



## LIGHT BEACONS PORTAL

with

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**A 5D Community for  
Light Age Activists**

### **Light Beacons March Topic How to Use Energy**

In this month's lesson you will learn about the three uses of your energy: energetic consent, energy priorities, and energetic intention. As energy containers, receivers, expanders, and transmitters, everything we do with our energy creates something. We use energy to create every aspect of our reality and therefore we must be aware of our use of energy so we are more mindful of what we are creating for our lives and in the world.

Energy use is either passive or active.

With passive energy use we 'give' our power away, supporting beliefs, people and situations because we feel powerless. We do not direct our energy with intention, we just let it flow out from us, without considering whether we are receiving energy in return.

With active energy use we are aware of how we create energetic pathways for our energy to flow into and we use intention to clearly define those pathways by deciding on the outcome we want to create.

The three uses of energy are important to know because this will shift how you view yourself, your creative power, and your use of the energy receive, your energy container, and what you do with your energy.

#### **Energetic Consent**

Energetic consent is how we permit our energy to be used, it is a form of energetic permission. You can read about energetic consent on the Enlightening Life website [at this link](#).

Please watch the video on the website and read the Declaration of Energetic Consent. You can use it as a sample to make your own declaration.

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What do you consent to as a use of your energy (consider the energy you want to have in your life and in the world)

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Who do you think blocks your ability to freely consent to your use of your energy?

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Why do you think this person does that? Are they an energy siphon or drain?

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How do you benefit from not being in control of your own energy flows and not making powerful declarations as to how you will use your energy?

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**Energetic Priorities**

Priorities represent what is important in your life and you will allow your energy to flow, either actively or passively, into those areas.

Name some of your priorities, which must be about you, and how your energy will flow to those priorities.

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Are you making someone or something else a priority in your life and that is taking all of your energy? Think of the person you want to love, value, or acknowledge you. The job you want to be recognized at, the life situation you are afraid will end or you can't let go of.

When our energetic priorities are not based on putting our needs first, we make our life conditional upon what others do.

So our use of energy sounds something like:

If I give you \_\_\_\_\_ then you will give me \_\_\_\_\_.

The problem with this situation is that it never turns out well for us, we always end up feeling used, taken advantage of, and powerless.

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**Energetic Intention**

Energetic intention represents the outcome you want to create in your life. This is not 'wishful thinking', it is a deliberate, planned use of your energy to manifest what you want.

Think of the difference between 'I intend' and 'I wish'. An intention is a powerful statement for energy movement that you will support with your beliefs.

A wish is a powerless statement that affirms your belief in your own powerlessness and inability to control energy.

What are some energetic intentions you have for your energy? How do you want to create love, joy, peace, prosperity, abundance, and set the energetic pathway for them?

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Do you have energetic intentions for others, like wanting them to be happy, healthy, to like and value you, to respect you? Even though you cannot change their life path, this is a drain on your energy and a passive use of your energy.

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We are creators who work with energy to manifest everything in our reality. Now more than ever it is important for us to assume our energetic potential, start making energetic declarations, using intention to create energetic pathways and engaging with supportive beliefs, and getting our priorities in order so our needs come first.

I hope you enjoy this month's lesson!

Many blessings  
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Remember to send your questions to [support@enlighteninglife.com](mailto:support@enlighteninglife.com)

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