



Do you feel good in your energy?

A guide to balance and well-being

Do you often experience fatigue, discomfort, worry or a diffuse pain in your body without really knowing why? Many times it is not about physical faults, but about the **energies** that we constantly carry and move in.

Understanding your energies is not a problem – it is a great opportunity to start seeing what is actually going on and do something about it. Here are three key areas where energy affects you 24/7.

1. The impact of the environment

We are constantly moving in the energies of other people and places. An event you dislike or an environment that feels "wrong" leaves a mark on your energy field and can make you feel like you are losing control.

- **The solution:** You have the right to decide over your life. By consciously choosing environments and people that give you power instead of draining you, you can quickly shift your mood. It is a simple but powerful law of nature.

2. Your inner energy

Some energies reside deep within us and are directly connected to our person. It can be old pains, worries about the future or limited thought patterns. These energies are so close to us that we sometimes become home-blind to them.

- **The solution:** Inner pain—whether physical or emotional—we can do something about. Sometimes the energy is so close that you need outside help to "dissolve" what is stuck. Through professional help and trust, you can get great results.

3. The Power of the Word

The way we talk creates our reality. If we constantly focus on the word "problem," we create more of just that. Negative words are often the biggest "culprit" in our society today.

- **The solution:** By consciously stopping using negative words and instead focusing on opportunities, you break the negative trend. Positivity generates more positivity – it is an accelerating force that is significantly stronger than the negative one.

Take control of your energy – Book a session

Are you ready to take the step from fears and fatigue to clarity and positivity? I help you clear away negative energies and give you the tools to understand how you are affected by your surroundings.

I help you with:

- Getting rid of negative energy blockages.
- Increased understanding of what is happening in your energy field.
- New perspectives that give you peace and balance in everyday life.

Welcome to book an appointment with me for a consultation at peterlovelius.com.