

A pair of hands, palms up, held in a gesture of offering or energy. The hands are rendered in a monochromatic, teal-blue color against a light, hazy background. The fingers are slightly curled, and the palms are open, creating a cup-like shape.

THE
LITTLE
BOOK
OF
GOOD
ENERGY

A Pocket Guide To Always
Having Good Energy

ROBIN BARRATT

THE LITTLE BOOK OF GOOD ENERGY

A Pocket Guide To Always Having Good Energy

By Robin Barratt

Robin Barratt, Barratt & Associates
Suite 56, 3 Courthill House
60 Water Lane, Wilmslow
Cheshire, SK9 5AJ
United Kingdom
www.RobinBarrattBooks.com

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Designed and typeset by Louis Stefano DeMarco
demarco@talk21.com

en·er·gy

Noun

1. The strength and vitality required for sustained physical or mental activity.

2. A feeling of possessing such strength and vitality.

Synonyms

force, life, spirit, vitality, drive, power, vigor, vim, zip, strength

Now, with this **Little Book of Good Energy**, wherever you go, whatever you do, you can always carry good energy around with you, and you can always give good energy back to other people.

Why do I personally think this is so very important?

Because of this simple reality; if you are good to others, and do good things for others, and feel positive and give others good energy, you will always, always get much more in return, maybe not from the same person or at the same time, but you will always get more back.

Why do I think this happens?

Because the Universe always balances itself out; all the time, every time and without fail. It always balances good energy with more good energy, and of course it will always balance bad energy with more bad energy.

And so, by carrying this little book around with you and reading it now and then at your leisure, it is a perfect way to remind yourself about the patterns of good energy in everyday life, and an excellent way to both maintain a high level of good energy for yourself, and helps you consistently give good energy away to other people.

“IF YOU WANT TO
FIND THE SECRETS
OF THE UNIVERSE,
THINK IN TERMS OF
ENERGY, FREQUENCY
AND VIBRATION.”

– *Nikola Tesla*

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“LIFE SHOULD ONLY
BE ABOUT MAKING EACH
OTHER HAPPY. THAT’S ALL,
END OF STORY!”

INTRODUCTION

Having good energy and giving good energy to other people, and therefore receiving good energy back in return, is vital for balance and harmony; both personally as well as in the world. It isn't a difficult thing to do either; in-fact it is actually a very, very easy thing to do. Really, it is! And if more people followed these simple steps the world would, undeniably, be a much better place and individually we would all be much better people.

I am not writing anything in this **Little Book of Good Energy** that isn't known or hasn't been said many, many times before. And much in this little book is just plain common sense! But, in our everyday lives and with the everyday stresses some of us have, we very often forget logic and common sense, and sometimes do things we shouldn't do, or say things we shouldn't say, or don't treat people very well... and then we wonder why life treats us badly in return! Of course it doesn't mean we are bad people – I do honestly believe that individually most people are good and kind – but I do also believe all of us could definitely be better, and by being better, and giving out good energy, we get good energy back. And because we get good energy back, we continue to better our lives and so therefore naturally give out more good energy... and so the spiral goes;

onwards and upwards.

And it really does work, all the time, without fail!

Sure, bad things do happen to good people. This is undeniable. But more good things happen to good people, than bad things. And visa-versa of course; good things also happen to bad people, but more bad things than good things happen to bad people. It makes sense; if you are good to someone they are less likely to be bad to you in return, and if you are bad to people they are almost certainly not going to be good to you in return!

But how do you define what is good and bad, aside from the obvious extremes? One person recently said to me; *"I do try to be a good person, but all I seem to get back is crap and my life is rubbish."* He genuinely believes he is good, but in reality he isn't a good person at all; he is often rude and rarely thinks about what he says, he is greedy too and I have never known him to do anything for anyone else, or give anything to anyone, or help anyone else... not ever! But he really thinks that he is a good person!

So this is a conundrum; how to define what is good and bad, especially if

each and every one of us has a different opinion on what is being good and bad?

Actually, I think it is pretty simple; you can define 'being a good person' by the amount of good you have in your life, and the amount of good you get from other people. If you see that there are few good things in your life; that you don't meet good people and that people don't do good things for you, or aren't helpful or kind to you, then perhaps it is time to reflect a little on who you are, what you are doing, what kind of life and lifestyle you are leading, and what kind of energy you are giving out. Remember... people will almost always treat you in the same way as you treat them, and they will see you in the same way as you see them.

Here is a thought-provoking ancient anecdote that I often quote at seminars and which is definitely worth remembering:

A monk, walking down the lane, met a traveller coming in the opposite direction. The traveller asked the monk how far it was to the next village? "Not far," said the monk. The traveller then asked the monk what were the people like in the village?

To which the monk replied: "What were the people like in the village you have just come from?"

The traveller replied; "Horrible, unhelpful and rude!"

"Then sadly you will find the same sort of people in the next village," said the monk.

A short while later the monk met another traveller coming in the opposite direction. The traveller asked the monk the same question; how far was it to the next village? "Not far" said the monk. The traveller then asked the monk what were the people like in the village, to which the monk replied: "What were the people like in the village you have just come from?"

The traveller said; "wonderful! So helpful and very kind."

"Then happily you will find the same sort of people in the next village," replied the monk.

In the course of my life and work, both earlier in the security industry and now as a speaker and writer, I have come across all sorts of people from all sorts of cultures and backgrounds who really have lost their good energy flow. Most of them really do want to lead a better life - in fact many need to lead a better life - yet don't always understand that, in order

to do this, they need to drastically change their life, lifestyle choices and mindset; most of us find it very hard to understand and accept that we *can be* better people. And I think we would all also agree that there are many people out there that really do need help; help in recovering their good energy, and then help with being guided and shown how to give out that good energy to others. Because once you start to give it out, it starts to come back, all the time, every time, and without fail.

My life now is a million miles away from what it was a few years ago, when being good and doing good and giving out good energy wasn't an everyday thing, and actually wasn't even in my vocabulary! I had no understanding or notion of these magnificent unseen energy forces that could have so quickly and fundamentally changed my life. I didn't give out good energy and led a fairly self-centred, selfish life; I was never a bad person of course, and didn't do bad things, but I wasn't a particularly good person either! I was too pre-occupied with my everyday life to think much about anyone else, and I was too concerned with the daily struggle I had to survive, to even consider doing anything else for anyone else. Only now do I realise how misguided and wrong I was; because even in times of complete destitution and enormous difficulty, *if* I had of given

good energy out to others, it would have come back to me and things would have therefore got much better for me, very quickly. But, because things were bad at that time, I gave out bad energy. And because I gave out bad energy, bad things happened. And because bad things happened I gave out even more bad energy. And because I then gave out even more bad energy, more bad things happened... and on and on it went. It is called the spiral of destitution.

However, since learning more about energy flow and balance, and studying how to create good energy and how to then give out that good energy to others, my life has changed immeasurably and beyond recognition, and is now is absolutely brilliant. Over the past ten or so years of studying this beautiful, compelling and powerful phenomena, I have met some truly wonderful, caring, kind people; I have experienced the most amazing things, and I have been to some truly wonderful places, none of which I could have ever imagined doing when I was in a more or less permanent state of negative energy flow. And I have done nothing more than to follow a few basic guidelines and lifestyle principles, some of which are set out in this little book. Sure, I won't deny that some bad things have happened to me these past ten years, and things haven't always worked

out as I had either planned, or hoped, however I have to honestly say that many more good things have happened to me than bad.

I am not an academic; I write plainly and to the point and I do tend to say what I believe - even if others may not always agree – and so I have also tried to keep this little guide as straightforward and as easy to read as possible, simply because I want everyone to read it, no matter what their background or education. I am not too proud to admit that when I read self-help and personal development books, many of them go way, way above my head. They are, of course, brilliantly written and have incredible insight and perception, but I do find that many of the concepts, ideologies and philosophies discussed are - for me anyway - very difficult to understand and almost always impossible to put into an everyday context. For example, set in South America and telling a fictional story of a group of people hunting the Nine Insights, James Redfield's *The Celestine Prophecy* is an interesting read all about Energy. I enjoyed much of it, and understood most of it, until its protagonists started actually seeing and feeling the energy of plants and then, to really make things daft, made their own energy vibrate so much they actually disappeared when being chased by a group South American police! I mean... seriously!?! Millions of people

have bought the book and love it, but for me - and in my opinion only - this fantastical world of disappearing within your own energy, spoiled the whole book; it could have been so much more meaningful for millions more if the author had stayed with what people can understand and experience, believe and relate to. And Vladimir Megré's *Anastasia* is again another unique, enjoyable fictional story (although you will be amazed as to how many people actually believe this to be true!), set in Russia about a woman called Anastasia who lives in the forest and can control nature. It interestingly highlights mankind's modern-day lack of any meaningful relationship with the energy of nature, and it is undeniably a really interesting read until nature and its energy start to do some very strange and supernatural things! Again, the bizarre and weird took over and - for me anyway - it all became a bit too ridiculous! Personally, I need to read something and then try to see how it would then relate to, work with, or fit into my personal life, and only then will I really understand it! So therefore I have tried to keep this book as uncomplicated and easy to read as I possibly can. I have also occasionally used a few real-life experiences in order to put my thoughts and ideas into an everyday clear context which most people can relate to and understand. Nevertheless though, when using these real-life anecdotes, I have tried hard not to judge anyone or

the choices they have made, as this is certainly not a book about morality or how I personally think people should or shouldn't lead their lives. This is a book purely about good and bad energy flow and how energy is affected in different situations and circumstances and lifestyles. I have showcased a few people and situations I have come across and worked with [with their permission of course!] for whom, because of how they behave and what they do and how they lead their lives, bad energy seems just far too deep-rooted into their mentality and attitude for them to ever change, unless they radically alter their mindset and lifestyle choices. It is so sad; but there really are people out there for whom bad energy, and giving people bad energy, and doing things that cause bad energy and taking the good energy away from people really is a lifestyle choice. And yet ironically, these people are the ones who generally complain that life is bad and that nothing good ever happens to them!

And so, this little guide is simply about how I personally see things, and the lifestyle choices that I believe are right for both good and bad energy flow, as well as reflections and thoughts from a couple of friends on this subject. But of course you might disagree; you may have made some of the lifestyle choices mentioned here that you feel don't cause you either

good or bad energy, and if your life is going brilliantly and if you are achieving everything you want, and you are honestly happy with your lifestyle choices [for only you alone know if you are truly happy or not], then this is brilliant because, as I mentioned earlier, we all experience this type of energy very differently from one another.

There is of course no right or wrong, only good energy and bad energy in whatever you do and however you do it.

However, things will always and dramatically change for the better with the introduction of good energy flow; all the time, every time, and without exception, for everyone, everywhere in the world and regardless of what lifestyle you already have. I can honestly say, with my hand on my heart, that every single person who has introduced good energy into their lives, or has developed and enhanced the good energy they already had, has never looked back; their lives have changed for the better and for many, like myself, beyond recognition.

And again with my hand on my heart, I can promise *you* too that even if you use just some of the lifestyle and behaviour suggestions in this little

book, each and every day, your life will really change too.

If you want it to, it will happen!

Much love

Robin Barratt - October 2013

“IT IS NOT WHAT
HAPPENS TO YOU THAT
MAKES ANY DIFFERENCE
TO YOUR FUTURE, IT IS
HOW YOU CHOSE TO
DEAL WITH IT.”

WHAT IS THIS THING CALLED ENERGY?

Almost everyone would agree that there is most definitely an **Energy** that exists in people and things. I am not talking about a tangible, measurable energy such as nuclear energy or electric energy or solar energy, but a kind of spiritual energy that is impossible to precisely define or predict, and of course impossible to measure. But most of us feel it; we feel the bad energy between two people when they argue, or are no longer in love, or can't stand to be in each other's company, and we feel the good energy someone might have when he (or she) enters a room or smiles, or serves us coffee at our favourite café, or helps us when we are lost. We feel the good energy sitting in a beautiful garden somewhere, listening to the birds and the wind in the trees, and we can feel bad energy when going into a certain room or house or building where something horrible has happened. And someone recently told me she never wore the colour black because, for her, it gives off negative energy. We can't see this type of energy, we can't describe it and most of us can't physically feel it. We certainly don't understand it either, but it is undeniable that this kind of energy exists... it is definitely out there, and it is definitely everywhere!

When I was talking to a good friend of mine Marica Monti about this type

of Energy, she said some thing very interesting, which I think we all can relate to in some way, and agree with; *"I believe this type of profound energy is something that is in us all. The good and bad energy that we experience every day triggers the drive of life; our thoughts, our ideals and our passions are manifested only because of the good and bad energy within us and that surrounds us. This energy is the force that transforms our thoughts into real things. We become good, or bad; we do good, or bad, because of this energy. And when I think of the people I know and meet with a lot of good energy, I could not find any of them having this energy without having something, or someone, very important in their life. These people have strong believes and are rich inside. These people irradiate good energy."*

The word energy derives from the Greek **ἐνέργεια** or **energeia**, meaning activity and operation. Most of us now know that absolutely every single thing in the known Universe is made up from the same 98 natural elements, and also that everything has some form of energy. All matter across the known Universe resonates at a frequency, a vibration; we do, rocks do, flowers do, the sun does, everything! Of course there can be positive energy in terms of the potential good a measurable energy source can do, for example electrical energy, and there can be negative

energy in terms of the potential destructive powers a measurable energy source can do, for example nuclear energy. But of course these energies cannot be defined as good or bad in the spiritual sense. It is just energy! However, the energy we are talking about here in this little book, and experiencing in our everyday lives, is not a measurable physical energy, but our emotional interpretation of the spiritual influence and effect that this other unmeasurable, undetermined kind of energy has on us. And, when experiencing this energy, we really do believe that we feel something emotional, either good or bad.

But of course these feelings and experiences can be very subjective and can vary from person to person and place to place. For example, I am an Empath which means I can feel and interpret other people's energy, and the energy of animals and other living things a lot more intensely than many other people. For instance, someone may not see any bad energy between an unhappy couple when meeting them for the first time, but I can sense it acutely. Someone could walk by a building where something tragic once happened and not feel anything, whereas I just know something bad happened there! And of course, there are many levels of this 'sensing good or bad energy.' So again, the definition of sensing energy can

vary from person to person and place to place.

The key is to develop the skill and mindset of sensing and understanding what causes both good and bad energy in everyday life and in everyday situations. Once you can understand this, you can then modify your behaviour and lifestyle accordingly. The Universe then follows, and because you start turning bad energy into good, the Universe rewards you by giving you more good energy in return and, as we start to manipulate our environment for the better, we start to change our mindset, and quickly thereafter, our lives. Thoughts very often become reality.

As the Universe is infinite and is ever expanding, so the flow of unseen, spiritual energy is infinite and ever expanding too; it can never be exhausted. You don't have to try and understand exactly what this type of energy is, but only to know that it is with us in everything we do and every thought we have, and in everyone we meet and around us everywhere we go. It is both everywhere and yet bizarrely - because we can't see it or measure it - nowhere at exactly the same time! However, this amazing unseen, unmeasurable, unknown energy can be used to quite literally change our lives, for both good and bad.

But ultimately though, it is your call as to how you use it and therefore what sort of life you have, and will have.

“IF YOU REALLY WANT TO
DO SOMETHING, YOU’LL
FIND A WAY. IF NOT,
YOU’LL FIND EXCUSES.”

THE ENERGY OF 'I'

A few weeks ago I bumped into a friend whom I hadn't seen for many years. After a few minutes of brief polite introductions, she then proceeded to tell me - at great length - about her recent separation and all about the money and possessions that she wanted from her ex. It wasn't a very nice conversation! She also said she only wanted him to see his children just one day a week, and for one week's holiday a year! I knew her ex too and, as far as I understood, he wasn't violent, he wasn't an alcoholic or drug addict and he hadn't been unfaithful [not that it would affect his ability as a father of course]. She left *him* because she no longer loved him. Simple, but all I heard from this woman was what '*I want*', '*I need*', and '*I expect*'; she never, ever once mentioned the kids and what *they* might want or need. Not once! It was just, '*I*', '*I*' and '*I*'. This is not uncommon of course, and many divorces and separations end up in very self-centred places and with such horrible negative energy flowing around everyone concerned, including the children. However, even though I have seen and experienced this many times, I still find it so very hard to believe that many parents are so selfish that they knowingly and willingly create such bad energy for their children, which stays with the children for years and, quite possibly, throughout their life-time. But they do! By just focusing on

what she wants and not thinking at all about what the children might want or need, the long-term effects of what this lady was doing will be devastating; the psychological and social consequences for the children; the resentment and anger they may feel by not seeing their father; the anger that the father feels by not seeing his children; the sadness the grandparents feel for not seeing their grandchild... it can go on and on! All because she was focusing totally on the 'I.' This bad energy will be life-changing for everyone, and because the energy is negative, the Universe will continue to give negative energy back to them, throughout their lives. There is no good resolution to this at all!

Nothing positive will ever come out of concentrating on the 'I,' However, just think of the good energy she could have, and give, if she was to consider *the*; *we* and *they* and *you*. If she really took time to consider what would make the children happiest, and then came to an agreement with her ex-partner - the consequences of this good energy would be everlasting too. And the Universe would then continue to give them good energy – not bad - which would stay with them forever and be life-changing for the better!

But sadly and tragically in every day life most people only focus on the *I*; on what they want, what they expect, what they need, and they think little about the *we*, or *us*, or *you*.

I recently had an interesting email from someone who completely disagreed with this philosophy; he said he did once put others first, but some of those who he helped and trusted then went onto lie to him, and cheat and steal from him and so, he said, he was only going to consider himself and what he wanted. I pointed out to him that those people who lied to him, and cheated and stole from him are still probably lying and cheating and stealing and leading not-very-good lives, surrounded by not-very-nice people who are also lying and stealing and cheating. Whereas he had gone onto do so much more; he has his own karate school, has written a number of self-help guides and recently came back from the US where he was helping put one of his books into film. I suggested that none of those people have gone onto to do anything like the things he has done. He reflected and eventually agreed with me that yes, putting people first had definitely made his life far better than it could have been.

And so, when making decisions, try to think of others and consider others

too, and don't lie and cheat, and by doing this, you release good energy flow which will most definitely come back to you. I promise! Of course there will be times and situations where you really do have to think only of yourself, and there will always be things that you have to do just for yourself, but also try to think of the long-term consequences of these things for other people too, and what effects your choices now will have on others in the future. If necessary, consider compromises, and even investigate other options and alternatives too if needed, but don't be self-centred and don't only think about what *you* want and how *you* are going to get it.

Thinking of and considering others, and trying to put others first is, by far, the hardest principle relating to good energy flow to understand, but if you can start to consider and think about others, your whole energy field then moves; the negative energy people feel towards you because of your selfishness and thoughtlessness suddenly changes to positive, good energy, which will always come back to you because when you consider others and think about what they may need, others will also consider and think about you, and what you need. And on and on it goes.

“THE FEAR OF FAILURE
STOPS US DOING
MANY OF THE THINGS
THAT WE REALLY
SHOULD BE DOING.”

THE ENERGY OF LUST

There is both good and bad energy attributed to lust and intimacy. All acts of intimacy have energy; there is bad energy associated with those encounters that have nothing meaningful or positive attached to them, and there is good energy attached to the intimacy between two people who have love and good emotions and bonds between each other.

Bad energy exists when someone is using another person purely for something physical, and only to satisfy their own lust. Again, the 'I.' By doing this they are taking good energy away from the person they are intimate with, without giving any good energy back in return. This will, of course, come back to them; they will also get used in exactly the same way, by the same sort of people.

Let me give you another example: I was recently talking to someone who told me that all the men she meets either treat her badly, use her, or are just not very nice to her! However, this lady frequently goes to nightclubs and bars, often gets really drunk and isn't shy with taking men back to her place! By her own admission, she has slept with many men, yet she complains that she can't find a good man and that all the men she meets

use and ill-treat her! She fails to see that what she is doing to others is also coming back to her, time and time again; her own behaviour and the good energy she takes from others and the bad energy she gives to others - without replacing it with good energy - causes her life to be the way it is! She must change her mindset and behaviour if she ever wants her life to change, and she must start to give out good energy to people, if she wants people to start giving good energy back to her.

As I mentioned earlier, this isn't a book about morality or of what I think is right or wrong behaviour, but this is a book about what causes good and bad energy, and leading a promiscuous life definitely causes long-term bad energy; there is no good long-term resolution with this sort of a lifestyle because the bad energy associated with it is always being replaced by the Universe with even more bad energy, which could last for months or years or, for many, a lifetime – most people who have led a promiscuous life struggle to find long-term good energy partnerships because the bad energy associated with promiscuity and this sort of a lifestyle stays with them.

Because this lifestyle becomes addictive and, for many, very difficult to give

up, the bad energy associated with it just keeps on being replaced with more bad energy and it is very difficult to know exactly how start good energy flowing back into this person once more. One good idea for this comes from writer Rebecca Davies; *"I believe that if someone has led, or is leading a promiscuous life, and they cannot rid their past, or change their life in the present, and are therefore struggling to move from the present into a future they want and dream about, with long-term good energy flow with someone special, then I believe that in order to restore good energy flow into their heart and soul, they should have at least a year free from any physical encounters whatsoever. A kind of cleansing and purifying. And by doing this, it will help get rid of all the bad energy that surrounds casual encounters and the badness it undeniably brings, and allows the good energy to start to flow back into that person. They have to be strong though, and not fall into temptation, because that would once again bring bad energy into their life. Once they have had a year off, or even longer, then they can look for that one good energy partner because they will not be tempted by lust or greed, it would have been purged from their soul for always. The good energy that will now have will, thereafter, always be replaced by even more good energy."*

“REMEMBER, WHEN
YOU REPEAT A MISTAKE,
IT ISN'T A MISTAKE ANY
MORE, IT'S A DECISION.”

THE ENERGY OF LOVE

The energy of love is undeniable, not just the romantic love towards a partner, husband or wife, but love towards friends and relatives. Love is simply the giving and sharing of good energy with someone else close to you, which the Universe replaces with even more good energy that that person then gives to you.

People are frightened of saying “*I love you*” but they shouldn’t be, because the Universe picks up on those three lovely little words and gives it back to you a thousand times more. Recently someone replied to one of my Facebook posts with; “*Love U.*” It wasn’t romantic love of course, as we are not romantic friends, and it wasn’t the love you have towards a long-time friend because I hadn’t known her for too long, but it was the love she had for my posts and towards me for writing them. She had really good energy when she wrote: “*Love U,*” but the energy I felt when I read it was even greater! The Universe replaced her good energy with even more good energy!

Sadly there are people who don’t give out the energy of love to other people and make lots of excuses and reasons not to. One person recently

said to me that he has never ever loved! I asked him if he meant being in love, which is, of course, different to love, but he said he has never been in love or loved anyone! How can anyone not love? If you learn to love and learn to give love out to others, you will always get it back even more! And because you get it back, you then naturally give it out again, and because you give it out, you get it back.

And your life changes!

If you tell someone you love them - however that love is manifested or defined - the Universe always replaces the good energy you have for saying it with even more good energy for the person receiving it. And, if you want to define your love for someone more precisely and to avoid any confusion, also say; *"I love you for the posts you put on Facebook,"* or *"I love you for the friendship we have,"* or *"I love you for the support you have given me over the years."* You could love a person for all sorts of reasons, but the most important thing is not to be frightened of telling someone you love them!

“DOING NOTHING
SHOULD NEVER BE AN
OPTION - ALWAYS TRY
TO DO SOMETHING.”

THE ENERGY OF LISTENING AND REPLY

Have you ever had someone talk over you in conversation or, whatever you say you have done, they have done it ten-times more? Have you had people boast about what they earn, or how much something cost, or even how much money they have given their kids or wasted on a business venture, or badly invested? Have you ever had snide or sarcastic remarks to your Facebook posts? Have you ever had people tell you what you should or should not be doing?

These are all manifestations of dominance and one-upmanship and, when this happens, the person doing this is taking away your good energy and replacing it with bad energy. And then, of course, as we all know by now, the Universe will then give you back more bad energy in the form of you feeling sad, or sorry for them, or angry or even inferior. I have come across many, many people like this; they are everywhere! Although it must be noted that in many cases this is actually a subconscious thing; most people don't purposefully set out with a determined mindset to dominate or control you. Most people don't actually know why they are doing it or if in fact that they are doing it at all... they just do it! But this is a subtle form of dominance and one-upmanship that one person is showing over

someone else in communication and conversation. [However, keep mindful that this is very different to the sharing of information which we all do in everyday conversation!]. Although they may not consciously be aware of it, but these people want you to look up to them, or be in awe of them, or be impressed by them, or, as mentioned, even feel sorry for them. They want attention; they want to look better in front of you (and others), and they want to show you that you are, in some way, inferior to them. And so there is a lot of bad energy associated with this behaviour because of the bad feelings caused by these subtle expressions of one person's dominance over another.

So when in conversation or communicating with other people, the key to maintaining good energy is *not* to try to look better, or bigger, or more important. Don't try to outdo them or belittle them or reject what they say. Don't be sarcastic or rude. Don't comment needlessly and even if you know that you have done much more than them, don't admit it but listen to what they say and vocalise your admiration for what they have done, and not try to outdo them or make yourself look better by telling them what *you* have done. It takes a lot of consideration and awareness of what you are saying and why you are saying it, but by doing this you

give so much good energy back to the person you are talking to, which, as I have mentioned many times, will always be replaced by more good energy coming back to you.

“BE BRAVE, TAKE RISKS,
TRY THINGS; AT LEAST HAVE
A GO! AND IT DOESN'T THEN
MATTER IF THINGS DON'T
WORK OUT, BECAUSE AT
LEAST YOU'LL HAVE NO
REGRETS FOR NOT TRYING.”

THE ENERGY OF SOCIAL MEDIA AND EMAILING

Replying to someone virtually via email or a messaging service such as Facebook can have an immediate and significant effect on your positive and negative energy flow and, of course, the recipient's. As with the previous chapter about the energy of listening and reply, what you say and how you reply to emails and messages can also result in long-term good and bad energy flow. Let me give you another everyday example; recently I started a brief conversation with someone on Facebook whom I had heard of when I lived in Bahrain, but had never met. She was a fellow writer and had an unusual surname and so, during one of our brief Facebook conversations, I politely asked her where was she from originally? Instead of telling me, she said quite abruptly; *"Why don't you just look at my profile, it'll tell you where I'm from!"* She could have told me where she was from in far fewer words! By just this seemingly insignificant thing, she immediately took away all the good, positive energy I had towards her, and replaced it with some bad energy. Needless to say I didn't look at her profile, nor did I continue with the conversation or communicate much with her thereafter. Another example is a former friend from Iceland whom I have known since the early '90s. He never, and I mean never, replies to any of his emails or Facebook messages... ever! And everyone I know who knows

him too, says exactly the same thing. He must just press delete! So now most people never even try to contact him any more, because they know they will never get a reply. He has isolated himself because of the bad energy he has been giving out over many, many years just by not replying to his messages, and now nobody says anything nice about him because of it! And lastly, there is also another very well-known writer in Bahrain who will only reply to her emails if she knows she can get something out of it for herself. Message her with a Happy Birthday or ask her advice about something, or even just to say 'Hello', and you won't hear anything from her in return. Ask where you can buy twenty of her books, and she replies in an instant! Her excuse is probably that she is just too busy to reply to insignificant emails, but one of those insignificant emails could just turn significant, and by giving out good energy even in a brief, polite reply, will one day come back to her ten-fold. The Universe responds to good energy with good energy.

How many emails or messages do you never get a reply to? And how do you feel when you don't get a reply? Most of us feel bad when we don't get the reply we want or expect, or when we don't even get a reply. But ask yourself, how many emails or messages do you ignore or do not reply

to? The Universe is doing the same to you as you are doing to others.

The simple fact of giving out good energy in a virtual reply to someone's message can have a profound and long-lasting effect. So spend a just a short while thinking about how to reply to your emails and messages in such a way that good energy flows from you to the messenger. Do this, be bothered and potentially, one day, your whole life could change because of it, and in ways that you can't even imagine. Be thoughtless, selfish and self-centred in your replies, or don't even bother about replying, and this bad energy will also change your life, but in very different ways.

“IF YOU ARE NOT
WILLING TO
CHANGE YOUR LIFE,
THEN DON'T EXPECT
YOUR LIFE TO
EVER CHANGE.”

ENERGY WITH STRANGERS

I was recently meeting my mother for coffee. When we entered the little café the place was full and there were no spare tables. It was such a nice place, and they served the most delicious cakes and pastries and I really wanted to treat my mother; so I went over to the flustered servers behind the counter – it was the sort of place you ordered from the counter, paid and then your order was brought over to your table. I smiled broadly at the lady as she looked up and asked what table number was I seated at. The lady smiled back. I wanted to give her some good energy, because I wanted to get seated somewhere with my dear old mother. She had her name badge on her apron and I said something like; *“Hi Toni, how are you today? I can see you are so busy, but I really wanted to bring my mother here but there are no tables. You don’t happen to have a spare table anywhere?”* And, of course, I smiled brightly again. She hesitated, looked back towards the back of the café, as though checking something, and then said; *“Actually I think we do, I’ll get it for you.”* And she did! She went out the back and brought through a small table, placed it in the corner and took two spare chairs from other tables. I thanked her so much. This is a true story, it actually happened! The reason for telling this little story was to highlight a couple of things; firstly being kind and being nice to strangers, no matter who

they are or where they are, always results in kindness being shown to you in return. I gave good energy to the server and, because the Universe had to balance itself out, she then gave me good energy back to me in return, straight-away! She could have so easily have said no, they didn't have any spare tables, or indeed there genuinely could not have been any spare tables but, as if by magic she didn't say no, and there was a spare table! The results of this little episode, which only lasted a minute or two at the most, and the good energy I gave her; and the good energy she then gave back to me has actually had far reaching consequences; because I will always go back to the café whenever I am in the area, my mother has been back there a few times too, I now know the server's name and have started to develop a friendship with her; and who knows where this will take us! The ripples of this small action are everlasting – and yet I had never seen this lady before, she was a complete stranger when we walked into the café.

Giving good energy to complete strangers can, and often does, have far reaching consequences; if only we were always brave enough to give our good energy to complete strangers! For example a few days ago I was getting on the coach coming back from friends in another part of the UK. The coach was almost full and a couple got on. They wanted to sit

together, of course, but there were no double seats left. He was not conventional looking; he had a shaved head and tattoos on his neck and arms, but he was very polite and asked one person sitting in the aisle seat if she minded moving across next to someone else, so they could sit together. She didn't say anything, she just sat there staring ahead, ignoring him. He asked her again, very politely, and then she said simply 'no' and kept looking ahead. So someone behind then said that they could have his seat. The couple both thanked him, very nicely, and throughout the journey they even chatted on and off to each other. The unconventional looking guy seemed very nice and polite but in this crazy world, we often feel intimidated by strangers and suspicious of anyone we don't know, or don't have some sort of a connection with, or who doesn't look the same as the majority. But learning to move away from the bad energy that is associated with communicating openly with people we don't know, into a more positive energy flow, we can change all of our lives forever.

The key to good energy flow is to forget that people are strangers and just smile and say hello and be polite and pass a few seconds of the day with them, and try to help them if you can, because you just don't know where that would lead. The good energy that you give out to strangers

will always come back to you from other strangers when you most need it.

“A NEGATIVE
MIND WILL
NEVER GIVE
YOU A
POSITIVE LIFE.”

GOOD ENERGY FOR GUESTS IN YOUR HOUSE AND HOME

I recently went into someone's home and, in order to harmonise their environment and get the house's energy flow just right, they had spent a great deal of time and a lot of money on *Feng Shui*, yet the energy for a guest in the house was all wrong. The owners had concentrated so hard on getting energy balance for themselves, they forgot about how different the energy flow and balance should be when guests enter the house! For example the television in their living area was flat against one wall, and opposite and parallel to the TV was a long sofa where the owners could sit comfortably sit and watch TV face on. There was also another sofa, running horizontal to the TV, but this meant that if any visiting guests wanted to watch TV with the owners, they had to turn their heads awkwardly to the left to see the screen which would make their guests feel physically uncomfortable and thus giving out bad energy. Also, at the same house, the dinner table had six wooden chairs around it. The owner sat at the head of the table, in a much larger and more comfortable chair to all the rest, which were small and quite uncomfortable. This, he said, was *his* chair and his place at the table, which again, gives off very bad energy to guests. And in another house I went into recently, my host warmly wel-

came me at the door, which was very nice, ushered me into the living, sat me down, poured me a beer, which was also all very nice, and then disappeared into the kitchen for about twenty minutes, leaving me staring into space! No music, no TV, nothing to hold my attention while my hosts were busy preparing supper – I just had to sit there! And in another house there was a guest toilet just off the living area, great for a quick visit but not very nice at all if the guest needed to spend longer in there, as everything could be heard!

It is so easy to unknowingly give your guests bad energy when they come into your house or home however, with a little thought and care, you can easily change this into good energy, which will then transform your guests' visit into something very special. And which will then, of course, give you good energy back from them in return. All you have to do is to enter your home in the shoes of a guest (metaphorically speaking) and think how would you feel as a guest; from where to put your shoes, to where to sit, what to look at, even to where the bathroom is. A little thought about how to give good energy out to your guests will reap even more good energy back from them another time.

“LIVE THE LIFE
YOU ALWAYS
WANTED TO LIVE.”

THE ENERGY OF DISREPAIR

Houses that are not maintained and where things are broken and not fixed or falling to pieces also carry lots of bad energy. The energy of broken things is much like the energy of an ill or injured person; if you don't treat that illness or injury straight-away, the bad energy that surrounds that illness or injury is replaced by even more bad energy, making it even worse. And on it goes until the illness or injury becomes irreparable. This is the same for inanimate things too; if you don't mend broken and damaged things, bad energy stays with these things which makes them worse and causes them to fall into even more disrepair. I recently staying at a friend's beautiful place with stunning views across the coast and out to sea, but where so many things were broken or didn't work, and there was an immediate bad energy feeling surrounding the place. Because they never fixed anything, this bad energy also spread to affect other things nearby and everything else eventually broke or failed too. Have you ever had one thing break in your house and you leave it for a few days and others things then break as well? And it normally happens when you are strapped for cash! This is because, unless you fix things straight-away, the bad energy of the thing that breaks quickly spreads as the Universe is replacing bad energy with even more bad energy.

If something breaks, try to fix it straight-away, and if you can't fix it straight-away, then put a notice on it saying '*to be repaired*' and a date when it will be fixed. This will help keep the bad energy away for a while. It really does work, because you are giving that item good energy with your intention to get it fixed.

“BE BRAVE ENOUGH
TO BE POSITIVE,
TO EMBRACE LIFE AND
TO BE DIFFERENT.”

EMPATHIC ENERGY

Empathy is the capacity to recognize emotions that are being experienced by another; and an empath is someone who feels what other people are feeling, to know what it feels like to be another person and to understand their condition from their perspective. Most humans have empathic traits; they care about others and can understand the emotions and feelings of others, but in this modern world many ignore their empathic side and don't help or support people when they are either distressed or upset or angry or sad. As my friend Marica also says: *"We build layers upon layers of walls around us, up to the point that our own good energy finds it very difficult to expand to others and we become insensitive and numb to the needs and emotions of others. We are taken over by calculations of risk and personal gain (or not) and convenience of a comfy self-centred life, a life where we don't feel empathy towards others and become slave of our own greed or egoism."*

People are using the word empathy everywhere at the moment and is being used by educationalists, nurses, scientists, business leaders and even politicians to highlight ways of improving the quality of our own lives, and of the lives of others, which is once again all down to giving good energy

out to people and getting even more back in return.

The act of showing empathy to someone else, is the act of giving someone else your good energy. And when you do this, they feel good, they feel helped, or listened to, or understood, and by doing this you will, of course get it back, both from the person you have just given it to perhaps by way of their appreciation or attitude, and later when you yourself need empathy from someone else.

TEN TOP TIPS TO ALWAYS HAVING GOOD ENERGY AND ALWAYS GIVING GOOD ENERGY OUT TO OTHERS

Be Kind to Everyone – Give good energy out by always trying to think of others and trying always to be kind. Show empathy and be considerate.

Say Hello And Introduce Yourself To Strangers – Give good energy out by smiling to total strangers, and saying hello whenever you can and wherever you are, regardless of who they are or what they look like.

Don't Try to Win Conversations – Give good energy out by listening to others and their stories and don't try to make yourself look bigger or better in front of them, or others. Be Humble.

Be Courteous - Give good energy out by always being courteous, even when things aren't always going your way or when others around you are discourteous and unkind. Be better.

Never Complain or Moan About Your Injuries or Illnesses - Give good energy out by keeping your health issues to yourself and don't

try to make people feel sorry for you.

Repair Yourself and Other Things - Give good energy out by getting yourself healed and healthy, and by repairing animate objects quickly. Don't let yourself or the things around you fall into disrepair.

Talk to Everyone Like They're Your Friend - Give good energy out by treating everyone as though they were your friend. Don't be off-hand, give people your time and think about what you say and how you say it. Include everyone in your conversations too and don't miss people out.

Forgive People - Give good energy out by trying to forgive, and by remembering that we are all human and we all make mistakes.

Embrace Everyone - Give good energy out by remembering that, even though some people may not look like everyone else, or act like everyone else, underneath everything we are all human beings and have feelings and emotions.

Always Think Good Thoughts - Give good energy out by always having good thoughts, because thoughts always turn into reality.

Lastly...

Always remember; what good energy you give out to others will always, always come back to you many times more. Use your good energy to help others live a beautiful life and I guarantee you will live a beautiful life too!

ABOUT ROBIN BARRATT

Robin was once a nightclub doorman and bodyguard and lived a difficult life in an often violent and troubled world. However, since giving up this lifestyle and studying the effects that good energy has on people and things, his life has completely changed. He is now a writer and author and gives lectures, classes and courses around the world on good energy and the effects that good energy has on people and their environment.

You can email Robin at **RobinBarratt@yahoo.com**
or go to **www.TheGoodEnergyAcademy.com**

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