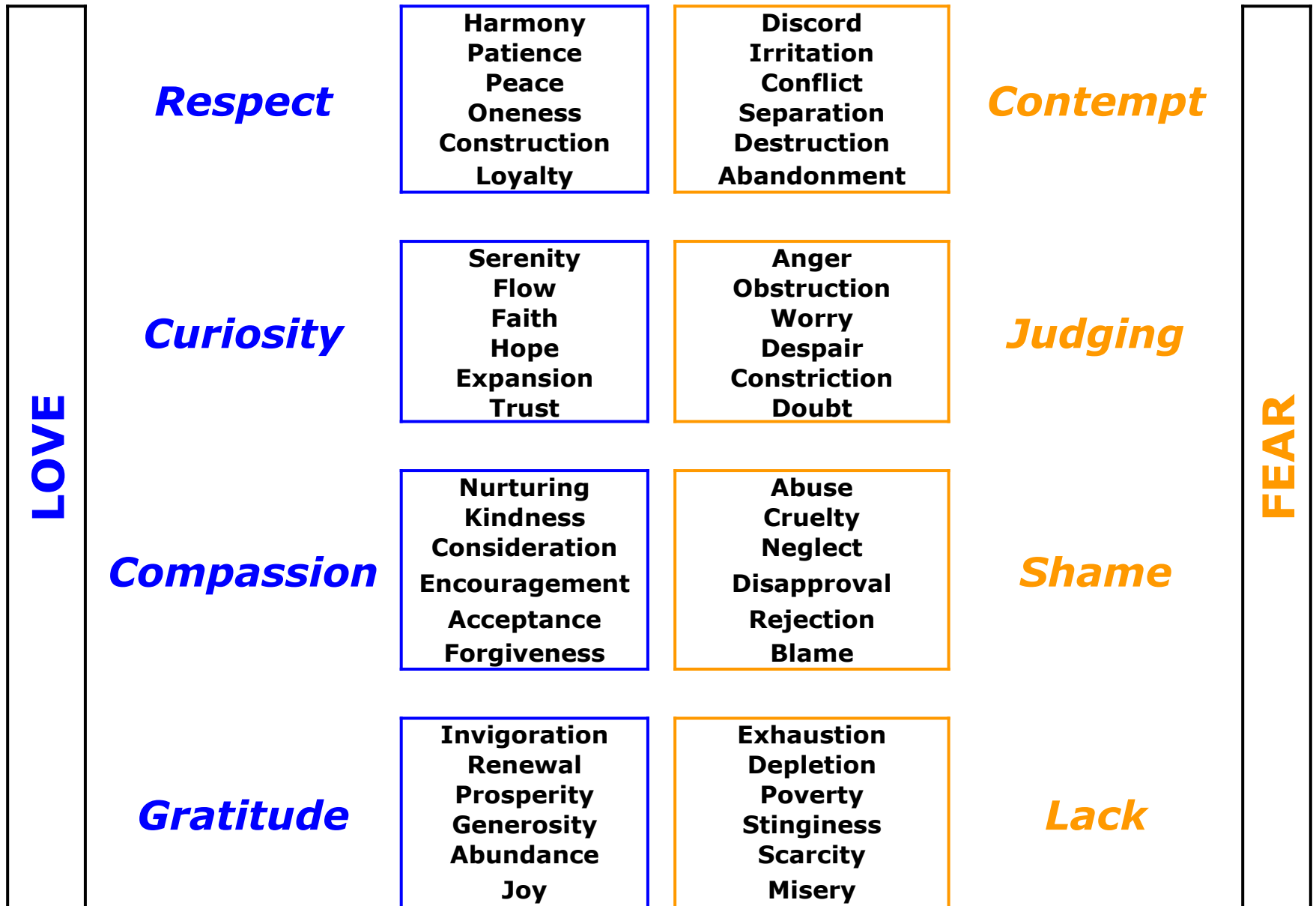
Choosing Your Fuel: *The Role of Core Energy*



CORE ENERGY

Love • Respect • Curiosity • Compassion • Gratitude

The Many Faces of Love and Fear



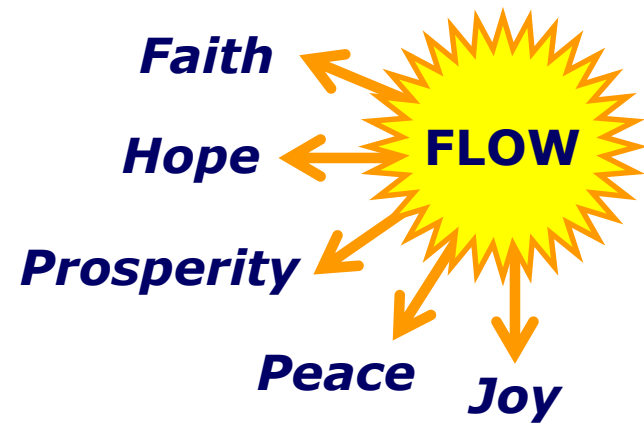
Core Energy Scan

I approach life with love, respect, curiosity, and compassion, revealing and advancing the highest good. My gratitude for Universal abundance anchors each moment in generous, effortless, gracious flow filled with faith, hope, prosperity, peace, and joy.

	FEAR	<i>Indicators of Insufficiency</i>		LOVE	<i>Baby Steps to Strengthen My Reality</i>
CONTEMPT	Discord Irritation Conflict Separation Destruction Abandonment		RESPECT	Harmony Patience Peace Oneness Construction Loyalty	
JUDGING	Anger Obstruction Worry Despair Constriction Doubt		CURIOSITY	Serenity Flow Faith Hope Expansion Trust	
SHAME	Abuse Cruelty Neglect Disapproval Rejection Blame		COMPASSION	Nurturing Kindness Consideration Encouragement Acceptance Forgiveness	
LACK	Exhaustion Depletion Poverty Stinginess Scarcity Misery		GRATITUDE	Invigoration Renewal Prosperity Generosity Abundance Joy	

INSIGHTS:

Creating Balance: *Feeding Your Outer Senses*



OUTER SENSES

See • Touch • Hear • Smell • Taste

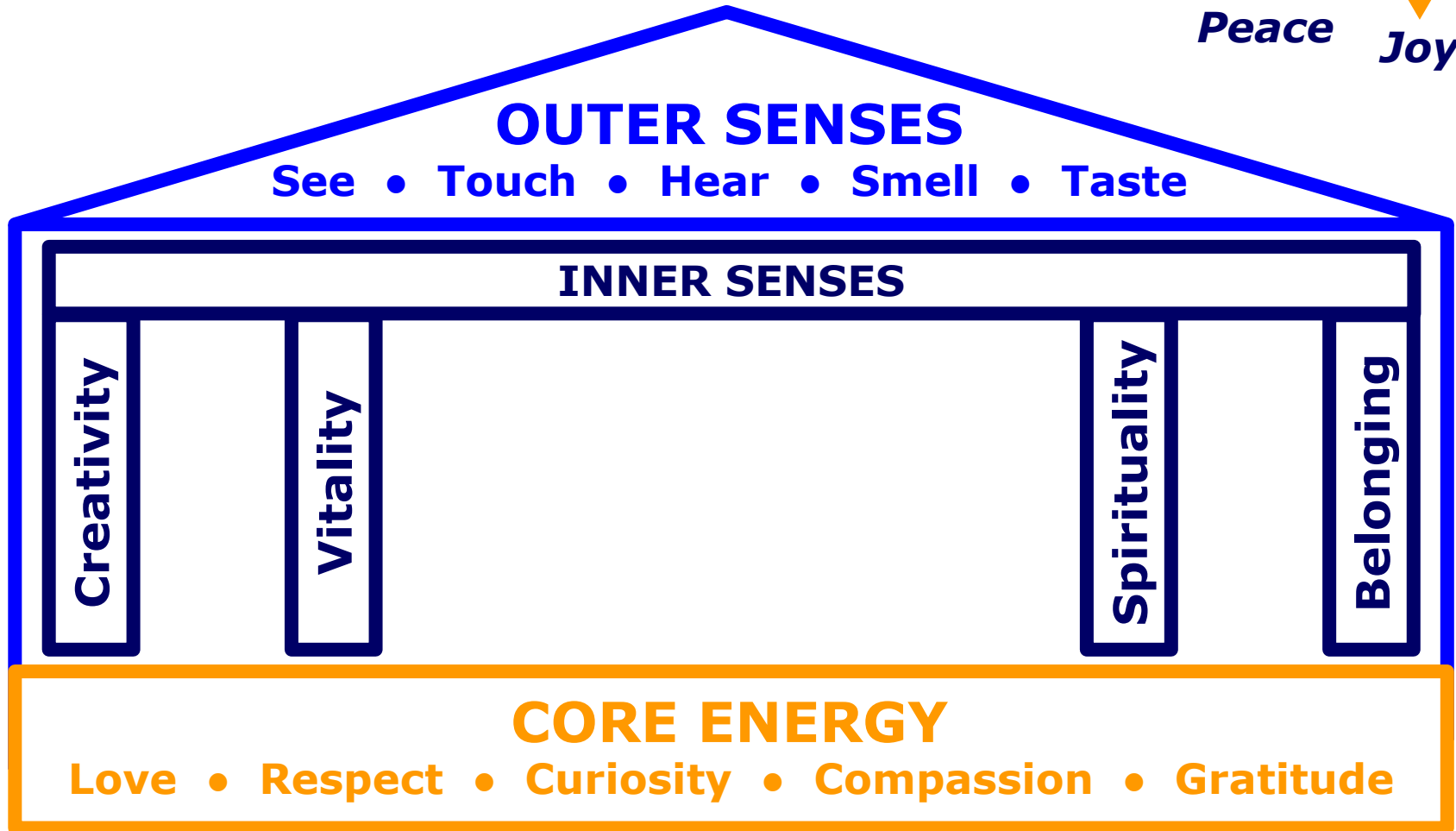
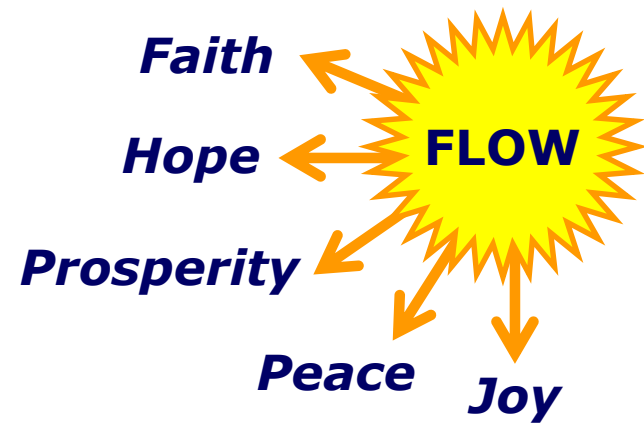
CORE ENERGY

Love • Respect • Curiosity • Compassion • Gratitude

CHAKRA SUMMARY

Chakra	Focus	Colors
7 Crown	Self-Knowledge, Spirituality, Divine Connection, Oneness	Purple, White
6 Third Eye	Self-Reflection, Discernment, Seeing Things as They Truly Are	Dark Blue
5 Throat	Self-Expression, Integrity, Choices, Speaking Your Truth	Bright Blue, Light Blue
4 Heart	Self-Acceptance, Unconditional Love, Compassion, Forgiveness, Saying Yes, Integration of Upper and Lower Chakras	Green
3 Solar Plexus	Self-Esteem, Vitality, Ambition, Courage, Discipline, Saying No	Yellow
2 Sacral	Self-Awareness, Personal Power (Sex, Money, Relationships, Career), Desire/Addiction, Creativity, Flexibility	Orange
1 Root	Self-Preservation, Safety, Stability, Grounding, Belonging, Tribal Connection	Black, Brown, Red, Pink

Creating Balance: Feeding Your Inner Senses



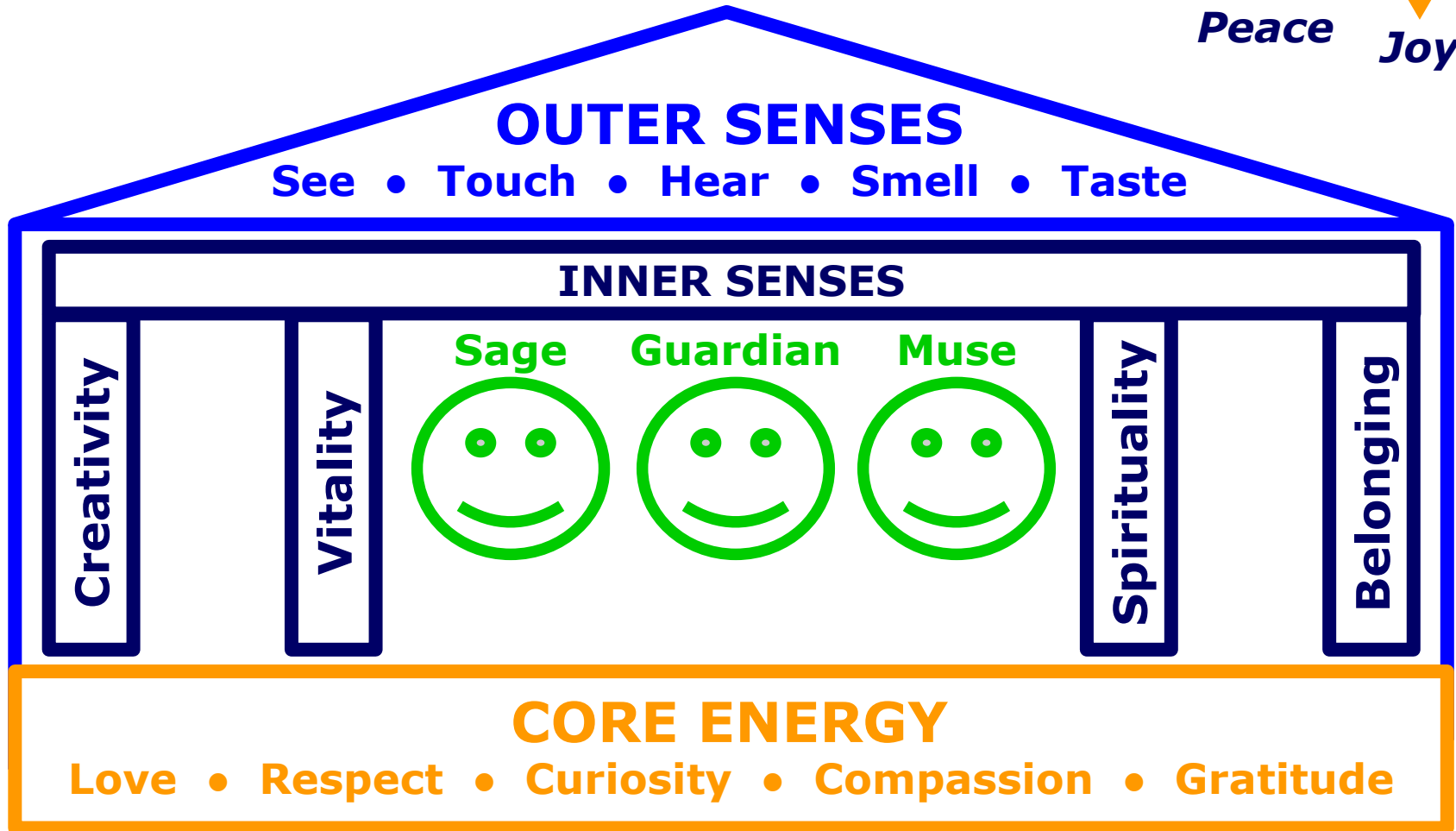
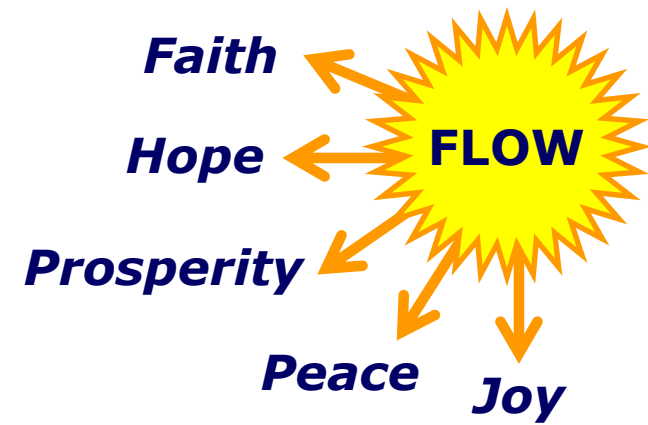
Sensory Balance Scan

*When I feed all of my senses in a balanced way,
no one sense takes over trying to fill a void it can never hope to fill.*

		Starve		Just Right		Gorge	Baby Steps to Improve Balance
Outer Senses: <i>I celebrate my world.</i>	See						
	Touch						
	Hear						
	Smell						
	Taste						
Inner Senses: <i>I imbue my experience with meaning.</i>	Creativity						
	Vitality						
	Spirituality						
	Belonging						

INSIGHTS:

Achieving Equanimity: Your Personal Board of Directors



Elements of Board Members' Agendas

The whole is greater than the sum of its parts.

<i>ELEMENT</i>	<i>DEFINITION</i>
Focus	Primary attention
Love Persona	Optimal way of showing up when fueled by love
Core Fear	What leads to rejecting love and producing a sense of separation
Attributes	Love-based qualities and specific fears that undermine them
• Goal	• Utmost desire
• Means	• Preferred way of getting there
• Gift	• Natural aptitude and greatest contribution
• Passion	• Chief delight
Fear Persona	Gremlin or destructive way of showing up when fueled by fear
Defense Mechanism	Favorite passive and aggressive forms of sabotage
Remedy	What restores love and a sense of oneness

Your Personal Board of Directors

The whole is greater than the sum of its parts.

MEMBER: <i>Focus</i>	SAGE: <i>Soul</i>		GUARDIAN: <i>Head</i>		MUSE: <i>Heart</i>	
Love Persona	Optimist		Engineer		Visionary	
CORE FEAR	I DON'T MATTER			I AM POWERLESS		
ATTRIBUTES	LOVE-BASED	FEARS	LOVE-BASED	FEARS	LOVE-BASED	FEARS
• Goal	Meaning	Nihilism	Safety	Danger	Fun	Drudgery
• Means	Synergy	Discord	Structure	Chaos	Flexibility	Constraint
• Gift	Discernment	Confusion	Discipline	Laziness	Imagination	Monotony
• Passion	Flow	Force	Work	Waste	Play	Servitude
Fear Persona (GREMLIN)	Bleeding Heart Hermit Know-It-All Zealot		Killjoy Workaholic Drill Sergeant Control Freak		Dilettante Sneak Wild Child Loose Cannon	
Defense Mechanism	Withdrawal and Annihilation		Condescension and Coercion		Deceit and Rebellion	
Remedy	See the Opportunity		Make a Plan		Find the Fun	

Sage's Agenda

MEMBER: <i>Focus</i>	SAGE: <i>Soul</i>	
Love Persona	Optimist	
CORE FEAR	I DON'T MATTER I AM POWERLESS	
ATTRIBUTES	LOVE-BASED	FEARS
• Goal	Meaning	Nihilism
• Means	Synergy	Discord
• Gift	Discernment	Confusion
• Passion	Flow	Force
Fear Persona (GREMLIN)	Bleeding Heart Hermit Know-It-All Zealot	
Defense Mechanism	Withdrawal and Annihilation	
Remedy	See the Opportunity	

Guardian's Agenda

MEMBER: <i>Focus</i>	GUARDIAN: <i>Head</i>	
Love Persona	Engineer	
CORE FEAR	I DON'T MATTER I AM POWERLESS	
ATTRIBUTES	LOVE-BASED	FEARS
• Goal	Safety	Danger
• Means	Structure	Chaos
• Gift	Discipline	Laziness
• Passion	Work	Waste
Fear Persona (GREMLIN)	Killjoy Workaholic Drill Sergeant Control Freak	
Defense Mechanism	Condescension and Coercion	
Remedy	Make a Plan	

Muse's Agenda

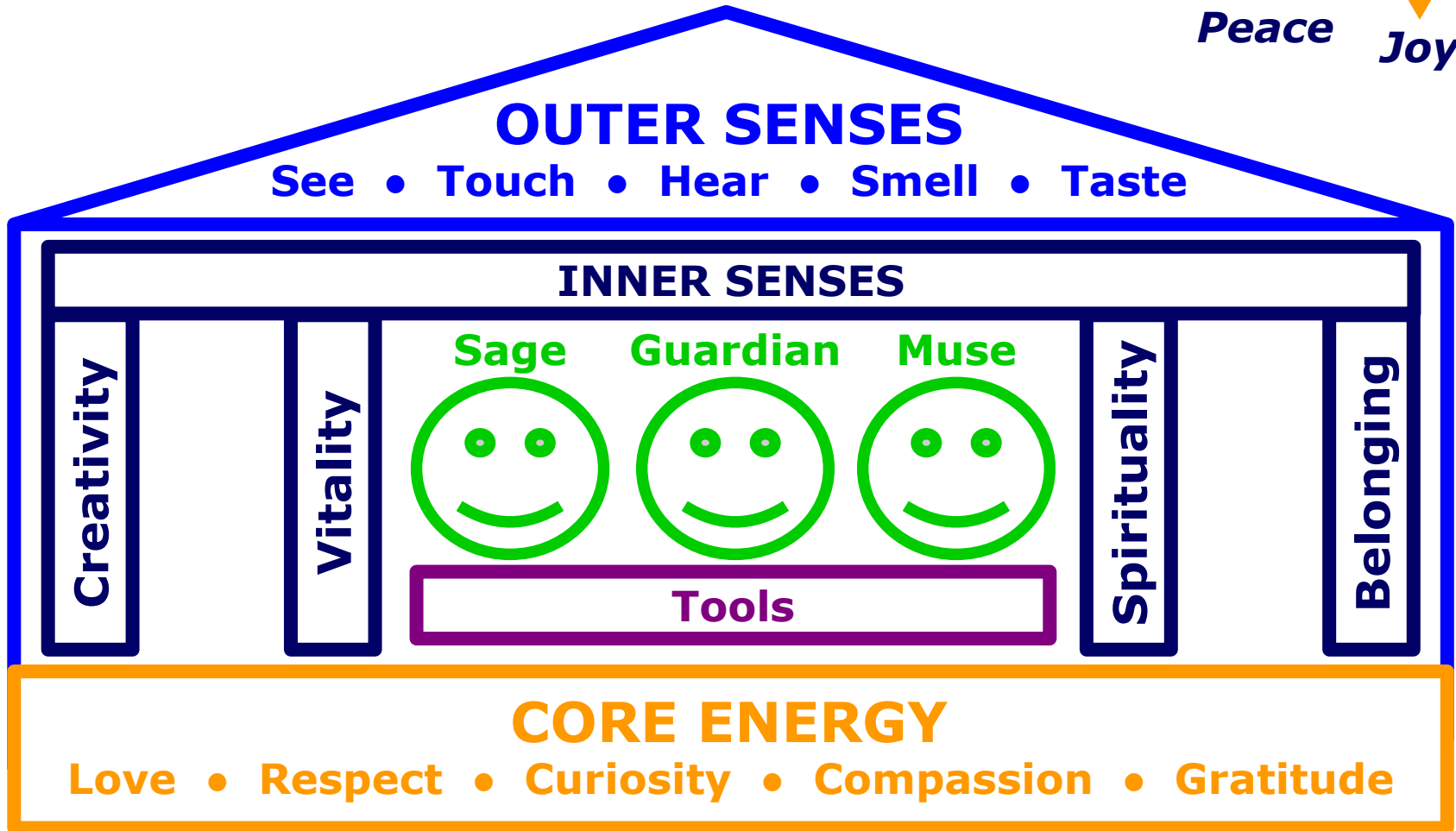
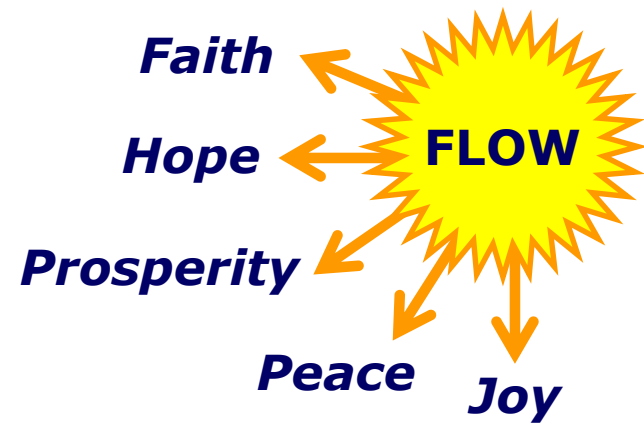
MEMBER: <i>Focus</i>	MUSE: <i>Heart</i>	
Love Persona	Visionary	
CORE FEAR	I DON'T MATTER I AM POWERLESS	
ATTRIBUTES	LOVE-BASED	FEARS
• Goal	Fun	Drudgery
• Means	Flexibility	Constraint
• Gift	Imagination	Monotony
• Passion	Play	Servitude
Fear Persona (GREMLIN)	Dilettante Sneak Wild Child Loose Cannon	
Defense Mechanism	Deceit and Rebellion	
Remedy	Find the Fun	

Equanimity Scan

Pop the fear-based illusion of lies to restore the love-based reality of truth.
 When Gremlins arise, take a baby step toward restoring equanimity by determining which member is feeling threatened based on which fears are being expressed.

	✓	Fear	Synonyms		What Love Looks Like	Likely Saboteur	How to Restore Love	Take Action
I DON'T MATTER—I AM POWERLESS		Nihilism	Meaninglessness, Despair, Pessimism	I MATTER—I AM POWERFUL	Meaning	Sage (Optimist)	See the Opportunity	
		Discord	Arguing, Conflict, Friction		Synergy			
		Confusion	Bewilderment, Upheaval, Disorientation		Discernment			
		Force	Coercion, Pressure, Bullying		Flow			
		Danger	Jeopardy, Peril, Threat		Safety	Guardian (Engineer)	Make a Plan	
		Chaos	Anarchy, Pandemonium, Unruliness		Structure			
		Laziness	Lethargy, Sloth, Inertia		Discipline			
		Waste	Carelessness, Extravagance, Redundancy		Work			
		Drudgery	Chore, Grind, Toil		Fun	Muse (Visionary)	Find the Fun	
		Constraint	Limitation, Constriction, Restraint		Flexibility			
		Monotony	Flatness, Boredom, Tedium		Imagination			
		Servitude	Bondage, Subjugation, Subservience		Play			

Making It Happen: Tools for Fostering Flow



Mindset Scan

Consider your current discomfort and dissatisfaction. Review each of the five parts of the mindset.
 Determine which specific fear-based lies and illusions are blocking you.
 Identify the baby steps that will return you to alignment with truth and reality anchored in love.

	<i>FEAR-Based Lies and Illusions Blocking Me</i>	<i>Baby Steps to LOVE-Based Reality</i>
<p>1: COME AS YOU ARE Show up and bring my best. Quit judging myself as insufficient. I am always enough.</p>		
<p>2: 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. I am a unique and precious cocreative expression of the Divine.</p>		
<p>3: COMMIT TO THE HIGHEST GOOD Universal love is always unfolding the highest good for all, in all, through all. I align myself with the highest good by staying free of fear and holding myself wide open as a clear channel for love and light.</p>		
<p>4: EXPRESS GRATITUDE I appreciate every aspect of myself and my life—everything's an opportunity. Gratitude fosters flow filled with faith, hope, prosperity, peace, and joy.</p>		
<p>5: TRUST GOD WITH THE DETAILS I resist over-managing minutiae. I focus on my responsibilities (Mindset parts 1 to 4) and stay tuned to the Universal frequency (via my energy and intuition) for further instructions.</p>		