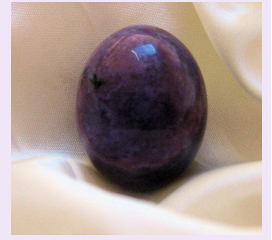


## THE CHRONIC SHOCK EGG™

BACKGROUND INFORMATION ON THE NEW  
RELATIONSHIP STRESS ELIMINATOR  
FROM ENERGIZE YOUR LIFE  
OCTOBER 2009



### FREE YOURSELF FROM RELATIONSHIP STRESS

In the **Energy Solutions Clinic**, we often meet clients suffering the consequences of an accumulation of *relationship stress* received through a past or current abusive, difficult or incompatible relationship; or from a traumatic interaction with someone else.

The important thing to understand here, is that "stress," in this sense, is a real energy. It isn't just a reaction to a challenging situation. When we talk about "relationship stress," we mean a transfer of energy from one person to another that occurs as a direct consequence of their difficult relationship.

When you are, or have been, in a relationship where a lot of stress is present, this relationship stress builds up in your energy body. Even though your energetic immune system is constantly eliminating harmful stresses, it can't do this 100 percent efficiently. Some residual stress always gets left behind. So you are left carrying your relationship stress inside you as an increasingly heavy "stress burden" - an internal, energetic weight that is constantly reducing the quality of your life.

The more relationship stress you carry, the more it blocks flows of qi through your body and in your life. So, for example, you may suffer damage to your *health [qi]*, *wealth [qi]*, *relationships [partnership qi]*, or *work [qi]*, because of the injurious effect of the chronic shock of a past or present relationship.

We use various approaches in an **Energy Solutions** consultation for gradually reducing the levels of relationship stress in a client's energy body, but this can take time and some considerable commitment on their part. So we realized we needed to create an Energy Egg which, rather than focusing on a particular form of life qi - like *health qi*, for example - would automatically focus on areas of your energy body where your qi is blocked by relationship stress and start eliminating that stress from there.

Eventually, after more than four years of research, we completed the development of the **Chronic Shock Egg**. Unlike other [Energy Eggs](#), the **Chronic Shock Egg** doesn't have a positive name - like "Wealth" or "Loving Relationships" - because relationship stress can damage any area of your life. Therefore, we've named this Energy Egg on the basis of the condition to which it responds - **chronic shock** - rather than focusing on any one of its huge number of potential benefits.

### HAVE YOU BEEN STRESSED BY A RELATIONSHIP?

Of course you have. We all have, to some degree or other. And often from a very early age when we're not really able to recognize what is happening. But at first, it's relatively easy to

get over it. Two young children can be in a rage with each other one minute then playing happily together 5 minutes later. This dramatic shift from hostility to friendship reflects the quantity of energy available to a young child's energetic immune system which quickly eliminates incoming *relationship stress*. At that age, most of it doesn't 'stick.'

However, as time goes by, and as we have more and more interactions that are hard for us to manage, our energetic immune system becomes increasingly burdened with the relationship stresses we absorb: our fears, resentments, angers, blame, sense of superiority or inferiority; the emotional wounds from the deceptions, betrayals, rejections or manipulations we've experienced; our sadness, grief and sometimes, sadly, even the physical scars . . . all the relationship 'stuff' that we carry around within us that continues to affect us, even if we're in relationships with others who aren't abusive.

*Relationship stress* is an energy received from another person during a difficult interaction with them - a *foreign energy* - that gets stuck inside your energy body because you are both vulnerable to it and lack the resources to eliminate it. Any foreign energy that becomes resident in your body displaces your own energy from the areas where it's present. So, for example, a foreign energy from your mother or father that has entered your 6<sup>th</sup> chakra will result in your thinking more and more like that parent over time - *having your parent's thoughts instead of your own*. How many times have you heard someone say - 'Gosh, I'm becoming like my mother!' Or maybe it's even been said about you . . .

The more your own energy is displaced by foreign energies, the more you experience physical or psychological difficulties in some areas of your life - your *health, wealth, work, relationships, security, success, happiness, etc.*. However, the effects of these foreign energies can be very subtle. So subtle in fact, that even though they are damaging you and your life, they seem to be 'just the way you are,' or 'just the way life is,' rather than clearly being seen as issues you need to resolve in order to achieve a higher quality of life.

Like any other form of stress, *relationship stress* must be eliminated if you are to recover the life energies you have lost as a result of being in a damaging relationship now or in the past. This is the main function of the **Chronic Shock Egg**. But you also need to understand how you will continue to be stressed by your current relationships to the degree you don't, won't or can't, manage them in an energy-ascending way.

## THE EFFECT SOMEONE HAS ON YOU

Three variables affect the strength and/or duration of the stressful impact of someone else's actions on you:

- The energy the other person is emitting
- Your vulnerability to their energy
- How much you are reacting to their behavior

Each of these variables affects how much of their energy you receive, how it then proceeds to damage your life, and for how long.

## Toxic Energy

The energy someone else is emitting can range from being harmless - someone singing a happy song, or reading a book say, to being extremely toxic - physically or verbally attacking someone because of their gender, race or religion for example. These latter examples are obvious because they are so extreme. However, most of the toxic behavior we experience is more covert, precisely because it's so common and is considered 'normal,' or just an aspect of someone's personality - "that's just the way he/she is." Just like the subtlety of the malfunctions we experience in our lives from taking on relationship stress, toxic energy can often be equally subtle, so much so that people don't even realize that it's abusive. As a society, we tend to routinely 'normalize' many forms of abuse.

But the more toxic the energy being put out by someone, the harder it is for your energetic immune system to eliminate it. Whilst for a few, very resilient, people toxic energy may be "water off a duck's back" - for a short time at least - for most of us, it is profoundly and increasingly debilitating. Every relationship between lovers, parents and children, colleagues, etc. that is wholly or partially abusive exposes us to ongoing toxic energy from the other person, resulting in damage to the energy body and life of anyone receiving it.

A general lack of awareness of our energy results in huge numbers of people enduring relationships that are subtly or overtly poisoning them. And even those who have the awareness and intent to move on from such relationships, are likely to suffer the effects of *chronic shock* - the experience of *accumulated relationship stress* - for many years and relationships afterwards. Or even for the rest of their lives.

## Energy Vulnerability

Of course, we're not just passive victims of relationship stress. Our personal vulnerability to a relationship stress - how much we are affected by a particular person - depends, in part, on us. For example, two people can behave in exactly the same way - maybe they are equivalently rude or offensive to you. But whereas one of them doesn't bother you, you are extremely hurt, annoyed or embarrassed by the other. In short, you are far more vulnerable to one person's energy than to another's.

Personal vulnerability depends on how well each of your chakras is *sealed* - just as your vulnerability to rain depends on what clothes you're wearing. For example, if your 2<sup>nd</sup> chakra isn't well-sealed, you will tend to experience **guilt** or **anger** in proportion to how much of the left or right side of this chakra is damaged by relationship stress. Or, if the center is damaged, you will be driven by an **addiction to sensations** - always looking forward to the next pleasure, and upset when you don't get it. Equally, if your 3<sup>rd</sup> chakra isn't well-sealed, you will tend to experience **fear** or **recklessness** - every compulsive gambler suffers from damage to the right side of their 3<sup>rd</sup> chakra . . .

A sealed chakra allows energies in that are good for you, but keeps many environmental stresses and foreign energies out. The less well-sealed your chakras are, the more relationship stresses you will accumulate in some part of your energy body . . . and the more these foreign energies will damage the quality of your thoughts, feelings, behavior patterns and experiences.

## Reacting To Others

Imagine you are trying to work, but your child is singing a happy song. What do you do? How do you feel? Abusive parents have been known to become enraged or commit extraordinary acts of violence. Others may yell something. Some people would calmly request a lower volume level. You might even stop your work, listen or join in . . . These are all responses to the same experience, ranging from the overtly pathological *reaction* to a loving or kind *response*. Or you may feel justified in reacting to another person's behavior - perhaps they are blaming or manipulating you - so you get angry . . .

Our behavior is, to a much greater extent than we usually realize, influenced by the relationship stresses *already within us*. An obvious example: how we treat others or our children is hugely influenced by how we, ourselves, were treated as children; or, in other words, *how much of our parents' energies we are still carrying within us*. They cause us to react. The other person is simply the trigger. Then we might say: 'I don't know what came over me,' or 'I was beside myself.' These are accurate descriptions of the effect of a foreign energy upon us or our experience of life. A foreign energy can literally take over our 'operating system' in that moment.

However, we *all* also have a degree of choice - called our *intent* - in how we respond to any given situation. This degree of choice is determined by how much of our own energy - as opposed to foreign energy - is present in each chakra that is receiving the energy of the current situation. The more our own energy is present, the more calm we feel, the less bothered - and the more choice we have about how to *respond*, as opposed to knee-jerk *react*. Note: there is a critical difference between a useful *response* and a blind *reaction*. The first is about the 'other,' the second is about 'me.'

So, in the case of the above example, regardless of how tired or stressed you are, how much you have to concentrate, or how loud your child is being, to what extent do you/can you choose to *respond* to the situation in a positive, life-affirming or 'energy-ascending' way? It may take *every ounce* of available energy in you to not *react* negatively, but it makes a huge difference to you and your child (in this example) whether you choose to express your intent in this way, or not.

To the degree you sub-consciously choose to be driven by, and act out, your foreign energies rather than by your available intent - your awareness-ascending energy - you both transmit harmful relationship stress (to your child or another person) and you too will be damaged by your own reactions. This 'window of opportunity' of choice may be just seconds before you 'fall off the cliff edge' of intentful behaviour, (before you explode or yell, or get upset, frightened or hurt), but we *always* have that small, sometimes infinitesimal, moment of choice.

When we choose to react to someone negatively - even when it doesn't feel like a choice - we inevitably *add to our own relationship stress burden by our own toxic reactions*, which cause us to receive more stress from the other person. An endless cycle. The more we react to others, the more we accumulate their energy. Reacting to *anyone* increases our vulnerability to their energy and to the energies of other people too. So imagine how much *more* you are damaged through reacting to others who are extremely difficult, unpleasant, manipulative or otherwise disturbed . . .

## CHRONIC SHOCK CAN BE VERY SUBTLE

The effects of relationship stress are often very subtle - they just seem to be a part of "who we are." Some random examples:

- Relationship stress commonly manifests as shyness, nervousness, aggression, conflicts, resentments, fears, anxiety, being judgmental, or just 'not being present'
- In the 5th chakra (communications), relationship stress often manifests as problems with colleagues or difficulty communicating what you want or need
- In the 1st chakra (who I am), relationship stress can cause a lack of self-awareness, so someone is relatively unaware of how what they do or say is affecting others' thoughts or feelings about them
- Relationship stress in the 3rd chakra (resourcefulness) can lead to financial dependance on one or more other people, or on government aid, rather than being able to stand "on your own feet"
- And relationship stress in the nose chakras tends to generate an addiction to knowledge or reason in lieu of wisdom or awareness - always trying to think your way through your life rather than really understanding it . . .

So most forms of chronic shock tend to manifest in ways that don't necessarily appear as challenges to be addressed. They usually slip under our "radar," in terms of what we need to change, as opposed to what we can 'live with.' Unfortunately, most people never realize how much more alive they would feel if they consciously took responsibility for the relationship stresses affecting them and their lives.

## AMPLIFY THE POWER OF YOUR ENERGY EGGS

The **Chronic Shock Egg** works on its own and *together with any other [Energy Egg](#)*. If you already own:

- The white **Guardian Egg** (standard aventurine or premium jade)
- The green aventurine **Wealth Egg**
- The red aventurine **Loving Relationships Egg**
- The hematite **Security/Respect Egg**
- a [Guardian](#), [Loving Relationships](#) or [Wealth Angel](#)

*. . . tap one end of your Chronic Shock Egg once against the end or top of each Egg or Angel. Then tap the other end once against the other end of each Egg or Angel. Then tap the sides together once.*

This forms a connection between the Energy Eggs that amplifies your **Chronic Shock Egg's** elimination of relationship stresses blocking your *health, wealth or partnership qi* anywhere in your body.



## OTHER THINGS YOU CAN DO

Eliminating relationship stress isn't always an easy process, especially when it comes to current relationships. You may be familiar with the concept of a "healing crisis." This refers to symptoms that can appear as a consequence of a *health stress* being eliminated. A common example is the tiredness, irritability and aches and pains that can result from the rapid elimination of a candida infection.

Rapid elimination of relationship stress can also manifest as aggravations in your relationships if unresolved issues or other karmic conditions continue to simmer beneath the surface. They've always been there, but now you become more aware of them - the first important step in the process of getting rid of them. We find people with **Chronic Shock Eggs** often become more aware of the issues they need to deal with and more open and effective about finding ways to do that.

The **Chronic Shock Egg** automatically eliminates life-damaging relationship stress from your energy body. However, if you wish to become stronger in your own right - and remain so in your current and future relationships - this requires a sustained effort to *not re-create* the same stresses, just as becoming physically stronger also requires a sustained effort.

We offer three additional ways you can cultivate your personal inner strength so you will develop more and more of the energy you need to:

- Become less vulnerable to other people's energy
- Effectively manage difficult relationships
- Rise to challenges that, previously, would have seemed overwhelming
- Be clear about your needs - and what you no longer need
- Regain control over your own life
- Create a life that energizes you rather than costing you your energy

## ENERGY SOLUTIONS - PERSONAL WHOLE BODY ENERGY READING

[Energy Solutions](#) is our personal, telephone or online consultation designed to help you cultivate the energies you need to deal more effectively with any ongoing, challenging issues you may be experiencing.

"My brain has cleared . . . My immune system is also lots better . . . I deeply appreciate the help you have given me. It's a wonderful holistic approach . . . it really works!" Jane S, UK

"I had a couple of consultations with you two years ago - it changed my life dramatically for the better." Jackie W, Australia

"Thanks guys. You really have been truly wonderful . . . in what you have helped me achieve in regaining my health." Gary M, USA

"The fatigue has gone . . . I have not had a cold sore since my first consultation with you 11 months ago. I used to get cold sores frequently . . . Every day is so much better!" Tom B, Norway

People use **Energy Solutions** to resolve all sorts of issues in addition to their health: work, relationships, where to live, spiritual development, creativity development, wealth etc..

To make an appointment, contact Carol on [carol@energyawareness.org](mailto:carol@energyawareness.org) or call:  
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## THE ENTRY PATH - ONLINE ENERGY AWARENESS DEVELOPMENT PROGRAM

The **Entry Path** is the leading training for cultivating your energy awareness - *body energy awareness, environmental energy awareness* and *spirit energy awareness*. It provides you with the tools to discover *for yourself* the energies influencing you and your life. And how you can change your energies to change your life for the better in countless ways - both ordinary and extraordinary.

"I feel so privileged to have been given the tools to open up my own source of inner knowing, instead of having to rely on other 'experts' opinions and thoughts . . . It is amazing to see how working with you has so profoundly affected my life . . . it has been completely transformed!" Janice K, USA

"It was so wonderful to feel spirit working it's magic again - I have you to thank for helping me back to this place, where I am listening to the needs of my spirit, and not the drum of the masses." Marc J, UK

"It is an amazing thing to be on this path. Thank you for making it possible."  
Karen vE, NZ

The **Entry Path** can be practiced on its own or in conjunction with Energy Solutions sessions.

For more information, contact Carol on [carol@energyawareness.org](mailto:carol@energyawareness.org)  
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## VISION LIFE COACHING - ENERGY-AWARE FORTUNE DEVELOPMENT

Whereas Energy Solutions is problem focussed - *health, relationships, work*, etc. - and the Entry Path focuses on developing your energy awareness, **Vision Life Coaching** provides you with the ongoing personal guidance and support you need to move forward in your life or to achieve specific goals.

We often find that people feel stuck in one or other areas of their life - not so much in terms of wishing to resolve a specific problem, but recognizing their need to make some progress within themselves and/or in a specific area of their life.

**Vision Life Coaching** is a one-on-one, energy-aware, action-oriented dialogue that focuses on your achieving the step-by-step changes that will generate a higher energy future for you. Because it works on cultivating your *fortune qi*, **Vision Life Coaching** is often more effective than other forms of life coaching. Your fortune qi - the energies underlying your

*wisdom, inner strength, happiness, success and higher awareness* - directly determine how fortunate your life becomes and how much you are able to truly transcend the misfortunes of *exhaustion, confusion, failure and harm* (injury or illness). Like the fortune qi, these *misfortune qi* are real energies accumulated in your body, reducing the quality of your life.

**Vision Life Coaching** reveals how you can transform your misfortunes into fortunes through concretely and practically clarifying and realizing a brighter vision for your life. We call this the *creation of a higher energy future*, or “following your fortune path,” as you increasingly recognize the signs within you and your life that point to the more fortunate life you are inherently capable of achieving. **Vision Life Coaching** helps awaken your extraordinary potential.

“I feel like a different person in so many ways. You are inspiring and your philosophy and life actions are so cleansing, make so much sense and create a sense of meaning and connectedness with everything. I trust my thoughts and feelings and have gathered the courage to speak out in ways I can never remember having ever done before. I really feel changed . . . It's great!” Dr. India W, NZ

“. . . my life has changed and opened up in many ways I could never have begun to imagine” Carolina R, UK

"I love you guys. You have picked me up, stood me on my feet and pointed the way." Caroline S, UK

**Vision Life Coaching** includes one to four 45 minute sessions per month. It is compatible with Energy Solutions and/or the Entry Path. Please note that opportunities to work with us in this way are extremely limited. Please contact us to enquire about availability of slots for **Vision Life Coaching**.

For more information, contact Carol on [carol@energyawareness.org](mailto:carol@energyawareness.org) or call:  
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