



## **Step 1 - Your Daily Energy**

### **Exercise - Tolerations: Reduction and Elimination**

The result of this practice is to reclaim energy that you put into things day-to-day, that don't necessarily serve you anymore. This is a very simple practice and can create amazing amounts of movement and new energy for you. Much of your daily energy can be sapped by Tolerations. Tolerations are anything where you feel that you are being wronged or things aren't as they should be - usually there is a small or large complaint that goes along with it.

Some examples are:

- Having a dirty car, a messy office, unclean house, dirty windows
- Incomplete projects
- Unspoken communications
- Debt
- Bad Boss
- Bad Job
- Lack of Exercise
- Not enough money
- Relationship isn't working
- Cost of Mortgage, Insurance, Cable TV, etc

Even before you begin writing, can you get a sense of all the energy we put into these things?

The good news is that we can reduce and/or eliminate Tolerations and free up all the energy that we used to give them so much power over us.

#### **Part 1 - Brainstorm**

Write up a list of (at least) 10 Tolerations, the more the better, like 100 is really good.

To help identify Tolerations, consider the following:

- what am I putting up with?
- where am I "settling for"?
- where and when do "shoulds" show up in my life?
- in what situations do I experience frustration?
- what am I just not happy with?
- what needs to be done and I'm not doing it?
- what needs to be fixed?



- what things have been on my ToDo list for a long time?
- what things have I given up on?
- is there a lot of gossip in your life?
- what do you complain about? (if you're not sure, ask your friends and family, they know!)

Try not to get overwhelmed! Simply writing out a list of Tolerations has a magical effect of starting to shift the energy away from them to create Free energy for you.

Although these things on your list vary in size and importance, they all have one thing in common; they consume our energy and attention.

Imagine the energy you would have available for whatever you were creating with less energy going into this list. Avoiding these things takes a lot of energy. Your interpretations of these things takes a lot of energy.

### **Where can I look for Tolerations?**

Everywhere! Consider work situations and relationships, home life, spouses, partners, children, parents, finances, health, etc. And mostly look for your emotional responses in these areas.

### **Part 2 - Choose 1 or 2 to begin with**

Pick one or two to start with. They can be little ones or they can be BIG ones. But pick one that you feel you can create some movement within the next few weeks. That'll help give you and energetic win and a boost. And that's part of what we're after.

### **Part 3 - Choosing a Strategy**

As you review your list, you'll see there are 2 major distinctions in Tolerations; those that aren't going away (or you don't have much control over in the short term) and those that you can do something about.

For the first group, the best we can do is shift our Point of View about these things. The energy being wasted on this type of Tolerations is because we are believing something about the situation that isn't necessarily so. If we can shift our perception, we can put less energy into this.

The second type of Tolerations we can tackle on our own or with help. You know how good it feels to get your house, office or car cleaned? Well you can do that or pay someone to do it. Either way, you just eliminated or reduced a Tolerations. Some things take more time and effort; like reducing debt. But get started. Make a plan. Share your plan. Take action.



#### **Part 4 - Checking Back In / New Choices**

After you've made your list and made your first choices and taken some action, check in to see if the Tolerations are taking less of your energy. Just looking at the original list again may feel different. If you feel that you can take something off your list, celebrate! Maybe you'll add some new things to your list. When you're ready, and you'll know, tackle a couple more. Before you know it, you'll start handling things differently as they come up, so new Tolerations don't accrue like they used to.

#### **Review:**

After your first successes, how does this feel?

Do you notice any "cleaning things up" in the moment, so that you are not adding more Tolerations?

This is a great topic to share in a group. It's wonderful to see people cleaning up old stuff. There will be teleclasses and groups on all the different Steps in the book so you can share your experience and hear what other people are experiencing. If you'd prefer, we can also set up a One-on-One session. Please refer back to the website for information on these opportunities:

[www.earthandlight.com](http://www.earthandlight.com)