



Children, Families & Communities



Energy, Too Much, Too Little, Just Right



When we speak of energy—or our own personal energy—we generally do so in terms of too much or too little. We intuitively monitor our energy—perhaps using words like “tired” or “stressed” or “hyper”. This also extends to our feelings of “subtle energy”. This we might describe as how we feel energetically within. We might use words such as feeling light or grounded, flowing or stuck.

The feelings we have about how this energy feels in the moment, determine our behaviors to change

or continue this energetic internal state of being. We tend to have our own personal strategies to change the feelings we have about our energy. These strategies might include having a cup of coffee; walking or running; lying down; engaging with our screens (TV, computer, phones); or eating.

In *Presence in Healing*, we like to say that “all strategies work”. That’s why we do them. And ultimately, as strategies become more habitual (and sometimes even addictive), they fail. For this reason, learning how to be present and aware of how we feel energetically and what we prefer at the moment is of great benefit. In this way, we may consciously choose our behaviors.

The first step in functionally changing our energy is simply to be curious about how and where we feel this energy in the present time moment. Curiosity is a valuable tool! With practice, this becomes second nature. Our breath pattern might give us clues. We might notice tightness or discomfort in specific body parts like the jaw or neck. We might notice how we respond to sensory stimuli on our skin or a lack of awareness of where our feet are.

We all have our preferred level of energy at any given time. Learning what we prefer in different situations varies. Sitting and listening in a classroom may be easier in a calm, grounded energy state. When running in a game, we may be best served by feeling lots of energy, alertness, flow, and intensity.

Building a repertoire of activities to manage and appreciate our energetic state is very useful in our day-to-day lives. Here's a list to explore:

- physical movement,
- sensory experience, (for example listening to different kinds of music, changing our visual field, tasting alerting or calming food, etc),
- breathing techniques,
- grounding techniques,
- mental attitudes,
- emotional discharge,
- energetic techniques,
- spiritual orientation (give it up to something bigger than yourself)



All these activities assist “just right” energy management for yourself, members of your family, or larger community groups.



What We Do at CFC

Children, Families & Communities directly delivers holistic, integrative solutions for people regardless of their ability to afford those services. Presence in Healing is a foundation for all of our services. Through classes, workshops, sessions and tutorials we serve:

- Families - children of all ages and their families in need of a different approach to physical and personal challenges and special needs
- Individuals - adults and adolescents facing longer term issues or major life transitions such as recovery, LGBTQ issues, chronic illness, pandemic-related changes.

- Practitioners - seeking to enhance their skills or become more holistic in their helping or service profession
- Community of learners - people interested in our classes in Presence in Healing, or who are seeking a course of study to transform their lives

For more information and to locate a practitioner,
visit us at cfcommunities.org

Become a Member

Your annual \$20 membership fee provides:

- engagement with creative models of service
- connection to greater purpose
- 10% discount when you attend classes



Save the Date

Our summer Grace retreat is August 14-17 on Sutton Island, Maine. If you are interested in attending please contact us. In-house accommodations are limited and are filling up. We have space for up to 5 tents.

Winter Grace workshop will be December 6 - 10 and will include an in-person workshop on December 9-10 in Somesville, Maine.



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Credits: All Photography by Carole Mudge (Except the 'Om')

"Return to Pleiades" painting by Greer Jonas

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