

THE *Energy* MASTERY® BOOK

5 Secrets to End Stress,
Illness, Disease, and Mental
and Spiritual Unrest



energymastery.com

You're about to embark on insights into your health, exploring the seen and unseen aspects. Through the basics in this book, you can make huge improvements in the health of every aspect of your life: physical, mental, emotional, relationships, financial, and spiritual.

Sit back, get your notebook out, be super receptive to what good can show up, and be ready to jump in... shall we?

What's the first thing you notice when you see someone with vibrant health?

Their energy (vibes).

Their bright, clear eyes.

They usually have a sense of ease about them.

Nothing ever seems to get them down.

You might even find yourself saying,
"That person just has really good energy."

Maybe you've noticed a deeper truth in that little statement.

What really is 'Good Energy?'

The words we used above would be a good place to start. Bright. Clear. Easy. Resilient. You can see it in their eyes. Presence. Sparkle. Vitality. Creativity.

Do you feel or see that you have those qualities yourself? Well, you must to some degree. Maybe not as bright or shiny as you'd like. Fact is they are there or else you wouldn't be alive.

***The real question you want to get answers for is...
"How do I get more of this 'Good Energy'?"***

Or, what can I do to let more of it shine?

First, which one of these sounds most like you?

- **Feeling fatigued, exhausted, or run down.**
- You know how important it is to take care of yourself, but you just **never seem to have “enough time”** and you wind up feeling drained and depleted.
- **You’re relying on coffee or stimulants.**
- Your mind and body seem sluggish and it takes longer to bounce back.
- **You’re getting headaches more frequently.**
- You’re **not sleeping as well as you’d like.**
- You don’t seem to recover as quickly as you used to. You might even be feeling **worried about how long you’re going to be able to keep your current pace up.**
- You’ve tried many different solutions to get vitality, and they’ve helped a little, but nothing seems to last, and **you’re concerned about where you’ll wind up if something doesn’t shift soon.**

The good news is that no matter where you are, when you know how to work with energy, you can get right to the heart of the matter and solve the issue immediately. Stay with me and use the tools and techniques in the next few pages to begin the process.

This e-book will show you the 5 biggest ways your health gets compromised without even realizing it, and what you can do to make an immediate shift.

You have the start of a system you can use in your life every day to create bright, vibrant and resilient health for yourself.

MY Story

My name is Sheevaun Moran and I'm an entrepreneur, author, energy geek, experimenter, philanthropist, mentor, spiritual teacher and founder.

I've helped tens of thousands of people achieve success using the following and other advanced techniques to break through and break free from what has held them back. I have been highly sensitive to energy since childhood and have found that there are abilities that you want to learn how to use for success and business that include the use of Energetic Solutions®.

Discovering these sensitivities came at a pretty high price through many losses. I decided after healing myself, I wanted to ensure anyone who was driven and was more sensitive could achieve greatness and the successes they know are right for them. I wanted folks who had health, mind and stuck challenges to be able to get to the finish line. I have helped many companies go from a solo idea to six figures and zero sales or from a few employees and struggling to hundreds of millions of dollars and sold to a bigger company.

Clients have come to me with myriad of health challenges and we've unwound those issues using a unique system I created so they live the life of their dreams. In fact, I've helped over 25,000 people using the Energy Mastery® system I created.

My passion is helping people achieve their souls mission or purpose, ensuring they have the means and income they deserve to live the life they desire. I geek out on helping folks attain freedom from health issues, lack of vitality or energy, confusion and overwhelm because...

The person who has whole success (physical, mental, emotional, spiritual, relational, financial) is the enlightened success the world has been waiting for.

I teach people to innovate, expand, and how to deal with anything that holds them back through a set of ancient principles that before were only accessed by the elite or specially trained. It is far beyond the mind where the most successes originate. Throughout these pages I'll share some riveting successes with some powerful tools.

Thanks for being here!

To your success,

Sheevaun Moran
Founder and CEO of Energy Mastery®



Energy

This is a wonderfully exciting time to be alive. Today we have more access to all these things but here's what's new... We have to learn the essence of how they work exactly for our own life, dreams, health, family, success, etc.

With modern wireless technology we are able to understand how energy works in our everyday lives in a much more practical way. Wifi is just about everywhere, but we've never 'seen' it. Does that make it any less powerful?

The downside is that this same technology has increased the pace of life and connectivity so much so that human beings are stretched just to keep up, and often feel disconnected, overwhelmed or frenetic.

**It seems that our internal human technology
has not kept pace with external advancements.**

This actually has a MAJOR impact on health and well-being, but not always in obvious ways. This is critical to understand if you want to thrive in this world and tap into YOUR potential...

It starts with your mastering your health. And if you want to master your health, you need to master your ENERGY.

Big goals require big energy, and that starts with YOU. When you're depleted, chaotic, or confused, it makes navigating your life 100x harder. Kind of like driving on the freeway with your car stuck in 1st gear; Hard on the car, hard on others around you, and SUPER slow!

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." ~ Nicola Tesla

What quantum physics is just now proving is... that EVERYTHING is energy.

With more advanced technology, two important things are happening:
First science now has the ability to track and understand subtle energy, bringing this conversation more into mainstream.

Second, and even more importantly, people are becoming more awake or sensitive to energy. A survey by Harvard indicated that more than 20% of the population is sensitive and more than ever our children are highly sensitive.

Being sensitive gives you the ability to sense beyond seeing, touching and tasting. Have you ever walked into a room and felt strange when just before you walked in that room you were feeling happy? That's an energy residue and those types of energies are all around us, influencing our thoughts, hearts and attitudes.

Our bodies are highly attuned and the more we awaken to these interactions with our surroundings the more energetically sensitive and aware we are.

This is important because illness exists in the energy system BEFORE it manifests in the physical body.

So, if you learn how to solve it before it even gets into the physical body, **you have the potential to NEVER get sick, or visit another doctor again.** THIS FILLS A HUGE GAP IN OUR HEALTHCARE TODAY and why you're here.

The sooner you gain mastery of these subtleties, the sooner you're able to have more consistent VIBRANT energy and health.

Health challenges are just ONE of the ways problems with your energy will show up. **These are a few ways to tell if your energy is off:**

- **Waking up tired**, and it takes a while to get focused.
- You have **chronic illnesses and ailments**. Anything from headaches to more severe conditions.
- **Your health and attitude are affected by those around you** (family, friends, co-workers).
- Things start to go your way and then suddenly stop for no good reason leaving you constantly **“waiting for the other shoe to drop.”**

If one or more of these things are showing up in your life, you have the opportunity to make some important shifts that will improve your health, vitality, peace of mind and maybe even your prosperity.

Just a couple quick things before we do that.

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Perfect! Now let's dive in.

Eliminating

THE MONKEY MIND

Your mind is an incredible conduit for energy. Every thought that passes through your mind becomes one that needs a place to land. Once you think a thought and have a person or situation attached to it, you can be sure that the thought will land somewhere.

Do you know where?

Words carry energy and it's important to deal with the way you think and about whom you think. Let me give you a few examples:

You need a parking place and you pray to angels for a great spot by the front. Voila! You get a spot. Why? The fact that you've made the decision, had a powerful thought and turned it over to give you a result.

See, there is a sequence to it. A formula!

How about this one... You start to feel like you're coming down with something, so you take some extra vitamins and supplements, but you still get sick. The so-called 'flu season' is a great example of this.

The same sequence is playing out. You made a decision, had a powerful thought, and then the result showed up.

"But it's the OPPOSITE of what I wanted," most people will say.

The truth is that you focused your mind on the problem, rather than the solution. Illness, rather than health. So, illness is what shows up.

Being intentional about your thoughts and realizing when you are having 'negative' thoughts, or focusing on what you DON'T want will give your mind the workout it needs to heighten your awareness and eventually be able to catch yourself before you go down the wrong path.

Developing this mind muscle is what every successful person does. They use their mind to a specific end, which is intentional with every single thought and where it is meant to land. This is why you never see a negative mind creating a positive life.

DO THIS

Take and write down your negative or most worrisome thought on the left side of the paper and on the right side place the very opposite of that using the words **"It's possible that..."**

"A man is the product of his thoughts. What he thinks he becomes."
~ Mahatma Gandhi

Which brings us to our next piece to the puzzle...

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Eliminating **STRESS**

It's now common knowledge that the vast majority of illnesses are stress related. However, there are deeper layers to this that will simplify the solution for you. **Stress is the result of a buildup of energy, thoughts, and emotions around a particular issue.**

Everyone experiences stress in their lives. The question is how do you dissolve it quickly so you can recover lost or wasted energy? Then you can redirect it toward positive life outcomes.

For example, maybe your income isn't what you want it to be. Suddenly you get an unexpected bill. Your mind focuses on the money you DON'T have, which creates the outcome you DON'T want. As the due date approaches, thoughts around this topic build up and it stresses you out. And this is all a spiral of doom, which actually starts to diminish your energy.

Did you know that science has proven that these circumstance help your cells die faster? WOW!

Stress compromises your immune system, depletes your energy and keeps you up at night with running trails of thoughts about how you're going to pay that bill.

Can you see the connection?

What sorts of things stress you out on a regular basis? It's kind of like how your windshield gets dirty when you don't wash it and eventually you can't even see where you're going!

The more calm your mind, the more clear and direct your thinking, the more ENERGY you have access to because everything in your life will run more efficiently – especially your body!

DO THIS TECHNIQUE RIGHT NOW

Think of something negative and worrisome.

Take an invisible samurai sword and in your right hand cut those connections. It looks like this: You have a thread connected in your body to the thoughts of worry or fear and you are cutting that thread, repeatedly, until that you are no longer worried.

HERE'S A VIDEO ON HOW TO DO THIS



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The Heart OF THE MATTER

The cause of about 33% of all deaths per year in America is heart disease. This is staggering! But there is actually a much simpler solution that only a few doctors are talking about.

Have you ever noticed that when you get tired and stressed out, your patience for other people runs thin? Sometimes it's just one little thing said the wrong way that creates an argument, or takes us into a past story about how 'this always happens,' or 'they always do this!'

FACT: These are old energies being stirred up. Repressed emotions that come out explosively in an argument, or linger just below the surface, kind of like a low-grade fever, are dangerous.

Emotions like anger and frustration change the chemistry in your body to make it more acidic. The more acidic your body becomes, the less energy you have inside and outside your system, which compromises your immune system, making you vulnerable to illness and dis-ease.

Over time, these emotions build up and people become cynical.
Did you know that cynicism has been proven to harden the arteries?

Those old energies get stored in the cells and organs and continue to build up causing more toxicity in the body, mind and spirit. Since virtually everything we do in life involves other human beings, and connectivity is greater than it has ever been in human history, it's no wonder that cardiovascular disease is so prominent.

Here is what you can do to solve this, but I want to give you fair warning before you try it: ***This exercise has been known to solve health challenges, increase income and prosperity, mend broken relationships and cause inexplicable smiling.***

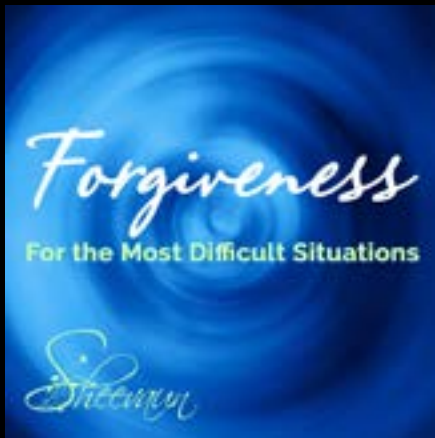
HERE'S WHAT TO DO

Think of someone who has been stressing you out. Maybe it's a situation that just happened, or it could be something that has been lingering in the background of your thoughts.

Imagine a little version of that person at their very best in front of you. Gently lift your hands so your palms are facing that person and say softly, "I hug you, I forgive you, I release you," as many times as needed until you start to feel the bind soften and release.

Doing this for 5 minutes every day is when you experience massive shifts in your life. I can't wait to hear all about it!

**THIS AUDIO CAN HELP
YOU GET YOUR HEART
ONLINE AND ON TRACK:**



**TO SOLVE DEEPER
ISSUES, CHECK OUT
OUR LIVE CLASSES:**



THE STUFF THAT GOES IN OUR *Mouths*

You know your body and even if you've checked out of knowing how it responds to things. To be more vibrant and energetic you must become more in tune and expert at the energy of your body.

I had a client many years ago who was extremely sensitive to energy, and often felt drained. She wound up taking literally dozens of supplements everyday trying to compensate. Once her energy was cleaned up, she was able to get rid of all but 3 of those supplements because her body was able to absorb the nutrition of her food.

One of the reasons I love to talk about food so much is because it's the rocket fuel of our physical body. It's because changing what we eat is the easiest way to make a change in our life.

Here are a few very simple things to do that will help you immediately, and you don't have to eat salads all day long.

- Supergreens in my daily smoothie – the easiest way to get greens into your diet without having to eat pounds of salad. There are powders that you can put into your drinks that give you more greens than even a smoothie can.
- Minerals – these are the keys to feeling lighter and having enough mental energy to bounce back easily and to think more creatively.
- Water – Just drink one or two more glasses a day to start because you're likely dehydrated. Start your day with a glass of water, room temp then you'll feel better throughout the day.
- Say loving thoughts to any of your food – every time you say negative thoughts about what you're eating you are ingesting negativity.
- Salt Shower – take a shower or bath with salt every day. This will help you wash away negativity more easily.

[CLICK HERE TO TAKE A DEEPER DIVE INTO THE SECRET ENERGY OF FOOD](#)



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YOUR Money

Did you know that the energetic container for your vitality is the same as your container for money. I know it can seem a little out of left field, but your thoughts, emotions and attitude toward money are a key component to maintaining perfect health.

Earlier we talked about the effects of stress, and that's an important layer because many people experience stress and anxiety around money.

Now, let's look even deeper.

It is a common thought that money is energy and energy is money.

To many people that is a given and yet the reality of that concept is much more.

Now, I'm going to reveal to you one shift that can set you free.

I had an opportunity to work with a beautiful soul who is a coach to silicon valley executives. She came to me because **lots of little things were going wrong with her health** and she wanted to get back on track. Overall she was taking pretty good care of herself, so she didn't understand what was going on.

Come to find out, she was not being compensated appropriately for the value she was providing, and this actually became a drain on her energy – *kind of like having a slow leak in a tire*. Once this was sorted out, **her income increased, and more importantly, all of her little health challenges disappeared.**

Sound far fetched?

Here are a few attitudes toward money that people get stuck around.

One is that **money is dirty** and although you don't physically touch money too often these days you still have that thought energy around money.

When you think of your bank account you often think in terms of **how much money you don't have or if you have enough.**

These energies build up and create patterns of avoiding money, avoiding touching money or even wanting more money.

The stress thoughts build up and we know where that leads.

*Another place to shift is via the Law of Compensation.
This law is the golden rule of life and business.*

Expecting something for nothing and feeling good when you get something without paying for it means you're violating the law of compensation.

You want more for you and are willing to take something free from others but this creates friction between the want and need. When you think like this you are depleting your own energy and thus your money energy.

Every time you aren't willing to pay your way you are keeping yourself in a lack mindset and then you will have lack in your life. *Your energy will drain and lack will increase.*

Every time you look for bargains you will ensure that people will bargain with you and expect you to provide things to you for free.

These attitudes stop the flow of money, and just like a river, when energy gets stagnant, it gets dirty and congested.

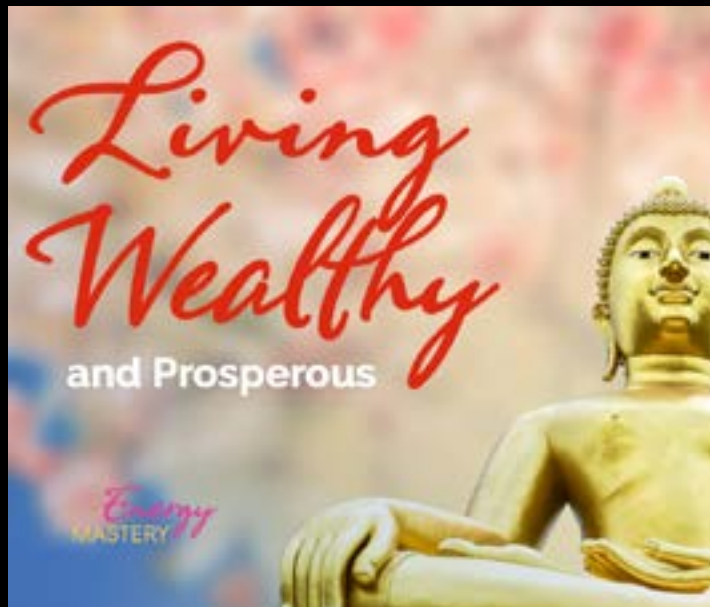
Honoring this sacred Law of Compensation will ensure not only that you have greater prosperity in your life, but that you have clean, clear energy to fuel your body and your life.

**DO THIS TO GET MORE ENERGY AND
CLARITY AROUND YOUR MONEY ENERGY**

So, stop right now and sit up straight, move away from the back of your chair, shoulders relaxed and breath slowly into your abdomen.

Pause for a moment once you take an inhale breath – this pause is your magic. Then exhale and pause for a moment. (if you need, count to 6 on the inhale, count to 3 on the pause and count to 6 on the exhale)

Do this a dozen times slowly and you'll find that you have more clarity and peace. You'll also find that your worries are diminished and that you are more productive.



**FOR A POWERFUL PROCESS YOU CAN USE TO
INCREASE PROSPERITY AND ABUNDANCE EVERY DAY,
GET OUR AUDIO: LIVING WEALTHY AND PROSPEROUS**

YOUR Spirit

Your spirit is on fire when your energy, mind, heart and money are aligned. I know you want that or you wouldn't have gotten this far.
Let's embark a tiny bit further.

Having someone help you achieve these things is the quickest way to achieving your desires, fulfilling your life's mission and helping those people on the planet you are here to help.

Have you ever felt like there must be something more to life? Even when things look good on the surface, there is a deeper desire that you can't quite put your finger on? *That little nagging voice in the back of your head is telling you that something is not quite in alignment and there are little bumps that don't make sense.* You handle them but....

When it comes to matters of the spirit and fulfilling your purpose, mundane activities tend to get more attention because they're more pressing and urgent. "Later," we say, "When I finally get a chance to catch my breath, or when I'm on the other side of this challenge, I'll do something about it."

Before you know it, years have gone by while that dream withers inside you.

The truth is that NOW is all we have, and if you want to reach your highest potential and finally quiet that little nagging voice, the fastest and surest path there is to get the help and guidance and have the support of a like-minded community to help you stay on track.

**ENERGY MASTERY® IS A COMMUNITY AND WE'RE
HERE TO SUPPORT YOU IN FINDING YOUR NEXT STEP...**

WHAT'S *Next?*

"Ordinary riches can be stolen, real riches cannot. In your soul are infinitely precious things that cannot be taken from you." ~ Oscar Wilde

If you've made it this far in this download then congratulations and it means you're committed more than ever. Your next step is one of two things.

STEP #1

[Click here to get started learning at home with our online course, Secret Energy of Miracles.](#)

STEP #2

[Click here to get signed up for a live class today.](#)

Remember...you didn't happen here by accident. You are here for a reason. A solution that will guide you toward you healthier, happier, more purposeful can fulfilling life.

The tools in this ebook are sure to get you started, and if you want to get there faster and without obstruction, come receive expert guidance and instruction in person.

Namaste.

**YES, I WANT TO
TAKE A LIVE CLASS!**

Energy MASTERY®