

Balancing Humenergy Worksheet

A Quantum Energy Management System "Q-Work" Instrument for Transforming Potentially Harmful, Unconscious Subtle Energy

1. TELLING THE STORY

Subject: (X) *The Person or Group of People I am Upset With:* _____ Date: _____

1. I am upset because _____ (Tell the story totally from the victim standpoint — don't hold back at all.)

2. FEELING THE FEELINGS

2a) CONFRONTING X: I am upset with you _____, because ...

2b) Because of what you _____ did (or are doing), I FEEL:
(Identify your real emotions here).

3. I recognize and accept my feelings without judgment. My feelings are my authentic reaction to the situation. They show me how I am perceiving it.

Willing:	Open:	Skeptical:	Unwilling:

5. Even though I don't know why or how, I now see that my spiritual intelligence has created this situation in order that I learn and grow.

Willing:	Open:	Skeptical:	Unwilling:

4. I own my feelings. No-one can make me feel anything. It's my choice.

Willing:	Open:	Skeptical:	Unwilling:

3. COLLAPSING THE STORY

6. I am noticing that this situation shows similarities to other situations that happened in the past, which clues me in to the fact that this might be a healing opportunity. For example, it reminds me of (Look for patterns, repeating dates or intervals of years, common names, synchronicities and oddities).

7. My discomfort is my signal that I am withholding love from myself and (X) _____ by judging him/her/them, holding expectations, wanting _____ to change and seeing _____ as less than perfect. I now realize that I will find peace only when I let go of these unreasonable demands and accept him/her/them just they way they are. (List all the judgments, expectations and ways that you are/were wanting (X) to change)

8 I now realize that I get upset only when someone resonates in me those parts of me I have disowned, denied, repressed and then projected onto them. _____ is reflecting what I need to love and accept in myself. Thanks _____

Willing:	Open:	Skeptical:	Unwilling:

10. I now realize that nothing (X), or anyone else, has done is either right or wrong. I drop all judgment.

Willing:	Open:	Skeptical:	Unwilling:

9. In forgiving _____ I find more love for myself.

Willing:	Open:	Skeptical:	Unwilling:

11. I release the need to blame and to be right and I am **WILLING** to see spiritual intelligence in the situation.

Willing:	Open:	Skeptical:	Unwilling:

12. Even though I may not understand why, I now realize that you and I, _____ have both been receiving exactly what we each had subconsciously chosen and were doing a healing dance with and for each other, orchestrated by our spiritual intelligence.

Willing:	Open:	Skeptical:	Unwilling:

13. I bless you (X) _____ for being willing to play a part in my growth and honor myself for being willing to play a part in your growth I feel now that In some mysterious way we have both gained from this experience.

Willing:	Open:	Skeptical:	Unwilling:

14. I release from my consciousness all feelings of: *(as in Box # 2b)*

15. I now realize that what I was experiencing (my victim story and the pain associated with it) was a precise reflection of my limited, *'world-of-humanity'* perception of the situation. I now understand that I can change this 'reality' by simply being willing to see that there was spiritual "purpose" in the situation. For example.....

(Attempt a "spiritual re-frame" which may simply be a general statement indicating that you just know everything is 'perfect' in the spiritual sense or specific to your situation if you can actually see what the lesson is. Note: Often you cannot, and that's OK.)

16. I completely accept myself _____ as a loving, authentic, generous and creative being. I release all need to hold onto emotions and ideas of lack and limitation connected to the past.

I withdraw my energy from the past and release all grievances. I let go of all barriers against the love and abundance that I know I have in this moment.

I create my life and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

17. I now SURRENDER to the Higher Power I think of as _____ and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance and spiritual law.

I acknowledge my own spiritual intelligence and feel myself totally reconnected with my Power. I am restored to my true nature, which is LOVE, and I now restore love to (X) _____

I give thanks for this opportunity to both give and receive LOVE.

18. As a result of doing this worksheet, I would best describe my feelings in this moment as being ...

19. A Note To You (X) _____ Having done this worksheet, I.....

I completely forgive you (x) _____ for I now realize that you did nothing "wrong" and that everything is in Divine order. I acknowledge, accept and love you unconditionally just the way you are. *(Note: This doesn't mean that you condone the behavior or that you can't state a boundary.)*

20. A Note To Myself:

I recognize that I am a spiritual being having a human experience and I love and accept myself in all aspects of my humanness.