



DIANE GOLDNER

energy healer & medical intuitive

ask diane

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How can I read energy and use that skill in my life?

We are always reading energy. The skill comes when we can do it consciously.

On the most basic level, you can ask yourself if a course of action feels good or not. It's always a good idea to follow your gut, even if you don't know why the energy is better in one direction than the other.

At a more sophisticated level, you can learn to use your energy centers to feel the energy of any person, place, thing, event or project. Then you can make decisions accordingly. You can also see if a person, place or thing has light. If you are choosing between two things or two projects, you can see which one has more light.

It is always better to go towards people and projects with a high flow and a lot of light, and move away from darkness, anxiety, dread, stagnant energy and a feeling of being cornered.

Many people I have worked with have told me stories about reading energy brilliantly, but then not acknowledging or acting on what they perceived. For instance, one woman told me that when she and her husband hired a new money manager, the thought ran through her mind that something wasn't right. But she ignored it. A few years later, the money manager ran off with all of their money.

Consciously reading energy is always useful, and also a lot of fun. And when you read energy, you will always be living in a higher flow.