



BUILDING VITALITY
&
OVERCOMING EXHAUSTION

WELCOME TO MODULE 8

BUILDING VITALITY & OVERCOMING EXHAUSTION

What is vitality, what is exhaustion and how do you truly deal with it? Exhaustion is something that many people just learn to put up with even though it can be extremely limiting, even torturous, and somewhat excruciating to live with on a day-to-day basis. Have you ever felt like you couldn't get out of bed, brush your teeth or even move because you were so exhausted? Exhaustion not only stops you achieving, it can also be extremely demoralising, eroding your sense of self-worth, as much of how we measure our worth is based on efficiency or the amount of work we get done. When you are exhausted it is difficult to keep up with the billion plus expectations (many self-imposed) based on what you do and how much you get done.

What makes exhaustion tricky to get honest about is it is one of those conditions that we could say is everywhere, it is normalised to the point that it goes unnoticed. It could even be seen as a right of passage, part of becoming an adult, part of what makes us human, part of how we relate to each other, part of our modern day culture even. It is also extremely difficult to get a clear perspective on your level of exhaustion because there are no definitive tests to diagnose it, and each person's experience of exhaustion is subjective: meaning it is relative to their experience and very personal in that way.

To make matters worse, many people find it difficult to be honest about how exhausted they are because the admission of exhaustion comes with many ramifications. What if the admission of exhaustion means we have to change the way we do things, set more standards in our relationship, change how we parent, look at how we spend money etc, etc. If we are invested in keeping things going as they are, can't see another way forward, or are fearful of the potential need for change, we will never admit to ourselves that we are exhausted.

Let's also consider, if all you have known as an adult is tiredness or exhaustion then a lack of vitality will go completely unnoticed. When this is your base, it is difficult to recognise when your vitality reduces and very very difficult to navigate a true way forward with building vitality. We can get stuck in a cycle of accepting low vitality (and not doing anything about it) when everyone around us is also lacking vitality or even worse, exhausted. When low vitality, tiredness or exhaustion is normalised, we all miss out because there is nothing to challenge what we are experiencing or show us that we could actually live with an enormous amount of vitality.

Getting to the bottom of our exhaustion and lack of vitality is such a turning point in our lives. When we start to address vitality and exhaustion in a real way, our life opens up in ways we never could have expected.

Take your time and enjoy everything that is on offer in module 8.

xx Rebecca

What DOES VITALITY MEAN TO YOU?

Stop Moment

It is very revealing and sometimes astonishing to stop and take a look at where we might be navigating our life from. Everyone has their stop moments in life, stop moments that support us to check in, reflect and question if what we are doing is true for us. We could say that stop moments are actually wake up opportunities. In every aspect of our life we have markers of truth and markers of uh oh something is wrong here. In some aspects of our life we are very aware, in other aspects of our life we could say we are not so aware or have blind spots.

- Are you aware of what full vitality feels like for you?*
- Are you aware of how much vitality and quality of vibrancy is true for you everyday?*
- Are you aware of your physical and energetic markers of vitality and how these support you to navigate your health?*
- Are you aware of your markers of tiredness or exhaustion?*
- Are you aware of what tiredness or exhaustion feels like? Not only are vitality, tiredness and exhaustion different, they are constantly changing as you evolve.*
- Is the vitality you felt as a child the same marker of vitality you feel today?*

Can you sense the difference between when you feel tired or when you feel exhausted (the two are completely different)? For some people exhaustion doesn't register until they literally can't get out of bed, for others, it is when they can't get everything done. A lot of people have pushed so far past tiredness that they only experience exhaustion and less exhausted and tiredness doesn't even factor.

Have you consciously thought about your vitality?

Does vitality mean that we have the ability to get through our day without feeling tired? Does it mean that we have the reserves to push ourselves or sleep less? Do you navigate your vitality from markers based on fullness and vibrancy or on function and how much you can get done? Have we developed measures of how many hours of sleep we need or how many cups of coffee we need to function? Or maybe our measure is set from a comparison with others i.e. how much our friend can do or our parents did when we were young. Maybe vitality is something you haven't really even thought about? Maybe you navigate purely from exhaustion or trying to avoid exhaustion. All of these questions challenge us to see where we have been navigating our sense of vitality from and this is necessary if we are going to start to overcome exhaustion and build vitality.

THE DIFFERENCE BETWEEN TIREDNESS & EXHAUSTION

Can you feel the difference between tiredness and exhaustion? For most of us the answer has been no. We all too often push through tiredness and wait for exhaustion to hit before we even consider that something might need to change in the way we are doing life.

Tiredness

The reason that most people don't recognise or realise when they feel tired is actually because a lot of people have not felt tired since they were teenagers - **they've been stuck in exhaustion!**

The truth about tiredness is that it is a really warm and lovely feeling. Have you ever felt at the end of the day a kind of cosiness within yourself, where your body feels like it is ready to let go of the day and not engage in anymore outward activity? It doesn't feel burdened, drained or heavy in an energetic sense, instead your body feels relaxed and responsive to the responsibility of nurturing, regenerating and deepening throughout the night. Tiredness (in its true sense) is something our body communicates to us hours before we go to sleep. It tells us it is time for repose: the time for "doing" has passed and it's time to go within now.

Even if this is a new concept, give yourself the space to start to sense when it is time for your body to be less engaged in outer activities. It is natural for your body to communicate this with you and natural for you to be responsive to the cycles of activity and rest.

So enjoy getting to know tiredness, noticing the subtle but significant changes within your body: it's a really lovely feeling.

Exhaustion

There are two main types of exhaustion people experience: straight up, can't get out of bed, bone tired, could sleep for a millennia exhaustion and the over stimulated, busy, go go go facade masking a more hidden exhaustion. One of the keys in identifying hidden exhaustion is once you take away stimulation (so take away busyness, stress, coffee, sugar, exhilaration, competition, fear, drama, reaction, drive, goal setting, always striving etc.) you can't function. Have you ever had moments where you felt like as soon as you stopped, sat down for a moment, you would fall asleep immediately? That's a message that you're exhausted, you're not tired, you're exhausted and living in this state for any period of time will have detrimental effects on your overall health.

What makes exhaustion difficult to deal with is all of the reasons why we think we need to keep going. When we don't stop with tiredness, we don't stop with exhaustion, the next stop is illness and disease. We've placed so much importance on everything we need to do, we wait until we're in a semi-comatose state before we allow ourselves to register that we need to go to bed; prioritising everything we need to do well ahead of our body's health. We end up with a society that doesn't even like to register that we are sick, let alone exhausted or feeling tired.

RESETTING YOUR STANDARDS WITH *Vitality*

When I first started writing this workbook I realised that one of the difficulties in supporting people to live life in a truly vitalising way is that most people don't have a true marker or reference point for what vitality actually means. I know I didn't and most people I meet don't. So to truly build vitality, we have to consider that our idea of what vitality is might be off the mark.

For many people vitality is someone who is "high energy", maybe slightly hyperactive, agitated or very driven. Have you equated physical fitness to vitality? If someone is able to run a marathon then surely that would mean they are vital? What if someone is able to work long hours in their business/profession, function well on not much sleep and produce high quality work? Would this mean they meet the criteria for vital?

You see full vitality is natural, it is not something dependant on efficiency or output, we certainly don't need to strive for it and it isn't some Ra Ra new age personal growth fantasy. As a simple example we could say that most young kids have true vitality. Yes kids still get tired, they need to sleep and they need to rest but that tiredness is their physical body needing to rest as part of a natural daily rhythm, not because they are out of sync with themselves and certainly not because the being within them is compromised. What happens with adults is they lose connection with their source of vitality (their essence) and instead are living their day from what they should or shouldn't do, expectations from themselves or others, reactions, hurts and massive amounts of fantasy driven goal setting . . . all of this is completely draining. When you need an outcome to feel complete you will always end up feeling drained.

True vitality is not only having an abundance of energy, it is also a vibrancy that is uplifting at the same time as it is settling. We could also say that true vitality can be easily seen within someone's eyes when they are connected to their essence. The people that I know that live in full vitality are always truly content before they start their day. That in itself is not something we commonly get to feel in another, let alone for it to be our own very normal every day experience.



Observing WHAT DRAINS YOU

Anything in life, any interaction, activity, thought, decision, moment, conversation, food, drink, movie, television series, email, website, environment etc. that drops your quality of energy is something that we should pay attention to. The tricky thing with this is that sooo much of what is a “normal” life is completely draining of our vitality and in many cases completely denaturing of our being. When you start observing what drains you or drops your vibrancy, you realise that it is not only the “things” that drain you but how we interact with the things.

Have you ever observed in detail what drains you? And whether the actual “thing” is draining you or how you are with the “thing” is what is draining you? Some people might say work is draining, kids are draining, parents are draining, Christmas day is draining, our partner is draining etc. but in and of themselves none of those things are draining, it is the way we are with them that is draining.

Question 4: Use the space below to write down things, moments and interactions that have drained you. At home, at work, and socially. Include moments with yourself, with others, with your diet, exercise, sleep etc.

What drains me?	
At Home	
At Work	
Socially	

Observing YOUR PART IN IT

We are never ever a victim of circumstance. Every moment in life is cyclic, it is energy returning to us as an opportunity for enrichment, confirmation, growth, learning or a correction. We are never a victim as each moment has the opportunity to grow us in exactly the way we next need growing. This at times can be challenging, especially if we are swept up in the momentum of the moment and haven't allowed ourselves to observe what is actually being offered. With empowerment and responsibility leading the way, ask yourself - Are there any changes that I need to make here?

Question 5: Are there changes I need to make? At home? At work? Socially? Including with myself, with others, with my diet, with my exercise, my sleep etc?

<i>Changes I need to make</i>	
At Home	
At Work	
Socially	
With how I treat myself	

DO YOU RELY ON *Stimulants* TO GIVE YOU ENERGY (AKA FAKE VITALITY)?

This is where it gets interesting. Many people are not even sure of their baseline vitality because they use stimulants to get through their day. There are the obvious stimulants like caffeine, sugar, drugs etc but what about anger, drama, stress, or excitement? What about music, fantasy (a person you have a crush on), goals that you are motivated towards. All of these examples are stimulants and have a very different impact on the body to a deeply settled, content yet purposeful vitality. Stimulants ultimately drain your vitality, whether it is noticeable in the short term like with food and beverages or more noticeable in the long term after a project is finished or a relationship has come to an end.

—————> *Are* you brave enough to expose your stimulants?

Question 6: Make a list of stimulants that you use to falsely energise or motivate you.

Stimulants

Food

Drinks

Music

People

Fantasy

Goals

HAS EXHAUSTION EVER ERODED YOUR SENSE OF *Self-Worth?*

The time in my life where I felt most exhausted was when I was pregnant with my second child. My son was one-year-old and I was working part-time seeing clients plus everything else that comes with running a business. The fatigue was really difficult because there was no space to rest and the to-do list was never ending. I had been experiencing a gradual decline in vitality since my first child was born but had been so caught up in the overwhelm of motherhood that I hadn't really recognised the extent of it. The day to day struggles of dealing with exhaustion were real, but I couldn't help but feel like there was something more for me to learn from this situation. I was someone who had always had a fairly healthy sense of self-worth, I rarely felt down, depressed or at a loss but I was starting to have days where I felt deflated, heavy or down on myself. What I realised during this time (and to this day I still appreciate the learning that was on offer) is that so much of my self-worth was tied up with how much I got done in the day. The days where I had a bit more energy and did more things were the days that I seemed to feel better within myself. The days where I was more tired or more foggy seemed to fuel a lower self-worth.

I realised exhaustion was starting to erode my sense of worth and sense of value. So where was I actually sourcing my sense of worth from if it started to disappear when I didn't get things done? What was my relationship with myself like if I was treating myself as a machine whose value was wholly made up from its output? In other words, I had reduced my sense of worth to the output of the day.

"If we tie our sense of worth up in what we do and what we get done and how much we achieve, ultimately we're looking at ourselves in a very functional way. We're looking at ourselves like a machine that's job is to get things done rather than a being that has so much more depth, love, insight, and wisdom, to contribute. You are so much more than just the physical machine getting things done."

Rebecca Poole



AM I MORE THAN . . . *What I do?*

*It was a really interesting time for me when I was feeling exhausted and when I had the realisation that my self worth was way too tied up in my achievements. I didn't want to teach my kids that their only worth was what they did. I wasn't raising show ponies, I was raising magnificent, wonderful, delightful beings that didn't have to prove their worth to me through achieving or getting sh*t done.*

It was such a refreshing moment, realising that how I was relating to myself was not working and I could relate to myself completely differently. My life didn't have to be a to-do list to satiate my lack of self-worth and I could have a far more enriching experience of being a mum. To be clear, looking at the energetic/deeper reasons for why we are exhausted doesn't mean that you ignore the physical aspect of the exhaustion. I addressed the physical underlying reasons for why I was exhausted at the same time as I addressed the energetic reasons for why I was exhausted. Approaching both together (they are never truly separate) is the real gold and the deeper healing opportunity that the exhaustion offered me, asking me to reflect on my relationship with myself, and is something that still stays with me today.

“Would I only see a baby for how much work it got done in a day? Or do we see that a baby is clearly more than an infant human, waiting to be measured based on their productivity? Do we wait to find worth in a baby only once it becomes physically engaged and active in the world? Or does a baby's presence bring us stillness, love, joy and a natural quality that is specific to their essence? The answer to the last question is obviously yes but the real question is why should I treat myself or any other person with less regard than what is our starting point at the beginning of life?”



HOW IT UNFOLDED . . .

In addressing my exhaustion on both the physical and energetic levels, what unfolded offered me much more than just getting my energy back or being able to do more again. I learnt things about myself that changed every aspect of my life.

1. I allowed myself to be honest and recognised that I was exhausted. This allowed me to become more aware of my body and what exhaustion felt like in my body without pushing or overriding those feelings.

2. Secondly I realised my sense of self-worth was mainly derived from my output and not based on a deeper sense of connection to who I am.

3. Thirdly, I realised that I had taken on a whole lot of expectations and pressures to do with motherhood and these were weighing heavy on me and absolutely draining my vitality.

4. I had lived 12 months with exhaustion before I found the physical cause of it. It seemed as though my soul wouldn't let me uncover the physical reason (and simple remedy) before I had realised everything that needed to be realised in order for me to receive the deeper learning that was on offer. In the end it was as simple as being iron deficient and as soon as I started taking a good quality iron supplement I returned to full vitality.

Q. *How come I didn't find out I was iron deficient a year earlier? It would have saved me many excruciating days of exhaustion.*

A. *Because I wasn't ready to deal with my lack of self-worth and I hadn't healed all there was to heal from the situation.*

Q. *How come I bounced back so quickly surprising the midwife looking after me as she had never seen anyone's iron levels change so quickly with oral supplements alone?*

A. *Because the energetic part of the healing process had already taken place therefore my physical body was able to reconstitute at an extra-ordinary rate. Through addressing the energetic aspects of my relationship with motherhood (expectations and demands that were draining me) and my relationship with my self-worth, I was able to reduce the energetic factors that were devitalising me and my body was able to respond even faster, absorbing the physical nutrients it needed.*

Your RELATIONSHIP WITH SELF-WORTH

You can't say a few affirmations and all of a sudden you have a deeper self-worth, but you can start relating to yourself as having more worth than your daily/weekly output. Do you have a sense of your soul/ essence and how the depth of you is valuable beyond any achievements (your worth beyond what you say or do)?

Question 7: What are some of the things you do or achievements that make you feel better or worse about yourself? e.g. work status, how much you do, what others say about what you do, how much house work you get done etc.

Question 8: Without over thinking it, what inner-qualities do you value in others that are not based on things they do? e.g. steadiness, sharpness, sweetness, light, joyful, deep, aware, powerful, graceful, alive, caring, intimate, delicate , insightful, wise, etc

Question 9: Without overthinking it or worrying about seeming up yourself, write down some of the inner qualities that you value (or could value more) within yourself?

THE NORMALISATION OF *Exhaustion*

It is important to consider what you see or experience as normal and how this impacts your relationship with exhaustion. Are you navigating exhaustion from an already corrupted foundation? Many people are. Let's start with the normalisation of feeling exhausted. How many times have you heard a friend say that they couldn't function without coffee? Or they don't have the energy to cook tonight or they can't get up in the morning (because they are exhausted)? I am guessing quite a few times. We have made it quite normal and acceptable for an adult to say they are exhausted or smashed but what if our child said they were exhausted and felt like they had been run over by a truck when they woke in the morning? We would probably be quite alarmed. Why should it be different for adults? We live in a society where it is normal if not celebrated to override the basic care of your body in order to achieve; our motto is to push through and get things done. Is it any wonder that we don't recognise when we are tired and instead end up with thyroid, endocrine, auto-immune, or chronic fatigue syndromes? If you are living a life that is leading to exhaustion, chances are no one is going to pull you aside or plan an intervention: you will most likely blend in completely with your surroundings.

Another aspect to the normalisation of exhaustion is our own personal experience of exhaustion. Many people accept as their normal a lesser quality of vitality because they have experienced extremes of exhaustion in the past. If you have been through a period of time in your life where you struggled to have the energy to take a shower and cook dinner, then you will celebrate having enough energy to do the basic tasks in life. You may not register that this is still a very low level of vibrancy and you certainly won't register it if everyone around you is also living with low vitality.

Our reference points for exhaustion vs vitality are for the most part formed subconsciously. It's not like we sit down and map out what we will accept as a normal/abnormal experience, it is through our alignment to the acceptable norms around us that our reference ranges are created. Through exploring our exhaustion reference points we can bring more awareness around how we navigate our daily rhythms, health and care for our body. If our reference point for what is normal is quite a low standard, we will most likely take less care of our body and let things slide until they are more extreme. Whereas if we set our marker for normal as quite a high standard of vitality, we will sit up and take notice at the slightest drop from vitality and develop a more attentive, caring relationship with our health.

Did you grow up watching your mum or dad come home from work, drained, exhausted, resentful or unhappy? Or did you have parents that were inspired, ignited and enthusiastic about work? Many people have an expectation that if we work a full day, we're going to be tired or if we are around lots of people or we have a busy day that we're going to be tired. Many people believe that life is tiring and as you get older, you get more tired because you've been in life longer. And so of course it's a no-brainer, life makes you more exhausted. But what if that feels real as an experience and observation but is not actually true at all? What if I said that I have observed hundreds and hundreds of people turn their experience of exhaustion around through changing the way they approach their life, bringing more alignment to what feels true for them and more care for what their body naturally needs?

OUR INTERACTIONS CAN BE *Draining*

Have you ever left a conversation feeling drained? You are not alone, this is a very common experience that people have but we don't explore it enough. Have you ever been to an event and you can't pin point anything that went wrong or that was said that would drain you but you left feeling exhausted? In these cases what is affecting you is the world of energetic undercurrents and dynamics. What if the undercurrents in the room are uncomfortable and you automatically go into a form of defence or trying to please in order to compensate for what feels uncomfortable? What if others are struggling underneath the surface and you go into sympathy or trying to fix them? What if there is constant but subtle undermining, manipulation or neediness? What if it is your own unresolved issues or social anxiety that is making you exhausted? All these things not dealt with properly will drain you and eventually exhaust you.

How about your interactions with yourself? Have you ever had a conversation in your head that left you feeling deflated, drained, or exhausted? The way we relate to ourself is often draining. So when we feel drained or tired in a split second is this a purely physical change or is it energetic? Our blood chemistry is not changing at the speed that our deflated state has come upon us. This is where we have to really sit up and take notice of the huge fat elephant in the room that is telling us that there is "more" to life than physicality and therefore our approach to exhaustion needs to include an awareness of this "more".

Question 13: What are some of the interactions with other people that you find draining?

Question 14: What are some of the interactions with yourself that you find draining? i.e. how you talk to yourself, when you try on clothes, look in the mirror, touch your body

The Myth OF WHERE OUR VITALITY COMES FROM

We have been sold a very simplistic view on where our vitality comes from. We have been educated to think of our body as a machine where we put fuel in and the motor runs. Food and nutrients go in, exercise provides circulation and then sleep provides rest and recovery from activity. If you have all these things then the machine will run well and you will have sufficient energy. We can even refine this version by detailing the types of food that we need and the nutrients that are included, the specifics of exercise to maintain a level of fitness and the amount of sleep required to rest and rebuild. But what if in this machine approach to our body we are missing the biggest part of the equation?

Have you ever had the experience where you find out something that is disappointing or overwhelming and suddenly you have no energy or motivation? What about when you were a kid and you were asked to clean up your room or you had an assignment to finish and all of a sudden you felt overwhelmingly tired and you needed to sleep instead? Not to mention the experience explored on the previous page where we can feel deflated or drained by certain interactions. These are only some examples that show that there is much more taking place when it comes to our vitality than merely calories, nutrients, sleep or fitness.

We actually source the majority of our energy from **OUR BEING**, yes the vibrational aspect of us feeds the physical aspect, without it we would not only be chronically exhausted, we would be dead. Our being has two aspects, our human spirit and our Soul, each a different vibrational quality and each a different fuel for the body. **Our human spirit** is the part of us that is tied up in desires, needs, hurts, emotional baggage, and all the ways of being individuated. Our spirit is caught up in getting what it wants, and in many ways is compulsive as it forms our particularised version of desires. It will seek types of relationships, experiences, achievements, and set up circumstances in life even if they are long term detrimental to ourselves or others. Have you ever noticed the propensity (within yourself or others) to set up self-sabotaging situations? Or certain compulsions that are unhealthy? This is the wayward part of our being called our spirit. Living wayward, self-sabotaging or any form of trying to achieve or be better is a huge drain on our vitality as it isn't born from the stillness and contentment of our Soul.

On the other hand, **our Soul** is the part of us that never left **GOD/DIVINITY**, it offers us deep settlement and the wisdom of deeper truths. It is love, depth of wisdom, stillness and natural joy. It has no unrest, agitation, compulsions or needs. It is pure joy as it is part of the all and does not need special recognition or acceptance by others. Our Soul is where contentment beyond outcome is sourced from, ie, completely settled with who, what, where and why you are and . . . from this place you have all the purposeful energy in the world to contribute, live true to yourself and evolve others. In other words, it never tires and is always alive and responsive. When we are living from the flow of our soul and not our spirit, our vitality is assured because we are living in respectful adherence to the cycles of our body and our purpose is grander and more alive than the spirit's self serving nature.

Everyone has their own particularised way of being invested in outcomes. The more you are able to uncover the subtle and not so subtle ways this plays out for you, the more settled, content and buoyant you become.

Question 15: What are some of your desires, unmet needs/unmet expectations or unresolved hurts (emotional baggage) that could be draining you?

DESIRES	UNMET NEEDS	HURTS

Most people source their day to day energy from their spirit, the part of them that is tied up in life, and has certain needs or compulsions used to try to alleviate an internal unrest. Sometimes this is very obvious to see, other times it is a little more sophisticated. One of the most common observations I have made in clinic is when people source energy from their spirit (nearly everyone), even if they are completely exhausted, they will continue to exhaust themselves by the way in which they talk, move and relate to life. If you speak in agitation, resentment, hurt, frustration, anger, hope, excitement or any form of stimulation you are draining yourself. Sounds incredulous when all of the above is the normalised if not championed way of being, but to live without the above and from your soul is not only supporting of your vitality, it is a more simple, enjoyable and enriching way to be.

Something that desires, needs and hurts have in common is that they all sit with us as something incomplete. While we are carrying desires, hurts and needs throughout our normal everyday activity, a part of us will be unsettled, constantly wanting/needing or pushing for life to be a certain way. Have you ever noticed how draining it is to need or want particular outcomes in a situation? Or have you noticed how drained or let down you feel when the outcomes don't eventuate and you are left disappointed. Being engaged in life is different to being invested in outcomes.

LET'S PAUSE for a moment. What has been presented on spirit and soul is part of a grand energetic science and can take a moment to digest. The best way to digest this science is to study it. Observe yourself, observe life and sense the reality of there being two sources of energy you can live by. How do you feel when you are sourcing your inspiration from these two different qualities of energy?

ENERGETIC DEPLETION

VS

PHYSICAL *Dysfunction*

Sometimes it can be helpful to look into the detail of why you don't have the vitality you would like. Often there are several factors involved as well as a root energetic cause. Addressing both the energetic and the physical is important and also most practical. If you don't address physical factors, you are reducing your body's ability to heal the energetic aspect. When you ignore the energetic factor, no matter how much you try you can never get underneath the problem and more often than not you can't stay on track with the lifestyle changes required. It is not only pragmatic but also much more enjoyable to approach life from both the energetic and physical perspective, knowing that neither are truly ever separate from each other.

PHYSICAL FUNCTIONING that is below optimal can reduce your sense of vitality

Below are some examples that you can explore to see how you might be affected by physical dysfunction. Tick the boxes below that could possibly be affecting you and take steps to investigate each area.

- Detoxing** - can make us feel heavy and tired
- Dehydration** - can make us feel light headed, headachy and tired
- Low blood sugar levels** - can make us feel light headed, shaky, headachy and tired
- Low iron** - can make us feel weak, tired and breathless
- Low Vitamin B12** - can make us feel tired, breathless, and weak
- Other vit or mineral deficiency** - general flatness, catching colds and flus regularly
- Chronic Inflammation** - either from an autoimmune condition or other inflammatory condition (diagnosed or not) can make us feel toxic, overloaded, tired
- Poor sleep** - can make us feel heavy, drowsy, tired, dull
- Low Thyroid function** - can make us feel sluggish, cold, depressed, constipated, increased weight gain

NOTE: Physical body disregard will always cause energetic depletion

ENERGETIC CAUSES OF DEPLETION

Below are some examples that you can explore to see how you might be affected by physical dysfunction as well as energetic depletion. Tick the boxes below that could possibly be affecting you and take steps to investigate each area.

- Disempowerment** - Giving your power away or being disempowered will cause energetic depletion
- Resisting your next steps** - It takes a lot of energy to go against the flow of healing and expansion
- Disregard** - lack of care for yourself, your home, your responsibilities, and others, drains us
- Going against your truth** - drains us by pulling away from flow and attaching to something not true
- Lack of repose** - when we don't listen to when we need to go within or rest we deplete ourselves
- Lack of activity** - when we ignore the feeling to activate or take action we deplete ourselves
- Carrying others** - when we take on the responsibility of others we unnecessarily overload ourselves
- Investing in outcomes** - when we put energy into things to get something in return it depletes us
- Dynamics** - whenever we engage in a tug-of-war, game or right and wrong, depletion is inevitable
- Struggle** - when we glamorise struggle, being a battler we will always choose the path that drains us
- Drama** - when we look to the highs and lows of life to feel alive we energetically drain ourselves
- Healing/Processing** - this is usually not a cause of depletion but sometimes we can feel tired or sleepy when we are letting go of old imprints/baggage that are holding us back. This can often be experienced for women just before and the first few days of their period. Sometimes it becomes a form of depleting when we indulge in the processing and make it intense or a drama when it is in truth simple.
- Vibrational upgrade/attunement** - this is not a cause of depletion but sometimes we can feel tired or sleepy because we are being offered a healing or a higher vibrational alignment.

NOTE: Long term or significant energetic depletion will always cause physical body depletion/disharmony

“True vitality is not a pipe dream or luck of the draw, it is a science that can be easily lived through sensitivity, awareness and the wisdom of your soul.”

Rebecca Poole



WHERE TO NEXT?

Write down one or two of the most powerful realisations you received while doing this module.

MODULE 8 - CHECKLIST

- Watch the Module 8 Video
- Complete the Module 8 workbook
- Listen to the In Session With Rebecca audio