



# THE FABULOUS FUNDAMENTALS OF ENERGY

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Fantastic! I am so glad you are here, but this document comes with a health warning! These Fabulous Fundamentals are the understandings that can bring about profound transformation and radical improvement in all aspects of your life. Reading this doc may empower you to have the kind of life you feel you really are here to live :)

Your energy is an intricate and interwoven system providing your template of health and vitality. When it gets knocked off balance your survival kicks in and your system can develop glitches that become habits that limit you and hold you back. But... if you can realign your energy and dissolve those glitchy habits, your template of health becomes reactivated and you feel healthy, vibrant and empowered - AWESOME!

#### FUNDAMENTAL # 1

**Your energy is the first place you experience your world.**

And if you know how to shift and manage that energy system then you can quite literally change your life and how you experience it. Because you are very, very powerful. You have complete control over your personal world and your worldview. 100%.

#### FUNDAMENTAL # 2

**The human energy system is the foundation of your health.**

Each one of your energy systems is involved with keeping you alive and allowing you to live your most balanced, vital experience. They hold the balance between your ability to survive and your ability to thrive; a balance that is dynamic and changes with every thought you have or situation that you find yourself in. When you understand how to support your energy you are able to support your physical health, your emotional health and your vitality.

#### FUNDAMENTAL # 3

**Your energy is designed to flow in balance and harmony.**

Each person is born with an energetic template of health and this template holds vitality, energy, connection, joy, abundance, and radiance. This means that your body, your energy, your soul KNOWS how to be healthy. You know how to be vibrant, joyful, expansive, abundant. This is hardwired in your very physicality.

#### FUNDAMENTAL # 4

**Your entire energy system moves in intricate and interwoven patterns.**

Each separate part of your energy anatomy supports the cohesion and coherence of the whole. The primary pattern of energy flow is through the core of your body system from below your feet to above your head and vice versa. This is the most foundational and essential of energy movements through your system.

#### FUNDAMENTAL # 5

**These healthy patterns of coherence and cohesion can be knocked off balance.**

This may be from traumas such as accidents, loss, prolonged stress, shock, abuse, injury, heartbreak - the list could go on and on. You can think of 'trauma' as anything that deeply knocks you off your balance, and when this happens your energy systems respond with a series of coping strategies including activating your fight, flight, freeze response. This is all wonderfully wise and effective if your coping strategy only remains in place for a short time. However, if they stay in place for too long they can become energetically stuck, like software glitches that now begin to play out in your energy system.

#### FUNDAMENTAL # 6

**Energetic patterns of imbalance result in emotional turmoil, ill health, tiredness and disconnect.**

When your energy system is holding glitches and keeping you stuck in survival strategies, this information begins to travel from the subtlest part of your energy system, further and further into the electromagnetic and dense part of your system; this means your body! At this point your physicality may be showing up with symptoms of ill health, or deep tiredness. Emotionally things might also be

solidifying into limiting ways of being, perhaps with a general dispiritedness, or depression/anger/disconnect etc... If you are in survival mode then it is highly likely that your hormonal balance will be knocked off too.

#### FUNDAMENTAL # 7

#### **You can evolve and repattern any energy imbalance to experience the fullness of your magnificent life.**

Once you know how your energy flows in its healthiest patterns, you are able to bring them back into being with simple consciousness and energy techniques; this may be connecting energy points on your body, or bringing in a stretch to increase energetic movement, or using a consciousness technique on your breath. There are myriad ways you can easily and immediately affect your energy.

You really are this powerful! This is YOUR energy system we are talking about, no one else's. You are part of it, you create it and are created by it. Your consciousness directs it, and so you can change it gracefully, easily and very powerfully.

But why would you want to bother to put in all this effort? To learn about your energy and know how to align it? Because when your energy is flowing as it is designed to do, as it is trying to do, you feel amazing.

Whatever your own personal version of amazing is.

#### **When your energy systems are in coherence:**

- You can experience joy, stability, mental clarity, easy connection to people, animals and the world around you.
- You can keep your balance when someone or something throws a curveball into your day, you can even keep your sense of humour.
- You feel expansive and trusting.
- You feel like you can deeply engage with your own life.
- You feel like you belong, because you do.

**ONE LAST IMPORTANT POINT:** Not quite an energy fundamental but still a totally fabulous understanding that I want to share with you that will make your journey with energy so much more joyful and productive!

#### **Don't chase the problem, look for the big picture solution and bring in the necessary adjustments to your energy system.**

Your energy is totally unique to you. And therefore your emotional, physical and energetic reactions are unique to you too. It can be tempting to try to take a reductionist view of energy and always assume that a specific symptom you may experience will always be due to a specific glitch in one particular energy system. But this just isn't true.

If you lined up 10 people in front of me who were all experiencing a severe headache, I would probably be observing and identifying 10 different places in their energies that were creating the headache.

- For one person it may be that their root chakra is blocking that essential energy flow and taking their attention there will dissolve their headache.
- For another it may be that time-pressure in their life has created imbalance in the Gallbladder and Liver energy systems and this is showing up as big pressure in the head.
- For another it may be that dehydration has impacted the flow of energy through the fascia and it has become tight, resulting in blocked energy and physical pain.
- For another it may be that the big protective systems in the body have moved into fight flight freeze and this is showing up in a headache.

All of this means you can't be too linear when it comes to really understanding your energy. It isn't often a case of  $A + B = C$ . Instead, what really helps is to be able to think about the big picture, the way your energy systems flow in their biggest health and vitality and how you can support them to be in this beautiful place. From here, it becomes ever easier to identify what is out of balance, and how to bring it back into alignment and health.

I am so delighted we are sharing this adventure of discovery together.

With much love to you  
Prune

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### **ABOUT PRUNE**

Able to see energy since she was born, Prune is a holistic health expert, medical intuitive and British shaman who has worked in private practice for 20 years. She is a passionate educator who teaches throughout the world, sharing her profound insights about energy, consciousness and soul care.

If you want access to more courses, videos and articles, visit Prune's [website](#), [course platform](#), [Facebook](#) page, [Instagram](#) account and [YouTube](#) channel.