

# **YOUR PERSONAL ENERGY TOOLKIT**

**YOUR ROADMAP TO BECOME  
AN ENERGY GENIE**



<https://www.energenieacademy.com>

# COME, JOIN ME ON THE ENERGY JOURNEY!

Hello, I'm Sridhar, and I'm delighted to welcome you aboard this exciting energy journey. Since 1987, I've dedicated myself to exploring this fascinating field, and I can assure you, it's been far from dull. At every turn, I've experienced growth and learning, and I share the wealth of knowledge I've gained through my workshops and books.



I extend this invitation to you because it's likely that you're already attuned to the energies present in various spiritual practices. What I aim to offer is a fresh perspective—a scientific one. **It involves viewing everything through the prism of physics and electromagnetism.** After all, spirituality fundamentally revolves around the examination of vibrations—the energies that intricately mould our lives.

So, come along and brace yourself for those illuminating "aha" moments that are sure to unfold!

# WHY SHOULD YOU LEARN TO MANAGE YOUR ENERGY?

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Righto, let's dive in! Picture this: everything around us, everything we feel and think, it's all energy. Your thoughts kick it off, your emotions crank it up, and your actions keep it rolling. **Your energy is like your own personal spokesperson—it talks before you even say a word!**

Now, here's the kicker: **The universe isn't sitting around waiting for us to chit-chat in English. It's all about vibes, frequencies, and wavelengths.** So, the better we get at tuning into that universal language, the more we can really vibe with life and handle whatever comes our way.

But here's the thing most folks miss: our bodies are like these super complex energy machines! I mean, think about it—even with all our fancy medical tech, there's still so much we don't fully get about how it all works. Especially the energy bit. And trust me, that's where the magic happens!

**So, managing your personal energy is part science, part art. You've got your physics, chemistry, and maths in the mix, but you also gotta finesse those skills.** And when you do, oh boy, you're set to live a life that's not just fulfilling, but downright amazing!

# WHAT IS PERSONAL ENERGY MANAGEMENT?

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Let's get into it! Your energy? It's the key to effective communication. Whether you're a busy professional, a student, or managing a household, mastering your energy is a game-changer for self-mastery and living your best life.

Here's the deal: Many of us are already playing this game without realizing it. We've got the positive energy champs, exuding confidence and spreading good vibes wherever they go. But then there's the flip side—those negative energy folks who can't seem to shake off the gloom.

But guess what? **We all have a bit of both inside us, depending on how we handle life's ups and downs.**

Now, the goal: We all want to be top-notch energy managers to tackle life from a place of strength rather than just reacting. Right? That's what Personal Energy Management® (PEM) is. It's about tuning into that energy frequency and realizing how it shapes everything—from our self-talk to our interactions with the world and beyond.



# HOW YOU COMMUNICATE DETERMINES YOUR ENERGY

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Let's delve into the essence of communication, beginning with your internal dialogue. **Your self-talk serves as the captain of your energy ship.** What's the tone? Are you boosting or belittling yourself? Your mindset and well-being are intertwined with this chatter.

So, how do we resolve this?

- 1) Simple, just shift the narrative. Embrace self-love, offering mental high-fives, and exuding comfort in your skin. This inner radiance becomes contagious, spreading serene energy wherever you tread. Many overlook the potency of this internal dialogue, missing out on a significant energy boost.
- 2) Expand your perspective. Your energy extends beyond your physical boundaries, syncing with the world around you.
- 3) Consider cosmic connections. Whether termed God, the universe or higher power, a guiding force influences every moment. Prayer is one form of connecting with this force. To align with its messages, you must decipher its language, akin to cracking a cosmic code.

In essence, energy encompasses both internal and external communication. Master this, and you'll attract positivity and triumph in all aspects of life.'

# WHERE DO YOU FEEL THE ENERGY?

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**Relationships:** Ever met someone who sucks the energy right out of the room? Conversely, there are those folks who light up your day just by being around. And that electric feeling when you meet a celebrity—where does that spark arise?

**Rituals**—every faith has them, but have you ever stopped to think why?

**Pain:** Why do get pain? Is pain necessary in life? Can we heal ourselves by simply talking to the pain?

**Money:** What is it about money that gives us so much joy? At the same time, why do we think of it as the “root of all evil”?

**Home:** Why do some houses feel cozy while others give off bad vibes?

**Plants:** Did you know plants when talked to nicely, grow better? How does that work?

**Intuition:** What is clairvoyance, sixth sense, psychic ability, gut feelings, the “I-just-know” vibes? In a nutshell, it's all about energy. That's what we explore in our Personal Energy Management workshops—a journey into the unseen world of energy!

# HOW PEM WILL HELP YOU CHANGE YOUR PERSPECTIVE

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Let's chat about the perks of mastering PEM. Trust me, it's a game-changer.

**First up, increased confidence.** When your energy is in check, you're unstoppable. You'll walk taller, feel at ease, and own your journey without relying on anyone else's approval. Your **aura will level up** drawing people to you.

By learning the **language of frequency**, you will be able to see the larger picture and decipher the universe's messages.

With PEM, you'll **understand religious rituals** in a new light—rooted in science, tradition, or superstition. You be the judge.

But wait, there's more! **PEM heals relationships** too. With energy dynamics understanding, you'll respond instead of react, keeping connections strong.

And your body? Well, you're a walking battery, pulsating with energy. So get ready to see the world in terms of frequency and vibrations.

**PEM isn't just about feeling good—it's about living your best life. Ready to dive in?**



# EXERCISE 1

## Gauge Your Energy Levels

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Before doing this exercise, still yourself, and take your time to answer each questions. This test is purely indicative

### 1. You grant yourself a break:

- a) When your energy is waning.
- b) When you feel deadlocked, unable to come up with the right answer.
- c) Only after you have finished a large project; otherwise you feel compelled to push yourself.
- d) After every 2-3 hours of steady work.

### 2. Your midmorning break is most often spent:

- a) Cribbing with a co-worker.
- b) Taking care of personal chores.
- c) Doing some relaxing or fun activity.
- d) At your desk working - you rarely take breaks because you always feel behind in your work.

### 3. Your office:

- a) Is a nondescript, sterile-looking place that shields employees from distractions.
- b) Has a cluttered desk, and a wall and shelf filled with your personal mementos and art.
- c) Has poor ventilation, temperature control, and equipment.
- d) Is carefully planned to support your personal work style and needs.





**4. Times for fun and laughter:**

- a) Occur primarily on weekends, when you have enough time for your outside interest.
- b) Are deferred until you reach your next career goal.
- c) Happen many times a day, at both work and home.
- d) Are pretty much a thing of the past, since work and home chores consume your life.

**5. Your early mornings are spent:**

- a) In a push to get yourself and the kids out the door.
- b) Staying in bed until the last minute, then dressing in a rush and skipping breakfast.
- c) Worrying about a demanding task at work.
- d) Getting some exercise, having a nutritious breakfast, and enjoying some time with your family.

**6. When you come home from work feeling tense or exhausted, you usually:**

- a) Take a brisk walk or enjoy some other aerobic exercise.
- b) Just chill and relax.
- c) Force yourself to work more so you'll have less to do tomorrow.
- d) Raid the refrigerator.

**7. You exercise:**

- Once a week, playing an intensely competitive game of tennis, or some other sport.
- Most mornings or evenings.
- On weekends with a demanding 50-mile bike ride.
- Only occasionally, because you need to conserve all your energy for your work and house chores.

**8. Your lunch usually consists of:**

- A snack and soft drink taken at your desk.
- A filling meal of heavy food.
- A light meal.
- Soup and salad, and then a 10-minute walk.

**9. On your commute, your thoughts focus on:**

- The activities you are looking forward to that evening.
- Everything you did not complete that day.
- All the things wrong with your job or the problems waiting to pounce on you at home.
- What you accomplished that day and feel good about.

**10. Regarding vacations, you:**

- Haven't taken a real one in several years.
- Use business trips as substitutes for vacations.
- Plan for at least a one-week vacation each year.
- Spend your vacation time fixing up the house.

## ANALYSIS

Mark yourself based on your answers and total the points.

### 1. $a = 10, b = 10, c = 0, d = 10$

Taking frequent short breaks each day will restore your energy and mental powers before you become exhausted.

### 2. $a = 0, b = 0, c = 10, d = 0$

Energy-reviving breaks involve switching your mind to a relaxing or fun activity, not just shifting to another task.

### 3. $a = 0, b = 10, c = 0, d = 10$

An uncomfortable, unattractive work site can chip away at your energy reserves and motivation. For most people, surrounding themselves with the kind of decor, mementos, colors, and materials that they enjoy—even if it means having a desk crowded with supplies and ] papers—begets energy.

### 4. $a = 0, b = 0, c = 10, d = 0$

Laughter, joy, playfulness, and imaginative thinking release brain chemicals that increase metabolism and energy. Strive for a daily balance of work and play.

### 5. $a = 0, b = 0, c = 0, d = 10$

Arriving at work with low energy is like embarking on a long drive with half a tank of petrol. Skipping breakfast or arriving stressed depletes your energy. An ideal morning involves positive thoughts, 20-30 minutes of exercise, a high-carb, low-fat breakfast, and an enjoyable commute while preparing for the day.



**6. a = 10, b = 0, c = 0, d = 0**

Aerobic exercise or relaxation methods are excellent ways to reduce muscular tension and release stress toxins. The exercise will give you the extra lift needed for spending meaningful time with your family.

**7. a = 0, b = 10, c = 0, d = 0**

Studies on fit versus sedentary adults show that your metabolism need not decrease significantly as you age if you do regular aerobic exercise. Twenty or more minutes of moderate exercise on an almost daily basis is more beneficial.

**8. a = 0, b = 0, c = 10, d = 10**

Heavy, fat- and sugar-laden meals contribute to afternoon fatigue. An energy-wise lunch break means getting a change of scenery and having a light but nutritious lunch. Following up your meal with a brisk walk offers another energy boost.

**9. a = 10, b = 0, c = 0, d = 10**

The commute home is not the time or place to dwell on stress-producing worries and self-doubts. Confine your work-related thoughts to what you did well that day.

**10. a = 0, b = 0, c = 10, d = 0**

Vacations are critical for recreating your mind with fresh insights and stimuli, for having a megadose of fun—all of which are powerful energy boosters.



## YOUR SCORE

### **80 to 100 points:**

Congratulations! You have learned to balance work with renewing fun.

### **60 to 70 points:**

You are probably living at less than optimum energy. Giving yourself permission to play and enjoy carefree moments regularly can help far more than a relentless drive to finish an endless schedule of work.

### **40 to 50 points:**

You are probably starved for joy and you may well have forgotten how to play.

### **Less than 40 points:**

You are most likely in some stage of burnout, and perhaps you have neglected or abandoned your rejuvenating "little kid" self. In addition to learning how to play again, you may find many aspects of your life that are contributing to your exhaustion. These may include a lack of sufficient exercise, proper rest, good nutrition, time alone, intimacy and love, quality time with family and friends, new interests and hobbies, regular vacations, joy, and/or a strong sense of purpose.

## EXERCISE 2

# How Much Energy Do You Need

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1. I get at least 7 hours of sleep a night, on average.
2. When I do intense work, I remember to take breaks.
3. I eat three balanced meals a day.
4. My diet is high in protein.
5. I have three servings of fruit and vegetables daily.
6. I rarely eat sweets or fatty foods.
7. I eat fish or take supplements of omega-3 fatty acids.
8. I take a good-quality multivitamin every day.
9. I take antioxidants and a B-complex supplement daily.
10. I usually drink at least 6 glasses of water every day.
11. I do moderate- to high-intensity exercise at least thrice a week or walk for 30 minutes five days a week.
12. I relax by practising meditation or yoga.
13. I have a loving relationship with my family.
14. I have good friends; we support one another.
15. I have a strong sense of faith and spirituality.
16. I find meaning in my relationships, my job, and life.
17. I enjoy activities that are different from my job.
18. I participate in community service activities.
19. I volunteer to help others, and it's rewarding to me.
20. I often go outside to enjoy nature and fresh air.

### YOUR SCORE

**Total number of YES answers:**

**16-20:** You are recharging optimally.

**11-15:** You are breaking even in terms of energy.

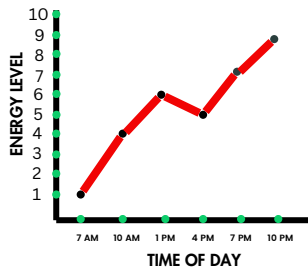
**5-10:** You are running low

**0-5:** You are running on empty energy reserves.

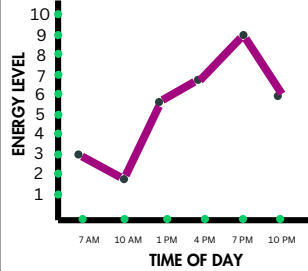
# EXERCISE 3

## Monitor Your Energy

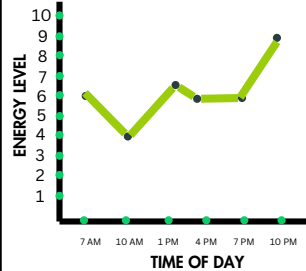
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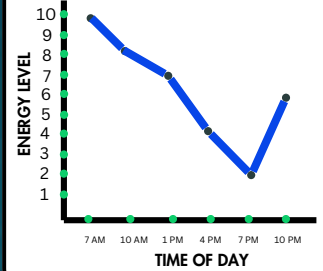
SUNDAY



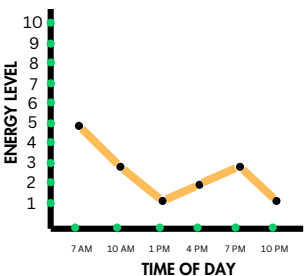
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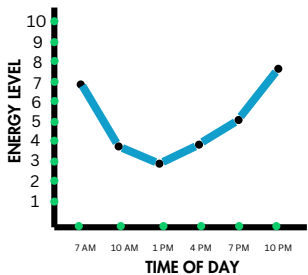
TUESDAY



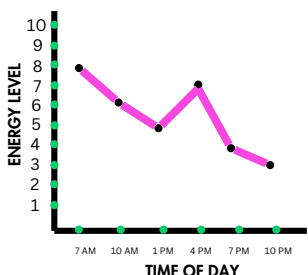
WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

- Take a blank unruled book.
- Gather 7 sketch pens, each of different colours.
- Create a graph in the notebook with X-axis as 'Time of day' and Y-axis as 'Energy Levels', dividing it into 10 parts.
- Plot your energy levels for each time slot starting from Sunday using one colour for each day.
- Repeat the process for each day of the week using a different coloured sketch pen.
- Continue this for four weeks.
- After a month, analyse the graphs to identify high, medium, and low energy zones.
- Regularly repeating this exercise helps track energy levels daily and seasonally.
- Allocate creative tasks to high energy zones, organizing tasks to medium zones, and mundane tasks to low zones.
- Consistently doing this exercise yields significant benefits.



## EXERCISE 4

# Keep Your Energy Moving

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- Energy needs to be in a state of motion. Else it will stagnate, form energy blocks and lead to low energy and disease.
- Think out of the box. Make even everyday tasks creative.
- Dabble in colours, music, sound, dance.
- Shake the energy. Declutter big time
- Maintain a diary – don't store your emotions inside. Take it out.
- Exercise – energy gets trapped in our joints. You need to move them
- Practise letting go. Indulge in selfless help. Give without expecting anything
- Hug Yourself, smile, crack a joke, spread the laughter
- Connect with your passions
- Watch how you breathe.
- Practise breathing slowly and deeply.
- Clear energy debts if any.
- Develop a healthy self-worth. Be kind to yourself
- Be childlike



## EXERCISE 5

# Analyse Your Energy Drains

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- Energy leaks are harmful. Identify and plug them as fast as possible.
- Getting emotional over issues.
- Suppressed emotions.
- Squeaky doors, leaking faucets, bad relationships, unfinished business.
- Taking care of yourself last - The Martyr Syndrome.
- Lack of appropriate energy exchange
- Psychic Vampires – people who suck your energy!
- Clutter: Physical and mental.
- Pollution, natural causes
- A poor self-worth
- When you are unguarded with regards to your energy
- When standing next to powerful electromagnetic objects
- Ego, a deep sense of insecurity
- Excess of earth's five elements - air, fire, water, earth and space.

## EXERCISE 6

# Use These Powerful PEM Techniques

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### **How to calm your mind:**

Meditate - Close your eyes, watch your breath and experience stillness.

### **How to protect yourself:**

Visualise yourself in a white bubble, and visualize that bubble getting bigger creating more space for yourself. This also protects your energy from getting drained.

### **Practise letting go:**

You can donate energy through prayers, gratitude, a hug, a treat, charity or simply by connecting to the earth.

### **How to ground yourself:**

Grounding removes inflammation. The simplest way is to walk or keep your bare feet on grass or mud for about half hour daily.

### **How to check your home's energy:**

Visit different parts of the home and see how it impacts your breath. If your breath increases, that area needs decluttering.



# 5 STEPS TO BECOME AN ENERGY GENIE

## STEP 1

You have taken Step 1 by downloading this Personal Energy Toolkit! Congratulations!

## STEP 2

Attend our Group Coaching sessions to get a deeper understanding of energy. ➡ Click [HERE](#) to know more

## STEP 3

Not ready to commit? Stay connected with energy seekers in our FREE PEM community to learn more about energy! ➡ Join [HERE](#).

## STEP 4

If group coaching is not your thing, you can opt for **personal coaching with Sridhar** who can not just help you manage your energy through his month-long **Total Energy Makeover** program, but also transform the energy of your home with his Home Energy Makeover programme! Click [HERE](#) for more

## STEP 5

Learn more about energy management through Sridhar's blog both on his website and his column in Bombay Times.

For all courses, check out <https://www.energenieacademy.com>



# ABOUT R SRIDHAR

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## AS A PERSONAL ENERGY COACH

- Founder of **Energenie Academy**, dedicated to uplifting energy levels across various groups.
- Has been offering **Group & Personal Coaching** in Personal Energy Management for individuals, corporates, students, and educational institutions for 20+ years, impacting 100,000+ energy seekers.
- **Newspaper columnist**. His column 'Connect-Ticket' ran for 6 years in Bombay Times from 1999-2005. And now his new column on Healing appears the **Bombay Times website**.
- **Author** of two books on Personal Energy Management (paperback and Kindle). His Kindle ebook was ranked among the Top 50 paid ebooks in the Mind-Body-Soul category on Amazon. Buy [here](#).
- Involved in setting up Times Foundation and Nalanda Centres of Learning.
- Founder & moderator of **Connect-Ticket**, a global healing and support network established in 2001.

## AS EDITOR & EXECUTIVE GHOSTWRITER

- **Senior Editor** at The Times of India with 30+ years of journalism experience.
- **National Editor** of the Niche Journalism Division, spearheading and launching 100+ publications.
- **Editor** of MumbaiMirror.com.
- **Research Editor** with Columbia Business School.
- **Executive Ghostwriter** for CEOs and thought leaders.
- **Content Curator & Corporate Trainer**, specialising in digital writing training for mid- and senior management.
- **Mentor** for students at school, undergraduate, and postgraduate levels. The only journalist from The Times Group to conduct journalism workshops in schools.
- Creator of '**The Journo Journey**', a 2-month programme teaching children in large housing complexes to publish their own newspaper.





Energenie Academy is a collaborative platform comprising therapists, writers, and motivators who can guide you to become the best version of yourself. Work with us to witness a transformation in your energy levels, expression, writing skills and the way you respond to circumstances!

Founded by R Sridhar, our aim is to create a million Energy Genies - aware, conscious and driven people who perceive everything in terms of energy and are able to see the larger universal design at work.

Come, join us on this path, and become an Energy Genie!



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