

The Energy Formula:

7 Keys to Reclaim Your Energy and Transform Your Life

by Adam Markel



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Dear Reader,

Thank you for purchasing this e-book. I genuinely believe that it will help you gain a new perspective on living a more inspired and energetic life.

Please check back at my website for new products and services or to post a comment on my blog. I would love to hear from you!

<http://www.adammarkel.com>

To Your Energized Life,

Adam Markel

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Introduction 4

1 - Key #1 Worthiness.....5-10

2 - Key #2 Forgiveness.....11-17

3 - Key #3 Gratitude.....18-23

4 - Key #4 Inner Voice.....24-29

5 - Key #5 Courage.....30-35

6 - Key #6 Emotions.....36-39

7 - Key #7 Permanent Change -
Your Mental Diet...40-46

Introduction

***Everything in the universe is made up of just one thing:
ENERGY and that includes YOU!***

Living a fully energized and authentic life is not a gift that some people are born with and others are not. It is the sum total of your connection to all other things and to your creator! Energy can be created and it can be destroyed. It can be positive or negative. It can be short lived or it can be lasting. Sustainable positive energy is what creates successful and enthusiastic living, and what separates people who are living authentically from those who are living unconsciously.

So how do we find more energy? Like any great meal, it requires certain ingredients. Once you learn the “recipe” you can feed and nourish yourself and many others! I have written this book to share my recipe and “formula” for enthusiastic and successful living: living at a level 10 out of 10! Here’s the Energy Formula:

Awareness + Responsibility = Pure Energy
Faith + Positive Thinking Habits + Action = Permanent Change

Use the 7 Keys I talk about in the book to empower yourself and energize your life and the formula will automatically start working for you!

With my best, ENJOY!

Adam Markel

Key #1 Worthiness

On the day you were born you were worthy of all the promise that life held; nothing changed.

So are you worthy? I hope you answered “YES!” You *are* worthy simply because you *are*! Regardless of your spiritual or religious beliefs you are a being like no other that has come before or will ever come again. You are an integral part of everything that is and has ever been. You are equal to that of anyone or anything that is part of the *Universe, Source, Spirit, God*, or whatever term you use to describe that which created us all. I personally believe we are nothing short of divine, and divinely inspired when we feel the presence of our creator in our thoughts and actions. For those of you who need more proof, just think of those millions of tiny sperm cells racing in a seemingly impossible quest toward that one single egg... and YOU were the one that WON the RACE! – truly amazing!!

Do you believe that you are truly worthy of all the best that life has to offer? For many of you, your opinion of your worthiness became distorted somewhere along the way. Perhaps you didn't get the grades in school that you wanted, or you didn't earn a million bucks before you were 30, or you took a job that didn't work out the way you wanted, or a relationship or your marriage ended badly. You kept deducting the sum of all the things you think *should* have happened in your life, and at some arbitrary point, your experiences added up to feeling undeserving and “unworthy” of the best of the best. *Arbitrary* is the key word here. Either you or someone you know (a parent, guardian or other “loved one”) assigned an arbitrary value to your life and you started seeing your life through a lens of “unworthiness” (quite the opposite of the rose colored lenses that shameless optimists wear).

Let me say this right from the start, there is no rule or law anywhere that says you only get to make a certain number of mistakes in life. All of your ideas of unworthiness are self-created and/or self-imposed.

It's always possible to start fresh in life but it requires a conscious choice to exercise that option -- it won't just happen by accident.

Without feeling worthy of the best that life has to offer you can't create the sustainable energy necessary to take consistent action, and unconsciously you run a program that says: *You know what, it won't work out for me...this is just my lot in life...this is really what I deserve.* You may be walking around with some guilt over past mistakes, past actions, things that you've done or things that happened to you. Maybe you stole money from your parent's purse or wallet when you were little. Maybe you cheated on a test in school. Maybe you've lied or cheated partners or clients in business. Maybe you were abused as a child. Ultimately, your subconscious assessment of those actions grew to be weeds in the garden of your mind, and resulted in the stigma of unworthiness: a feeling and pervasive attitude of not being deserving and worthy of greater happiness or true happiness, not being worthy of the greatest relationships or the greatest health, not being worthy of being very successful or even very rich.

Your mindset may be the result of programming that you received from your parents or other people that you have encountered in life. It may be that you lack the feeling of worthiness as a result of some experience from your past. I had such an experience which left me feeling like I might not deserve life's best. When I was only 5 or 6 years old I was playing with some kids my age on a hillside. As we were running down the hill I got excited and I pushed the child in front of me. That kid fell and cut his head. He had to be taken to the hospital and receive stitches. I felt strange and sad at the time because I didn't know why I pushed him. Was I jealous, was I angry, was I insecure? All I know is that I carried that "story" around for a long time. When I made poor choices in life I would secretly think back to that memory. It was a reminder to me that somehow I deserved to get creamed just as I had creamed that little boy. Powerful stuff, yes?

Once I became aware that I was re-telling myself a story I realized that the story had nothing to do with the present. That realization allowed me to accept responsibility. I was able to choose not to feel unworthy as a result of this incident from my childhood or anything else for that matter. For many people, feeling unworthy becomes part of their identity, part of their persona of not getting what they truly want in life because they don't deserve it. As I said, I know that role because I too have played it. Being a victim might have bought some form of attention in your past but I can guarantee it won't lead to a successful and energized life. That's exactly what the phenomenon I'm describing is, putting yourself in the position of being a victim; not allowing yourself to move forward because of events in the past.

Often we create prisons for ourselves with our own repetitive thoughts. We make both conscious and unconscious decisions that we are unworthy of experiencing the joy and happiness that are our given birthright. We allow ourselves to remain in our self-imposed mental prisons not realizing that we've always possessed the key to the cell. We need only dare ourselves to use it. I say "dare" because it takes courage to step out of a familiar and comfortable mindset (better the devil you know than the one you don't). Yes, it takes courage to walk out of that familiar "cell" that has become a "*comfortable*" hell. Excuse me for saying so but being comfortable (or "comfortably numb" to quote the old Pink Floyd lyric) sucks!

So what's the energy key? First, we have to be aware that we don't always think we deserve the best. We don't always feel worthy of receiving the best that God has to offer. This step of becoming aware by itself is a "game-changer." Once you become aware you are no longer living on auto-pilot. With awareness comes the opportunity to accept responsibility for your thoughts and ways of being. If you are willing to respond to your reality based on your new awareness then you will have the blessing of *choice*.

Choice creates energy and freedom.

By becoming aware of your thoughts and feelings and by holding yourself accountable for your mental states you have the empowering ability to make new choices in your life.

Making new and “better” choices in life doesn’t happen by accident. It’s a process! It’s part one of the formula:

Awareness + Responsibility = Pure Energy.

Awareness is simply a new state of consciousness. Responsibility means to “own” your past way of thinking and being instead of blaming or justifying. The result is Pure Energy, a sustainable state of being which enables you to make new choices and take new actions toward your goals. Now that you have the formula you can continue to feel worthy or unworthy, but it will always be by your choosing, and not some mysterious plot or scheme that the world has cooked up to hold you back.

You need to give yourself a break. Being *worthy* of the best that life has to offer has nothing to do with being perfect. It has nothing to do with how many mistakes you’ve made or how well you did in grade school or if you’ve been married more than once or if you are overweight at the present. It is only about your *knowing* that you are equally entitled to the best of the best. It has everything to do with your empowering or disempowering self talk. It takes energy to break free of negative ways of thinking and being.

***The magic key is that energy comes from and is a part of everything,
including your thoughts.***

In the moment you become aware that something is holding you back, it won’t be holding you back anymore. The energy created by that awareness creates new pathways and new ways of attracting what you want most.

The idea here is to get clear awareness that you are worthy, here and now, regardless of what anyone has said or what your life experience has been so far or might be in the future. It’s that simple!

At the end of each chapter there are Verbal Declarations and Actions and Practices for you. Verbal Declarations are statements that you make out loud that tell the Universe of your intentions. The more powerful the declaration, the more the Universe believes and delivers results to you. That may seem far-fetched, but that's the way it works. The Actions and Practices are a way for you to get clarity and insight into your life. Think about where you are now. Is it working? If your life hasn't been working the way you want it to you have to make a conscious choice to do something different.

When you state your declarations, put your hand over your heart. State the declarations with intention, out loud, several times a day. Notice the feeling, the vibration from saying the words. Keep practicing every day. At some point, you will notice that you cross a threshold and the statements will seem real and genuine. It might not take very long at all. Start now, there's no better time than this very moment which is all we ever have anyway.

The following verbal declarations and Actions and Practices have been created for you to help you energize your life with feelings of worthiness.

Worthiness Declarations:

I am worthy of love, fulfillment and financial success.

I deserve to have great health,

I deserve to have great relationships

I deserve to have total abundance in my life

I love myself here and now

Actions & Practices:

1. Write down a short list of new things (at least 5) that you want to create in your life in the next 3 to 5 years. Be as specific as possible about what you really wish for – being vague will only get you what you've gotten.

2. Write down a list of all the conditions that you feel are holding you back from achieving what you truly want in your life (you must be candid with yourself about what is really going on in your life – if you're unwilling to be honest now, the life you want and deserve to have will continue to elude you)

3. Spend one full day in the next week simply observing your thoughts. Not being critical or judgmental of your thoughts, just observing them as a cat might watch a mouse.