



## ***Energy Checking 101: Trusting the Tools*** **Companion Worksheet**

### ***Energy Checking: A Dialogue with Love***

Thank you for watching the first video in this three-part *Energy Checking* series. I am thrilled you have said YES to learn a new way of receiving personalized, moment-to-moment guidance. Stick with developing this new capacity and it is sure to be a life changer for you as it has been for me and so many of my friends and clients who use it. By playfully opening yourself to the possibilities and developing your capacity to use this tool, you will be amazed by how precisely Energy guides your every decision.

The purpose of this *Energy Checking* mini-course is to empower you to be connected to your own guidance and discern truth for yourself, even in the trickiest of situations. The power to navigate life's most challenging questions and receive answers to all the wonderings of your heart is a superpower to which you have direct access. The capacity to be continually in contact with your own truth is so foundational that I have made it a prerequisite for anyone wishing to work one-on-one work with me. I love accompanying clients as equals along the path of discovery.

So let's get started! My intention is that these worksheets help you integrate the material presented in the video and guide your practice of *Energy Checking* step-by-step. Print this worksheet out to record your discoveries below. Or you can make your own chart!

Here are some main points to keep in mind:

- Love is what blossoms and grows all of us. *Energy Checking* allows us to understand what Love wants us to know in this moment to assist our growth.
- We feel Love's guidance for us through a variety of intuitive knowings. *Energy Checking* is related to, but different from intuitive knowing. You can use your intuition to help guide you to the heart of the matter so you can be skillful in the questions you ask.
- When you ask a question, you are asking to receive Love's guidance in the form of a tangible signal from your body. When you ask Energy questions it is a consultation between Love and yourself. Sometimes the answers you get will immediately feel

resonant, and sometimes the answers will be surprising and require more questions to understand. While the answers are coming from a Source outside of you it can feel like the answers are coming from within yourself, and in a certain sense, they are. Poets, in describing the intimacy of the relationship between divine guidance and our own selves, talk about the “best Beloved” as being “closer than our life vein.” I use the terms *divine guidance* and *best Beloved* as synonymous with Love and Energy.

- *Energy Checking* delivers answers physically so you get a tangible sign of the answer that is coming through. In this way, when your mind is predisposed to a certain answer, you have a method, outside of your mind, that can convey the new information.
- The answers you receive may be surprising. Without a tangible way of seeing the answer, your mind could easily overlook it, interpreting the guidance through its current framework of understanding. You could miss a rare opportunity to evolve your perspective entirely.
- As you come to trust the clear physical signs you receive, and their corresponding subtle internal feelings, it will encourage you to get very specific and exquisitely refined in the questions you ask. Over time your ability to gain clarity around why something happened the way it did will sharpen.

### ***A Word of Encouragement***

As you begin your journey with *Energy Checking*, it is important not to get discouraged when you are not getting clear answers. When I first began, I often received confusing answers. My tendency was to think that the tool wasn't working. Or worse, that it just wasn't working FOR ME. However, I have come to realize that Energy IS working—it's always working. We are all active receivers of the information Energy conveys.

There are many ways to troubleshoot where you might be “getting your noodles in a tangle” as a friend of mine calls it. I'll share common sticking points and how to address them. At the end of this three video mini-course you'll have access to all these helpful tips compiled into an easy-to-use reference guide.

The real work in *Energy Checking* is learning how to ask the questions that Love would ask of you—NOT getting stuck in the ones that are prompted by fear. This requires a whole new framework for thinking about life.

We'll get more into that juicy topic later. For now, I encourage you to keep practicing. Don't let early difficulty or frustrations prevent you from discovering all the amazingness that is in store for you when you are able to directly dialogue with Love. With experience, you will gain an understanding of the realities within and around you. You'll look back and wonder how you managed to stumble around in the dark for so long.

## ***Practice the Basics: Trust the Tools***

To build your trust with *Energy Checking*, you'll start in a very basic way and practice until it becomes second nature. These exercises are something you can come back to often when things start feeling wobbly and you're not sure you're getting accurate answers.

In the video, you learned three methods of *Energy Checking*.

- The Whole Body Lean (Starting at 5:15 in the video)
- Interlocking Finger Circles (Starting at 13:22 in the video)
- Single-handed Energy Checking (Starting at 15:43 in the video)

### ***Step 1—Calibrating Your Body***

Practice the three different methods by first choosing one of them and saying out loud:

“Show me a 100% YES.”

And then:

“Show me a 100% NO.”

Observe how your body responds to each method with each question. Notice:

- What is happening physically?
  - Whole Body Lean—do you lean forward or back?
  - Interlocking Finger Circles—do your fingers stay interlocked or do they easily break apart?
  - Single-handed—your middle finger will either buckle or stay at a 90 degree angle
- What do you feel internally?
  - What does 100% YES feel like on the inside of your body?
  - What does 100% NO feel like on the inside of your body?
  - If you don't know, just stay with it; then ask yourself to notice what you're not noticing.

Record on the chart below what you're noticing with each technique.

	"Show me a 100% YES" Externally	"Show me a 100% YES" Internally	"Show me a 100% NO" Externally	"Show me a 100% NO" Internally
With the Whole Body Lean: I felt...				
With the Interlocking Finger Circles: I felt...				
With the Single-handed method I felt...				

***Reversed Polarities***

People most commonly experience leaning forward in response to a YES and leaning back in response to a NO. Yet sometimes your polarities can be reversed and you get opposite answers. You can still *Energy Check* when your polarities are reversed; you just need to adjust your interpretation of your answers. However, having your energy reversed in general can cause other problems, so it's good to get it flowing right.

To get your polarities back in proper alignment, try the following:

Do the things you know that help ground you in your body. Take a few deep breaths, imagine roots spreading from your feet into the earth, experience something simple you love with all your senses.

Drink a glass of water

Thump your thymus with your fist (your thymus is in front of your heart and behind your sternum so thump your chest like you're Tarzan) while breathing and saying, "I ask that my polarities return to their right and perfect functioning."

Now that you have some experience with these three different *Energy Checking* methods, see which one feels the most comfortable and/or reliable. Choose one method to take for a test drive with the following questions.

### ***Step 2—Testing Your Chosen Method with Questions***

Start by asking questions your mind already knows the answer to, so you can come to trust that these tools of *Energy Checking* are giving you reliable answers. Once this trust is established, then you can begin to explore things unknown within your current experience and feel confident in the answers you receive. In later videos, you'll learn about how to refine your questions and understand the framework and assumptions from which you are asking your questions.

For the next three days (longer if you'd like), spend at least 5 minutes a day using your preferred *Energy Checking* method to ask questions your mind already knows the answer to.

Here are some questions you can play with:

My name is \_\_\_\_\_.

My name is (not your name).

I love to breathe fresh air!

I love to vomit.

Gravity is a law of the natural world.

Gravity is a lie.

There is a shark in my living room.

There is no shark in my living room.

The sun is up.

The sun is down.

*Pick up a book and see how many pages it has—let's say it has 220 pages.*

This book has 220 pages.

This book has 235 pages.

I am hungry right now.

I am full right now.

I am thirsty right now.

I am not thirsty right now.

I have a pet cat.

I don't have a pet cat.

There is a giraffe in my living room.

There is not a giraffe in my living room.

As you practice, record what you notice your body doing:

	First Question/Answer	Second Question/Answer	Third Question/Answer
Day 1			
Day 2			

Day 3			
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While you might feel like you’ve gotten this the first time around, as you progress deeper into asking more nuanced questions, you will likely hit a moment when you doubt this tool to give you accurate answers. The work you put in now to gain confidence in the tool’s ability to give you accurate information will serve you as you branch out into questions of the unknown. And remember, you can always return to the basics—asking to be shown a 100% NO and a 100% YES. Doing this allows you to witness how your body delivers Energy’s clear answer to you. If you are getting a muddled, unclear answer, it means your question needs refining.

Take a moment to reflect on your experience of *Energy Checking* the obvious. You may even wish to journal about it. Did you learn anything surprising? Where do you think this information is coming from? Does it scare you? Excite you? Make you curious? Does it bring up doubts? What are they? Can you do that one-handed *Energy Checking* thing or does it make your finger hurt? (Trust, me, that one takes practice!)

I would love to hear your reflections and any questions that come up for you. Please consider sharing your thoughts in the comments section below the video on [my website](http://www.kathrynlucatelli.com/energy-checking-101/) (www.kathrynlucatelli.com/energy-checking-101/)—this way everyone gets to benefit from your brilliant contributions!

Happy practicing!

Kathryn

P.S. When you’re ready, here’s a link to the next video in the series: [Energy Checking 102: Going Deeper with the Tools](#)

# ***Energy Checking 102: Going Deeper with the Tools*** **Companion Worksheet**

## ***Energy Checking: Growing in Trust***

Welcome to the second video in this three-part *Energy Checking* mini-course on learning how to *Energy Check*. My hope is that you are gaining experience with this tool as you experiment with checking answers to questions you already know. Perhaps you've even started branching out to experiment with questions that have answers, that are less obvious. Remember to maintain curiosity about the responses you are getting, whatever they may be!

I want you to know this: the usefulness and power of *Energy Checking* increases the more you come to trust the responses/answers you are getting. It is okay if your mind does not understand the answers that you get. When this happens, ask more questions until you've arrived at an understanding that relaxes you.

As you learn how to refine your questions and let the next inspired questions come, you will reframe your understanding about life from the perspective of Love. In this way, you will learn how to continue the conversation with Energy until you reach a point of clarity and peace.

My hope is that it was reassuring to you that Lorelei had a very different response to *Energy Checking* than I did. Are you able to trust the responses you are getting? If not, there may be some underlying beliefs about your own trustworthiness or trust in Life that would be helpful to become aware of and release. We'll look at the issue of trust in more detail later in the worksheet.

In this worksheet we will go over the major themes the video presented.

## ***Judgments around YESes and NOes.***

When I began learning *Energy Checking* I was much more partial to getting a YES. It felt confirming, like I was on the right track. I *wanted* to get a YES. A YES felt *good*. What judgments do you have around YESes?

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When I began learning *Energy Checking* I would often feel disappointed about getting a NO when I wanted it to be a YES because I didn't yet have the experience to know what to ask next. A NO could also feel punishing to me. Take a moment to think about what judgments you have around the answer NO.

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***Both YESes and NOes guide you to clarity.***

It is important to be aware of the judgments you have around either answer so they don't stop you from getting clarity. Both YES and NO serve as the tools that help you investigate truth. Both YES and NO are neutral in and of themselves. If we are attached to a certain answer, the process of investigating the truth of our reality will be hindered.

Use the inner work tools you are familiar with to release the judgments you have about getting either a YES or a NO to the questions you ask. Below are some suggested methods to use to release your judgments. You can either learn more about them on your own or schedule a session to be facilitated in releasing judgements, clearing the way for more accurate and easeful Energy Checking:

- The Work of Byron Katie
- Emotional Freedom Technique
- Journaling
- Witness consciousness

The goal is to become a detached observer of the conversation that is happening between you and Love and to stay open to the inspiration that will guide your conversation forward.

One of my friends, before *Energy Checking*, says, "Please let me be open to the truth." You may want to try that as well.

***Feeling into the deeper truth.***

A true YES in your body will feel expansive. A true NO in your body will feel like some version of a feeling of constriction.

This means that a NO from Energy can feel expansive, when it aligns with your deeper truth. And a YES can feel constrictive if it is out of alignment with your deeper truth. In that case, check to see if the YES you received was coming from Energy or if it was coming from a mental expectation.

Here's a common sticking point when starting out: say you ask, "Is it in my highest interest to go to the event tonight?" You get a YES, but it feels heavy and tight in your body. Because the YES has not led you to a relaxed, open state, you ask another question. "Is there a belief I need to look at here?" Most likely you will get a YES. Scan to see what that belief could be. For example, "Will I dissappoint X if I don't show up?" You get a NO. Then ask your question about going to the event again, being sure you clarify that you would like an answer from Energy. Keep asking questions until you arrive at a place of peace.

All of our NOes and YESes move us to a deeper point of clarity. You know you have reached a point of clarity when you feel relieved by the information you are getting.

This is an ongoing conversation. Circumstances continually change. Keep checking. If you get answers that do not leave you feeling relieved, the conversation is not over. Keep exploring. Keep questioning.

### ***Where is this information coming from?***

Here's where it's not coming from. The answers that feel like peaceful truth are not coming from the self-rooted in the ego. They are coming from our timeless Self. Our Self that existed before we were here.

There is a part of us that was made to resonate with our Creator. The practice of *Energy Checking* helps us get back in touch with that place of resonance. It is the part of us that has access to global awareness with a 360-degree perspective.

Now, it is possible that sometimes you will get answers from the self-rooted in the ego. At that point it's good to clarify as you ask the question: "I ask that my answer be delivered from my Spirit, Higher Self, God." Or you can ask, "Is this answer coming from my ego?"

Learning *Energy Checking* is a journey of intimacy with our higher Selves. It is a process of moving away from being seduced by our ego.

Answers that come from Energy are kind and loving. Often this is surprising because the answers coming from Energy are much more kind and loving than we are used to being to our own selves. Our ego may have labeled that before as selfish. It's a huge world opener to get information from Spirit that is coming through in such a compassionate way.

Lorelei offers a wonderful insight. The word Spirit comes from *inspire* to be *inspired*. Slow it down. Pause with the breath rather than questioning the answer. Be open to that knowing.

This process is very multifaceted. It's not about learning one specific tool. It's a complex, rewarding journey.

I would love for you to have an experience of being surprised at the answers you are getting. Set this before yourself as a goal: "Let me have a delightfully surprising experience with *Energy Checking*."

### ***Play around with it.***

If you could ask someone who you implicitly trusted any question on your heart and mind, someone who knew you well, who was wise and intuitive, who you knew would give you a true answer, what would you ask?

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Effective *Energy Checking* requires trust. You need to be able to have trust that you can receive answers. The physical manifestation the answer takes allows us to receive information that is outside our thoughts. In this way, the answer can surprise you.

Pay attention to what is happening internally. The goal is that each answer moves you toward a state of relaxation and peace.

Come at this process with childlike wonder, beginners mind and an attitude of staying curious.

Create space for however long the journey needs to take. When you start thinking: "This isn't working for me," that fear becomes contagious. Watch for that thought and counter it with the assurance, "Energy is always guiding me. I am learning to listen."

When this happens, ground into a deeper truth. What allows me to feel calm and relaxed? Then see what questions you are inspired to ask from that place. This is a practice of learning to spend more time in a place of love than a place of fear.

Love is expansive. Fear is contractive. When you become familiar with living in a state of love, you will become more sensitized to the moments of fear that enter your consciousness.

## ***Trouble shooting***

The last video talked about how it's difficult to get answers if you are not in your body.

Another area that could make getting answers difficult is not trusting yourself. If you are not showing up on your own radar screen, *Energy Checking* is going to feel like a confusing slog. You will have difficulty accessing something greater than yourself because it needs to come through YOU. If you don't trust YOU, then the whole process breaks down.

My own journey with *Energy Checking* has followed my healing journey. There was a time that I thought my answers lived outside of myself. I believed there were experts who had my answers. The idea of relying on myself felt terrifying because I didn't hold my own experience, thoughts and feelings as valid. I have done the work to become visible to myself and take into account everything that shows up within me. As a result, I now feel at home within myself. This has led to a confidence and trust that if I stay compassionate and curious I can arrive at my own answers. It is incredibly empowering.

The process of *Energy Checking* is a beautifully organic way to heal mistrust in one's own self. At the same time, there has to be some foundation of trust in one's self to get traction with the process. Without trust, all of your answers will be slippery and inconsequential and it will be difficult to advance the conversation. With many of my clients, we first work on building trust with one's self and getting embodied and then *Energy Checking* comes.

Remember that Energy responds with precision to your words and intentions. It is important to be clear about what exactly you are checking. Answers are coming in response to our thoughts, which cycle through faster than we realize. It is important to clarify: What am I really asking? Getting very specific. Notice your word choice. Slow down your own thinking so you're not inadvertently getting answers to questions you didn't even know you were asking. Hold that one question in your mind and *Energy Check* it.

## ***Next Steps***

As you advance in your practice of *Energy Checking*, we'll delve deeper into how to formulate questions. For now, play with these tools. Whatever you are experiencing is totally perfect. It's just about being curious and listening deeper. Trust yourself. This is a brand new skill you're developing, it will take perseverance and practice to see what it could really be for you. Along the way I'll be sharing encouraging stories of how others have used *Energy Checking* to great success.

Keep being curious about the possibilities of this intimate relationship you are developing with Love, manifesting in the relationship with yourself. This relationship with yourself requires just as much quality time and focus and attention as any other relationship you are looking to develop and nurture. *Energy Checking* is a way to blossom a loving friendship with yourself.

What are some areas of your life where you could use *Energy Checking* to get clarity?

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What goal would you like to set around how to practice *Energy Checking*?

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As you can see, this is a practice. Yes, it's going to take effort on your part to develop, but guess what? YOU CAN DO HARD THINGS! And the rewards you reap will be so beneficial you will just want to KISS your past self for putting in the effort and practice to give you the ability to access your own guidance at any given moment. It will change every aspect of your life!

I look forward to accompanying you in your own *Energy Checking*! Remember, you have the innate ability to access trustworthy guidance for every moment of your life. My desire is for you to be empowered to develop this ability so it becomes your first nature.

Much love,  
Kathryn

P.S. The last video in the series shows an example of me using *Energy Checking* to get to the bottom of a sugar craving. Tune in [here](#) to watch this tool in practice!