

ENERGY IN ACTION

The Power of Emotions
and Intuition to Cultivate
Peace and Freedom

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Contents

The Thirteen Rays of Light	x
Dear Reader	xi
Introduction	1
Practicing a CLEANSE	4
Some Things to Know	6
How to Use This Book	12
PART I PREPARING TO MOVE ENERGY	
Chapter 1 The CLEANSE Method— Manifesting Version	17
Spiritual Confidence	20
Incorporating the Rays of Light	24
Riding the Wave	27
Ripples: Curiosity	31
Chapter 2 How I Work with Manifesting and the Laws of the Universe	33
The Spiritual Laws of the Universe	34
Vibration	37
The Rays of Light	39
Intuition	43
Ripples: Creativity	45
Chapter 3 What Gets in the Way of Manifesting	47
Unprocessed Emotions	48
Addiction	49
False Beliefs	50
Judgment	53
Attachment	54

Emotional Triggers	54
Withholding Your Light	55
Ripples: Inspiration	56
Chapter 4 Enhancing Energy	57
Connection	58
Forgiveness	59
Signs and Synchronicities	61
Flow States	62
Releasing Time	63
Rest	64
Spirituality	65
Embracing Change	67
Ripples: Grounding	68
PART II CLEANSING AND THE THIRTEEN SPIRITUAL LAWS OF THE UNIVERSE	
Chapter 5 The Law of Divine Oneness	73
Corresponding Ray of Light: Diamond	75
Law of Divine Oneness: Companion Cleanses	76
<i>Cleansing for Joy</i>	76
<i>Cleansing for Unity</i>	77
<i>Cleansing for Faith</i>	78
<i>Cleansing for Peace</i>	79
Manifesting Message	81
Chapter 6 The Law of Vibration	83
Corresponding Ray of Light: White	84
The Law of Vibration: Companion Cleanses	85
<i>Cleansing for Vibration</i>	85
<i>Cleansing for Truth</i>	86
<i>Cleansing for Transformation</i>	87
<i>Cleansing for Feeling</i>	89
Manifesting Message	91

Chapter 7 The Law of Attraction	93
Corresponding Ray of Light: Yellow	95
The Law of Attraction: Companion Cleanses	96
<i>Cleansing for Compassion</i>	96
<i>Cleansing for Revelation</i>	97
<i>Cleansing for a Shift</i>	98
<i>Cleansing for Confidence</i>	100
Manifesting Message	101
Chapter 8 The Law of Detachment	103
Corresponding Ray of Light: Pink	105
The Law of Detachment: Companion Cleanses	106
<i>Cleansing for Surrender</i>	106
<i>Cleansing for Inner Strength</i>	107
<i>Cleansing for Honor</i>	108
<i>Cleansing for Relief</i>	109
Manifesting Message	111
Chapter 9 The Law of Cause and Effect	113
Corresponding Ray of Light: Orange	114
The Law of Cause and Effect:	
Companion Cleanses	115
<i>Cleansing for Value</i>	115
<i>Cleansing for Opportunity</i>	116
<i>Cleansing for Exploration</i>	117
<i>Cleansing for Action</i>	119
Manifesting Message	121
Chapter 10 The Law of Correspondence	123
Corresponding Ray of Light: Blue	125
The Law of Correspondence:	
Companion Cleanses	125
<i>Cleansing for Harmony</i>	125
<i>Cleansing for Humility</i>	127
<i>Cleansing for True Power</i>	128
<i>Cleansing for Grace</i>	129
Manifesting Message	131

Chapter 11	The Law of Inspired Action	133
	Corresponding Ray of Light: Magenta	135
	The Law of Inspired Action: Companion Cleanses	135
	<i>Cleansing for Purpose</i>	135
	<i>Cleansing for Inspiration</i>	137
	<i>Cleansing for Openness</i>	138
	<i>Cleansing for Empowerment</i>	139
	Manifesting Message	141
Chapter 12	The Law of Perpetual Transmuted Energy	143
	Corresponding Ray of Light: Red or Ruby	145
	The Law of Perpetual Transmuted	
	Energy: Companion Cleanses	145
	<i>Cleansing for Grounding</i>	145
	<i>Cleansing for Well-Being</i>	146
	<i>Cleansing for Engagement</i>	148
	<i>Cleansing for Creativity</i>	149
	Manifesting Message	151
Chapter 13	The Law of Compensation	153
	Corresponding Ray of Light: Green	156
	The Law of Compensation: Companion Cleanses	156
	<i>Cleansing for Discernment</i>	156
	<i>Cleansing for Abundance</i>	157
	<i>Cleansing for Acceptance</i>	159
	<i>Cleansing for Gratitude</i>	160
	Manifesting Message	162
Chapter 14	The Law of Relativity	163
	Corresponding Ray of Light: Silver	165
	The Law of Relativity: Companion Cleanses	165
	<i>Cleansing for Effectiveness</i>	165
	<i>Cleansing for Courage</i>	166
	<i>Cleansing for Focus</i>	167
	<i>Cleansing for Connection</i>	168
	Manifesting Message	171

Chapter 15 The Law of Polarity	173
Corresponding Ray of Light: Indigo	174
The Law of Polarity: Companion Cleanses	175
<i>Cleansing for Forgiveness</i>	175
<i>Cleansing for Letting Go</i>	176
<i>Cleansing for Completion</i>	178
<i>Cleansing for Protection</i>	179
Manifesting Message	181
Chapter 16 The Law of Giving and Receiving	183
Corresponding Ray of Light: Violet	185
The Law of Giving and Receiving:	
Companion Cleanses	185
<i>Cleansing for Fulfillment</i>	185
<i>Cleansing for Radiance</i>	186
<i>Cleansing for Authenticity</i>	188
<i>Cleansing for Worthiness</i>	190
Manifesting Message	192
Chapter 17 The Law of Rhythm	193
Corresponding Ray of Light: Gold	195
The Law of Rhythm: Companion Cleanses	195
<i>Cleansing for Centering</i>	195
<i>Cleansing for Harmony</i>	196
<i>Cleansing for Wholeness</i>	198
<i>Cleansing for Presence</i>	199
Manifesting Message	200
Acknowledgments	203
Resources	204
References	205
About the Author	207

CHAPTER 1

The CLEANSE Method— Manifesting Version

If you are like me, you might have interpreted manifesting as the ability to make things happen, a way to draw something tangible to you, like a new car, soul mate, or your dream home. You might have watched movies and read books like *The Law of Attraction* or tuned into Oprah's *Super Soul Sunday* to gain a better understanding of how to apply these teachings to your own life. If so, I get it. I was right there with you.

I remember being so jazzed after watching *The Secret*. I grabbed my husband by the hand and said, "You've got to watch this with me. There is another way for us to go about how we do things around here." What I was *trying* to say was that we don't have to be so stressed-out about life; we can create happiness and security without all that mental and physical strain. This was typical for me; I was always looking to bring others on board to be a part of whatever I was focusing on. Yet, what I did not know was that this was just the beginning of discovering the world of manifesting and how all this attraction stuff really works.

Manifesting is the process of transmuting formlessness—opportunities, abundance, health, and more—into form. This is where understanding the Spiritual Laws of the Universe helps immensely. Working with them gives you the ability to reimagine how life could *feel* (as opposed to look). It seems the way we go about things now as a human species is to try to sort out or fix human suffering and environmental disasters by focusing on thoughts, problems, and solutions. What if we went about this in a whole new way, and applied feeling first? What if we all

agreed that we are more than our physical bodies, and through higher-consciousness practices like the Cleanse, we can put into motion the things we all desire, like peace, joy, and freedom?

I found the answers to these questions in the wisdom of spiritual teachers and authors, like Marianne Williamson, who stated, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.” This helped me see the Cleanse as a structure for helping people connect, align, and create from their higher (loving, divine) selves rather than their lower (fearful, traumatized) history.

So, if you are wondering where exactly this information comes from, my best answer is that it came through feeling. Feeling is one of the highest states of creation—and it is from these states that anything is possible. It also came from *noticing, observing, allowing, and receiving* the guidance from higher-consciousness and divine-loving sources. Call them what you will (I often use the word “spirit”); just know true manifesting happens when we are connected (as opposed to disconnected) to these higher realms. If you are wondering why manifesting didn’t work in the past for you, all I can say is that there could be a million reasons; there’s one essential ingredient: the experience of the inner movement of energy, which can only happen from a feeling state.

Think of your emotions as a form or a shape. When they enter a state of movement, this shape expands to the point where it is no longer an identifiable form but rather a state of formlessness. It’s similar to the way a cloud spreads across the sky. The energy of that cloud does not disappear, but the form does. As the clouds of unprocessed emotions dissipate, what you see, feel, and sense become crystal clear, like a blue sky.

When you react to your emotions, perhaps by judging or defending yourself, you are simultaneously resisting the process. You’ll know because you’ll start to question, worry, or get nervous about what you are creating. For example, you might muster up the courage to share your wants, needs, or desires with another person. In the moment,

you might feel relieved to let them know how you really feel, but when you wake up the next day, you wonder if you said and did the right thing. This feeling of vulnerability and doubt comes from suppressing, ignoring, or minimizing what you feel. As you get to know yourself as a manifestor, you will learn to trust and embrace this unfamiliar, new feeling. This is not a time to pile on more stuff into your life. This is a time to *notice, observe, allow, and receive* your intentions. Should those uncomfortable feelings arise, it is likely because energy is beginning to move inside you. Yet often people don't like the way energy feels when it is moving (at least in the beginning), so they resort back to old control systems.

So rather than *notice, observe, allow, and receive*, they return to what feels familiar, to what needs fixing and managing. This pattern gets the brain overly involved, which complicates things. This is because your brain (and body) contains emotional memories (some of them traumatic), many of which were never given the time and space to be processed. Without awareness, this can kick in old habits of suppression. Not only that, but when emotions are left unprocessed, reactivity (thinking, worrying) increases. This shows up in manifesting when people worry that what they are creating may cause more harm than good. *Strange but true*. Rest assured, this is not manifesting; this is perpetuating a cycle of reactivity.

Yet, when processing is not diminished or contaminated by the limitations of your mind, it becomes an internal resource full of nourishing insights, healing, ideas, connections, possibilities, and other good stuff. Here is the thing: your brain is capable of so much—from signaling that you are hungry to solving complex problems; it is not, however, so great at helping you move the energy of your emotions. *Why?* Because thinking is a reaction, while manifesting is energy in action. This is the state of consciousness I am referring to in this book.

In fact, scientists at Emory University recently published the first detailed view of the part of the brain that weighs and makes decisions: the ventral striatum. They described the three phases of effort-based decision making: the anticipation of initiating an effort, the actual execution

of the effort, and the reward or outcome of the effort. This shows how your brain (mind) will always determine whether it is going to opt for something or not—like manifesting a positive family holiday dinner or working those extra hours—based on whether you were rewarded for it in the past. If family dinners tend to leave you more on edge than not, then your brain is going to judge, evaluate, and forecast whether you will show up for dinner or not. Here is the challenge: avoiding, judging, and anticipating negative experiences restrict the movement of energy.

SPIRITUAL CONFIDENCE

Have you ever heard yourself or someone else say: *I am going to manifest a . . . Let's manifest . . . I need to manifest . . . I am going to work on manifesting that?* I know I have, more times than I can count! However, statements such as these, when made without awareness, actually skew manifesting. It gives the impression these things don't already exist (when they do). The Spiritual Laws of the Universe teach us this. Getting to know these laws from a state of inner movement (rather than restricted movement) helps you to develop spiritual confidence—fortifying your sense of knowing, trusting, and believing. Something tells me you might already know you have these abilities; you could just benefit from some guidance on how to maximize your creative potential.

I once thought I could manifest money by creating an online course. While teaching is one of my favorite things to do, quite frankly, the course idea didn't really become a priority until I saw what other people were doing. I remember thinking *I can do that* and wondering why I wasn't. *They are clearly making a lot more money than I am. I'm behind the curve and need to catch up.* This is not spiritual confidence. How do I know? Because what I was trying to manifest was arising from a reaction of fear, comparison, and competition. That is the *opposite* of spiritual confidence! The reality is that there are numerous ways to accent your business or build another stream of income. Yet what makes one more successful than another is the quality of energy they are created from.

While setting goals or developing a marketing plan can help you get organized and provide a map for your next steps, these actions don't necessarily provide the energetic awareness you need to believe you can create something—that's what intentions do! When you have spiritual confidence, you are able to move at your own pace, say yes when something feels right, and say no when you have more than enough on your plate. You are also able to recognize what in your life has already manifested and how you wouldn't be thinking about or focusing on what you want to manifest next if it weren't already here. You are also able to notice when space is available in your life to create. For example, I know that when I have a light week with clients, that space was purposely placed into my life so I can focus on other projects or situations I am looking to manifest.

Spiritual confidence is the ability to trust the path, pace, and rhythm—not just occasionally or when something good happens, but also during incredibly challenging times. When you are spiritually confident, you are more apt to take time to notice when you are weighed down from carrying the heaviness of the world, to release it, and to clear (move) your energy. As you'll see, the Law of Divine Oneness reminds us that we have the ability to pick up both emotions and reactivity in others. Therefore, maintaining your emotional hygiene is important, and Cleansing does this for you.

Here are some additional ways reactivity shows up and what you can look forward to releasing as you Cleanse:

- Needing to move on
- Wanting to be in a better place
- Trying to be liked (aka people-pleasing)
- Comparing yourself to others
- Feeling doubt or shame
- Covering up or avoiding what you feel
- Getting so caught up in the details that you lose your connection to the bigger picture
- Judging yourself or others
- Procrastinating

- Being pushy or demanding
- Walking on eggshells to cope with anxiety
- Making other people's experience more important than yours
- Being afraid that you are overfocusing on the negative

I call these reactions *control systems* or *management systems*. They are the ways you may consciously or unconsciously cope with uncomfortable feelings. While coping with something for a little while might be an efficient or even a good thing, without taking time to move your emotions, you lose precious energy and end up feeling constricted, overwhelmed, and even depressed. You may find yourself losing momentum as your sensory system dampens, and then bam, just like that it happens: suddenly, you are focusing on reactions rather than experiencing energy in action. Here are some more ways to understand the difference:

<u>Outward Focus (Reaction)</u>	<u>Inward Focus (Movement, Action)</u>
Thinking	Feeling
Doing, working	Being, creating
Focusing on results or outcome	Focusing on the process
Managing feeling	Allowing feeling
Wanting	Having
Feeling separate	Feeling connected

After Cleansing thousands of times with clients from all over the world, I have learned that once you process your emotions, the realizations that arise and the information you gather from them changes, and therefore so does what you end up focusing on. Let's say you are worried about your health and want to manifest a better physical condition, become more fit, and maybe lower your blood pressure. I could encourage you to imagine yourself as a fit person, tune in to the way you would feel, recite two or three affirmations a day, and visualize yourself eating healthily. Let's call this variation #1. For a while, you might feel better, yet without emotional processing, your enthusiasm (belief in yourself and the progression that would spark you to take action, like changing your diet or getting more

exercise) may begin to fade. This is because (I'll say it one more time) your emotions also need to be processed, and when they do, it will not only help you feel better but also connect you to something higher, something greater than you.

As emotions enter a processed state, they take you inside the activity of manifesting. You will know this because your awareness shifts from what is happening outside of you to how you feel inside. You might hear yourself say things like, "I feel calmer, lighter, and a little more relaxed," and when you do, trust it is all in the works!

When you attempt to manifest something from your brain (mind), you see yourself as outside or separate from the process. This prevents you from experiencing these inner sensations. It won't be until you fully process your emotions that you will begin to realize that the energy of your emotions in motion *is* the vibrational state for manifesting.

Now try variation #2 (using the healthy body example) and take a look at how moving through the Cleanse effortlessly moves the energy without disregarding or avoiding the emotions.

Clear Reactivity Sit up nice and tall in a comfortable position.

Move your right ear toward your right shoulder and hold that stretch for about four counts. Move your head back to center and observe your breath . . . inhale . . . exhale . . . Then draw your left ear toward your left shoulder. Hold on that side for another four seconds. Return your head to center. Observe your breath.

Look Inward *How I feel in my body right now is . . . Inhale . . . exhale . . .*

Now that I am taking care of myself, I feel . . . Inhale . . . exhale . . . Living in a healthy body makes me feel . . . Inhale . . . exhale . . .

Emit HUM three to five times. Here you are releasing all your reactions, like wanting to fix or control your weight, inadequacy, or resentment.

Activate See it! Visualize a beautiful yellow ray of light streaming down (like the sun) through the crown of your head, throughout

your entire physical body, moving outward into your aura (one inch to nine feet around you).

Nourish Feel it! Receive the confidence, inner strength, and resiliency that this yellow light carries by softening your shoulders and relaxing your face. Allow the vibrations to spill over into Mother Earth, like running water nourishing the world around you.

Surrender Say: *I allow confidence. I allow thriving. I allow flourishing. I allow freedom.*

Ease Say: *I am confident. I am thriving. I am flourishing. I am free.*

Take a moment to check in. How do you feel? Calmer, grounded, open, lighter? Notice the difference between variation #1 and variation #2. In the first, I encouraged you to recite affirmations and imagine yourself fit, healthy, and eating well to manifest better health. In variation #2, you went through the Cleanse, moving the energy (including any history of reactivity) along the way and cultivating energy in action. It is not that variation #1 is bad or wrong; it's just that the Cleanse maintains states of effortlessness—the ones the Spiritual Laws of the Universe teach—and that is where you'll connect with your spiritual confidence. Spiritual confidence happens the moment you recognize that what you see outside of you reflects the current energy inside of you and that you can shift what you see by nurturing your own inner energy, which brings us back to the Cleanse.

INCORPORATING THE RAYS OF LIGHT

Now that you are becoming familiar with how Cleansing works, let's look at how it can be adapted to bring you into harmony with the Spiritual Laws. Once again, you will begin with the C (Clear Reactivity) and follow the steps in order to the final E (Ease). Only this time, in the Activate and Nourish steps, you'll connect to something called the rays of light. While making this slight change might not seem like a big deal, I assure you it is. The rays of light are powerful beyond measure.

The rays of light are alive consciousness frequencies overseen by spiritual masters and archangels. Each color corresponds to a higher vibrational frequency. For example, the red ray carries vibrational frequencies of detachment, peace, and grounding in unconditional love. For years, I had been seeing these colors during *Savasana* (Rest Pose) at the end of a yoga practice.

I later explored the idea of connecting and seeing color through alternative healing modalities, such as Reiki, energy medicine, and quantum healing. While the courses gave me knowledge about energy and its connection to healing, it wasn't until I embraced the energy of my emotions via Cleansing that my connection to the rays deepened. In other words, I would no longer need to be in a yoga class or even see them in my mind's eye to sense the presence of the rays of light.

Yet, the real awakening arrived when a family member said a negative (at least I experienced it that way) comment to me. This person looked at me and said, "When was the last time you went to church?" By his tone, I knew he wasn't asking me a question; he was making a statement. Then it hit me one day when I was Cleansing, I thought to myself, *He thinks you have to go to church to cultivate a relationship with God.* While I believe churches do a lot of good for the community, I know God is inside of me. While I may never fully understand the complexity of the rays of light, the Laws of the Universe and the positive changes in myself and the people I work with provide me with all the reassurance I need.

Yet, I totally get if you are still curious to know more; therefore, I'll go into more detail about the rays of light in the next chapter, but for now, just notice how and where they are integrated into the manifesting version of the Cleanse.

Clear Reactivity Open your neural pathways and redirect energy by connecting to the body and toning vagus nerve. The vagus nerve is the longest nerve in your body. It responds very well to mindful practices, such as breathing, stretching, and chanting. When the nerve is toned on a regular basis, it promotes a sense of calm and relaxation. It also helps free up any clogged or

congested emotions. You will see each Cleanse offers a variety of ways to tone this nerve.

Look Inward Turn your mind's eye inward to develop self-awareness and witness your emotions. *How I feel in my body right now is . . .*

The important part is to repeat the statement out loud (it can be in a whisper) and to allow your breath to answer the question as you inhale . . . and exhale . . . I love this question because it takes your outward focus and brings it inward. This is what the Spiritual Laws of the Universe encourage you to do.

Emit Transform your energy by engaging with the present by humming.

Humming out loud not only tones your vagus nerve but also adds vibration. By adding vibration, you are opening a gateway, a channel, to higher realms. With practice, it is not unusual to see the rays of light pop in (through your mind's eye) naturally as you hum or after (when you are sitting in silence).

Activate Here is where you imagine and focus your attention on a specific ray of light. See it! Know each ray carries certain vibrations, which will be identified in the Surrender and Ease steps.

Nourish Here is where you will receive the energy of a ray of light. As you relax, you open your energy field so all living beings (including Mother Earth) can benefit. You will be blessed for this, I promise.

Surrender As you surrender, let manifesting flow. *I allow . . .* Here you allow the qualities of that ray; you are invited to state these qualities out loud by saying, *I allow . . .*

Ease Allow ease, and trust that what you desire is already here, at least on a vibrational level. *I am . . .* Embody this experience. As this occurs, you become a mirror, a reflection of these powerful vibrations for all to receive.