

An Energy
Management
Transformation
Experience

M.E. UNLEASHED

SECOND EDITION

"WHAT ENERGY CAN I BE TO
ILLUMINATE BEYOND MY
LIMITATION?"

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Miracles
MIRACLES


CHI-Up with Jaaz
Rise & Release. Raise Your Energy By Releasing Your Limitations

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WHAT IS M.E. UNLEASHED?

M.E. (My Energy) Unleashed is a focused practice for shifting energy by utilizing the eight (8) energy distinctions, M.E. Distinctions. This program is designed to teach individuals how to become consciously aware of their, "Chi". Participants learn to develop a practice of applying the M.E. Distinctions, along with, the Energy Empowerment Formula (EEF) Clear Intention + Focused Attention = Divine Retention (CI+FA=DR)[™] The application of this formula will remove blocks of limitations, resistance, ineffectiveness, doubt and fear and unleash the full potency of "Chi". In a nutshell M.E. Unleashed will connect you with your inner healer and get you out of your own way to become the unstoppable life force - "Chi" you were meant to be!



WHAT IS CHI?

Chi is "Life Force Energy" It is considered the source of all movement in the body, as well as, the universe. Chi is the source of our vitality, the link between all energy sources - yin and yang, body and spirit, mind and soul. It is the life in breath. Chi is the moving force that activates all energy sources.

LAW OF ENERGY

Energy cannot be created or destroyed, simply transformed from one type of energy to another or transferred from one point to another

WHAT IS ENERGY HEALING?

Energy healing promotes healing by enhancing energy flow and correcting disturbances in the “human energy field” or “aura” which permeates and surrounds the body. Improving the flow of energy in the energy field supports the self-healing capacity of the body.

Currently, there is a kind of revival of ancient understandings about energy healing in the light of modern science. “Laying on of hands”, which appeared in many times and cultures, is being rediscovered and formulated into healing techniques which are accessible to people in the present time. There are also more and more people who are spontaneously becoming aware of healing “gifts”.

ENERGY HEALING WORKS DIRECTLY WITH THE ENERGETIC LEVEL OF LIFE

Since everything is energy, all healing ultimately involves energy. Most healing methods are focused on the physical, mental and emotional levels of life, without recognition of the deeper underlying energy. Energy healing works purely with the energetic level of our being. Since everything is made up of patterns of energy, working directly with energy influences the physical, mental and emotional, as well as the spiritual level. Energy healing is thus by nature “holistic”.

If there is an illness or disturbance in the body, mind or emotions, we certainly want to address those levels. Energy healing, however, complements and supports other methods of healing, because it addresses the energy of which the body, mind and emotions are composed.

Many forms of energy healing therapies already exist, and more are being developed all the time. The field of energy healing or “energy work” has a very wide range of programs and focuses. This is partly due to the fact that healers have a wide variety of backgrounds and natural gifts. Everyone has a different “energetic makeup”, and healing will be expressed differently through different people. When a healer starts to teach others, different techniques, structures and methods of teaching emerge.

WHAT IS M.E. MANAGEMENT?

ENERGY ALIGNMENT



M.E. Management is an alignment of Spirit, Mind, Body and Heart (Soul) energies working congruently on our behalf for our highest and greatest good.

Spirit

(The Witness) Spirit Energy leads with intuition. My Spirit is the intuitive energy that knows M.E. The Witness brings forth the energy of intention to M.E.

Body

(The Communicator) Physical Energy is the response agent to all sensations. My Body is the container that signals M.E. The Communicator is the physical energy that notifies and recognizes. M. E.

Mind

(The Thinker) Mental Energy is driven by thought. My Mind is the thought energy that understands M.E. The Thinker brings forth the energy of attending to M.E.

Heart/Soul

(The Feeler) My Heart/Soul is the emotional energy that touches M.E. The Feeler brings forth the energy of activation to M.E.

M.E. ASSESSMENT

"WHAT GOT M.E. HERE WON'T GET M.E. THERE"

1) What would you like to achieve at M.E. Unleashed Revitalization?

2) What are the primary blocks you've identified hindering your effectiveness? List 3 examples of how your blocks have challenged you.

3) What areas in your life bring you the greatest sense of satisfaction? List 3 examples of satisfaction and joy past or present

4) What words empower you?

5) What is your "Why" - your motivation to your commitment?



M.E. DISTINCTIONS

“CLARITY BRINGS UNDERSTANDING TO KNOWLEDGE
AND WISDOM TO UNDERSTANDING”

Turning off and tuning out awareness even in the most enlightened and conscious individuals is all too common. We can all operate in a state of awareness all of the time. The question is not can we, rather will we all ourselves to be fully conscious and completely aware of how we are being. Please understand operating in awareness IS NOT operating in some state of bliss and singing The Happy song 24/7! Operating in our awareness is recognizing where we are, being there and shifting from there when the energy is no longer serving us.

Practicing the M.E. Distinctions brings identification and clarity to your energy which brings the practitioner into a state of awareness. That is why Awareness vs. Judgment is the first distinction of focus and governs all of the other distinctions.

Each distinction is purposed to shift the user from a contracted state to an open state where energy flows and blocks are released. More often than not people get stuck in their head trying to fix a problem, justify a behavior or correct a situation. This problem-solving method creates the loop of insanity - expecting different result while applying the same methods. M.E. Distinctions take you out of your mind and put you into your field of energy.

ENERGY EMPOWERMENT TRANSFORMULA (EET) ACTIVATION

Ask the following questions to employ the Energy Empowerment Transformula to shift your energy with the M.E. Distinctions

What is my intention? What is the intended energy you wish to operate in?

Where is my attention? What energy are you currently operating in?

Feel it. Identify it. Shift it. Be it.

Awareness vs. Judgment

question, view, observe vs. conclusion, opinion, answer

Allow vs. Arrange

welcome, receive, invite vs. order, get, dictate

Willingness vs. Withholding

ready, give, express vs. caution, concern, restrict

Presence vs. Patience

now, know, am vs. wait, hope, believe

Surrender vs. Struggle

trust, acknowledge, understand vs. need, should, ought

Release vs. Resist

can, will, breathe vs. can't, won't, restrain,

Direction vs. Distraction

focus, lead, clarity vs. look, linger, confusion

F.L.O.W vs. Force

Feel Life Open Willingly vs. fix, organize, rules, constrain, enforce

Using the Transformula, write a focused attention to align with the intention for each distinction. Clear Intention + Focused Attention = Divine Retention

I am aware _____
I allow _____
I willingly _____
I am the presence of _____
I surrender _____
I release _____
I move in the direction of _____
I am in Flow with _____



M.E. CHECK UP

APPLY AWARENESS TO EACH SYMPTOM TO SHIFT TO
THE REMEDY

SYMPTOMS

Low Energy
A struggle to get going, move momentarily

No Energy
Consistent fatigue, lack of motivation

Stagnant Energy
Feelings of being stuck

Nervous Energy
Lack of focus, feelings of anxiousness

Hyper Energy
Constant motion, unable to be still comfortably

Negative Energy
Unhappy, feelings of gloom, nothings right

Extreme Energy
Intense "got to get done" - no time for stillness

REMEDIES

Allow the moment

Shift Withholding to Willingness

Surrender to your inner-self

Release your Rhythm

Direction of attention

Awareness of presence

Practice Presence

"I SURRENDER ALL THOUGHT TO WILLINGLY ALLOW
MY PRESENCE TO MAGNIFY LOVE'S ENERGY"

AWARENESS CLEARING STATEMENT

M.E. SHIFT + TRANSFER

VAMPIRES

Doubt

Fear

Guilt

Resentment

Anger

Jealousy

Regret

Apathy

ACTIVATORS

Courage

Love

Trust

Enthusiasm

Joy

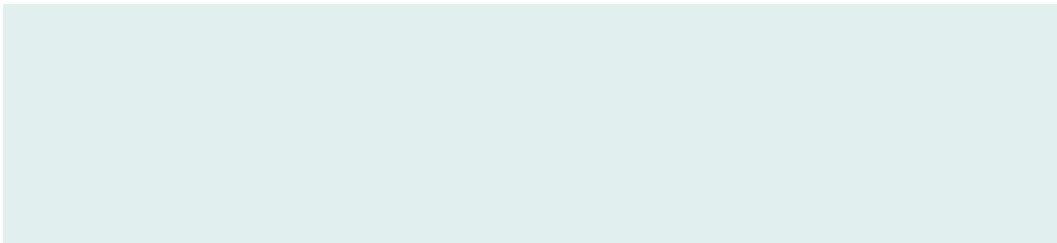
Understanding

Peace

Curiosity

“WHAT GOT M.E. HERE WON’T GET ME THERE”

Check all of the “Energy Vampires” that suck up your energy leaving you distracted and disappointed. Write an affirmation including an “Activator” to replace each “Vampire”



M.E. DECLARATION

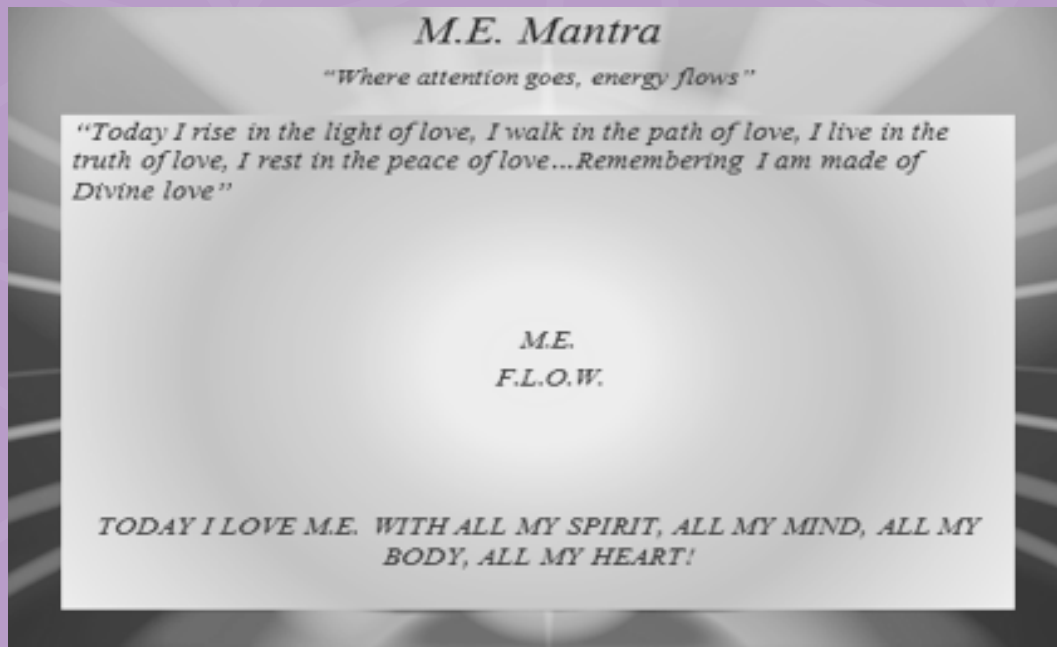
M.E. Declaration

"My job is to love as much as possible everyday(intention). If I can just love and adore everything I possibly can today, look for and feel the things I love and turn away from the things I don't love (attention), my tomorrows will over-FLOW with the untold happiness of everything I want and love.(retention) "

Adaptation from The Power by Rhonda Byrne

WRITE YOUR OWN PERSONAL DECLARATION
INCORPORATING EET AS IN THE EXAMPLE ABOVE.

M.E. MANTRA

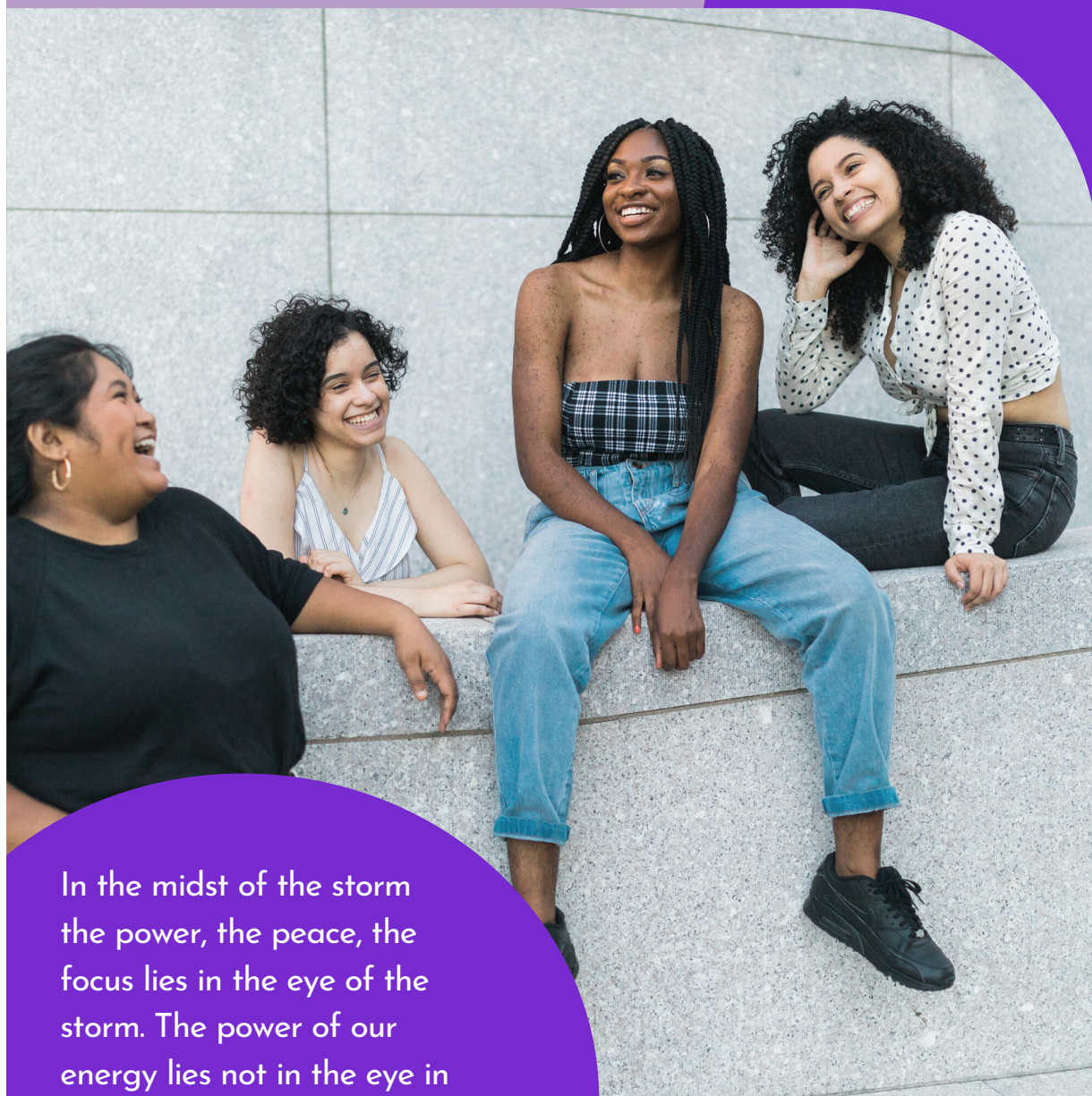


WRITE YOUR OWN MANTRA TO SUPPORT YOUR M.E. DECLARATION. REMEMBER TO INCORPORATE YOUR "POWER WORD" MANTRAS ARE SHORT, SWEET AND TO THE POINT. KEEP IT TO 3 - 4 LINES.

A large white rectangular box intended for writing a personal M.E. Mantra.

THE JOURNEY CONTINUES...

Where's Your I



In the midst of the storm
the power, the peace, the
focus lies in the eye of the
storm. The power of our
energy lies not in the eye in
which we see but, the 'I' in
which we be.

To maximize your 'Love
Energy', your 'Joy Energy',
your 'Abundant Energy'....

MAD MIRACLES MEMBERSHIP

Exemplf-I Magnif-I Multipl-I
Your Inner - G

THANK YOU



for embarking on this journey
to explore, discover and
unleash the YOU that's been
awaiting its own self-
expression.

Chi-Up with Jaaz is an Energy
Empowerment Training
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about energy empowerment
and transformational
opportunities with MaD
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