

# DINA DOES ENERGY

If you're feeling fatigued, less productive or like you're hardly accomplishing anything, your energetic field is in need of some repair. You may have been exposed to some heavy duty energy, along with the collective conscious lurking in the air that we've all been exposed to. These last several months brought in a wave of heavy, intense emotion that resulted in dense energy swelling and sweeping thought the streets into every nook and cranny of our home life. The need to rest and stay secluded was a big factor up until the Memorial weekend which brought the need to commune and celebrate at more than standard levels for some. This is also part of the process of releasing what we are all experiencing... personally and professionally

## **Energizing Solutions:**

A dear client of mine reached out with this question *"I feel so incredibly blah and drained, personally (as a member of society). What are steps I can take to regain back my momentum?"*

Women are often guilty of negative self talk. So are men; however, not usually to the scale I see in females. Many women during this time are speaking of feeling, "unattractive, physically bloated, lethargic, having breakouts and even hair loss. These are phrases they tend to verbalize to themselves over and over again, adding to more discomfort and physical changes. Before we engage in verbal sabotage we must step back and look at the bigger picture. Ask ourselves, "Why are we having this experience? What are the catalysts? And, what or who has changed in my immediate surroundings?

To better assess the situation, let's step back to look at current events from the past few months. First, the added stress of recent weeks along with the increase in technology roll outs, has caused some changes for some to take notice.

The best thing you can do for you is to be super conscious of your self talk. In these moments pay attention as to what you are feeling in your body and outside. Before you use words, remember that they are powerful tools that send messages and signals to our brain, to our hormones and each cell. If something feels uncomfortable decide if it's physical or emotional? If it's physical, graciously and subtly remove yourself from the person or environment. If it's emotional, check your mindset and self talk patterns. In either case, use each moment as an opportunity to reinforce positivity while dispelling any negative energy that can affect your internal and external environments. For instance, silly talk and joking carry a fun, impactful and light hearted vibration as the body has ears and a sensory system that carries information. Remember, each word has its own resonance and frequency which sends specific signals to the receiver of the message, beyond the words themselves. You, yourself are not excluded from this phenomenon.

## **Self Talk Building Exercise:**

For 5 minutes a day, look in the mirror and focus on what makes you unique and amazing. At the same time, draw attention to your special qualities and gifts, on a physical and emotional level. Speak out loud and verbalize what you bring to the table in regards to love, friendships and your awareness. All of these elements carry their own energy that makes you, your most empowered. Never forget that.

If you are feeling unaligned and spiritually depleted, connect to your higher guidance and ask for assistance based on what is holding you back. Think about all the wonderful things it has brought forward to teach you and opportunities to show you. Sometimes the hardest part is changing your mindset so you can see the obvious.

In the recent months, many planets were in retrograde. Venus, the planet that's synonymous with beauty, romance, sex and abundance, is one of those planets. This naturally brings up emotions as Venus is correlated to water, fluidity, like the curves of a woman, this is all about our feminine side. Water is directly related to emotions. There may be a heightened desire for sex and all in the same note, less desire in a watered down form. Don't be surprised if you are thinking of someone extensively during this time along with general feelings of wanting romance, more beauty in your life, relationships or a union. You may find past partners and exes coming out the woodwork during this time and relationships from the past coming to the surface for some reflection. Use this as a chance to better your next connection and understand more of what it is that you offer and what you truly desire.

Before acting out of impulse, take a breath. In fact, take several breaths and time-outs during July and well into August. Including any sort of change to your physical appearance, even a hair-cut, now is a good time, in mid-July, coming out of the shadow of these impulsive energies. Pour that energy into connecting to internal and external beauty as well instead of trying to create it. Focus on nature and the natural, hot epsom salt baths, reading in candle-light, healthy cooking and making yourself your first priority. Energy the Summer Sun and New Summer Self Discoveries!!