

## Facets of Joy: Exploring the Energetic Wall - Worksheet

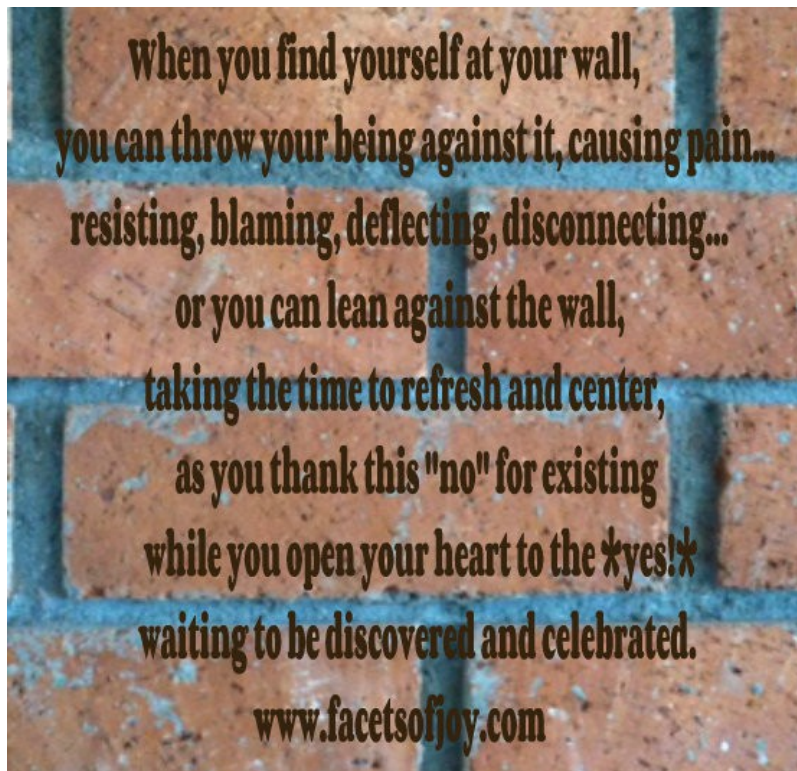
This worksheet is a companion sheet to the Facets of Joy article “[When You Find Yourself at Your Wall](#)”.

There are many ways to work with energy; this is one way. As you process this worksheet, please use what resonates and release the rest.

Please read the entire worksheet first, to feel into the energy of what is being presented. Then, put aside a block of time to concentrate, find a comfortable space and enjoy the process.

### A few tips about energy work:

- When you explore an energy, it is for an **understanding and awareness**; not to criticize or judge, simply to think about and feel into it.
- When you are intentionally exploring, it helps to **ground your energy and to center** (meaning, you are in a space that feels comfortable and feel connected to your heart space/beliefs).
- If, while you are reading and working through these exercises, you feel heaviness – simply stop and breathe. Drink a bit of water. Perhaps move around a bit. Then come back to finish the session. (Often we stop when something feels uncomfortable; that becomes a barrier to the energy, which adds to the heaviness. *Breathing in, drinking water and moving refreshes and moves your energy in simple, effective ways*).



**When you work with energy, the first step is to think about the meaning and feel of the energy you are working with – so that you can understand your definitions and associations.**

1. When you think about an energetic wall, what does that mean to you? Is it something familiar and comfortable to you? Is it something unfamiliar / a source of tension for you?
2. When you feel into the energy of a wall, how does it feel? Is this feeling “light” for you – you are familiar with the wall, comfortable exploring it and feel peace while around it? Is this feeling “heavy” for you –you feel stress, struggle, unease while around it?

**The next step is to think about the associations you have with the word and meaning of 'wall'.** To simply stream out the associations. This might take lots of paper and many moments, so give yourself some time. Please remember, the goal is not to judge your associations, simply to apply awareness to them.

**In the article, I shared two common associations:**

1. A wall as a barrier that feels difficult, sometimes even impossible, to scale or get around.
2. A wall as a support structure (for example, the wall of a house) that offers protection and comfort.

**When I stream it out, associations like:** the Pink Floyd song “The Wall” and also the scene from the children's story “Three Little Pigs” (the wolf could not blow the brick wall down) come to mind. My childhood home was a two-story home with a foundation of brick; during a fire, most of the house burned except for the brick. I share these examples to show you how diverse the streaming might be. Simply stream it all out.

**The next step is to think about and feel into the meaning of “hitting a wall”. To include in that any associations you have with the concept and feeling of “hitting a wall”.**

What does it feel like when you hit the wall? How does this look and feel in your daily life?

**And, the last step is to think about and feel into the meaning of “leaning against a wall”. To include in that any associations you have with the concept and feeling of “leaning against a wall”.**

What does it feel like when you lean against a wall? How does this look and feel in your daily life?

***What does your energetic wall feel like? When does this wall show up? What is this wall made of?***

Now that you have an understanding of your meaning, feeling and associations with the wall, you have a better understanding of a potential barrier.

## Shining Light on Your Associations

**May you please review these meanings, feelings and associations to see if:**

1. They are yours (something that you truly feel)
2. Borrowed from another (you have heard this definition/association and hadn't questioned it, you simply integrated it)
3. Conditioned (you have heard it so often from others around you that the thoughts/feelings are louder/stronger than your own)

**You may write your findings next to each of the phrases you have streamed. You may even choose to cross out anything that is borrowed/conditioned so that you may clearly see that what you are left with is “yours”.**

Perhaps everything is crossed out – you simply begin to create your thoughts and feelings from this new space.

Perhaps nothing is crossed out – we will analyze all that is remaining.

## Analyzing for Understanding

**As you look at your list, you have the opportunity to release whatever is crossed out.**

**I use this phrase 'return to sender with love' which energetically sends the borrowed and conditioned thoughts and associations back to the original source. The added love is intended to wrap the thoughts and associations in something positive so the source is not hurt by, and has the opportunity to open their heart space to, what is returned.**

**You may also at the end of the exercise choose to rip up the paper in small pieces and throw it away or burn it (in a safe way).**

**What remains now is your own thoughts, feelings and associations. This is a wonderful time to review each thought, feeling and association to see if it still feels true and aligned to you. In other words, does it still fit?**

**If it fits, you may choose to keep it; if it doesn't fit you may choose to release it.**

**This process of understanding and analyzing is cyclical – you can come back to this worksheet one month from now and your answers might still be the same or they may differ. If a thought has been deeply conditioned, it might take a few cleanses to release it.**

## Negotiating Your Wall

**Now that you have clarity about the concept of 'wall' and how it looks and feels in your life, you may look directly at it.**

**You have the opportunity to choose to create from a centered space or to react from a natural, base state.**

- Creating from center is an empowered, often peaceful way of moving. Strong, confident, trusting.
- Reacting from a natural base is an dis-empowered, often exhausting way of moving that potentially causes pain to each system of your being (heart, body, soul, mind).

Sometimes when we unexpectedly come upon the wall in our life, we naturally react. When we notice that (usually because we feel the pain) we may stop and choose to create.

**We may always, in each moment, choose again.**

The challenge is that sometimes when we center and create, *we still feel pain*, as something within is stretched. We lose something we really loved, we don't receive in the thing we wanted – it hurts.

**Choosing to center doesn't mean you won't feel – it does mean that you will be aware of what you are feeling and *that awareness allows you to see possibility that you are blinded to in reactive mode.***

I share this with you because when you choose to do inner work, you often find yourself in new spaces and situations - “at your wall”. When you consistently bang against it, you begin to build a barrier to flow and much of what you have just learned hasn't yet had time to be integrated, *so you are then brought back to learn it again.*

(We've each been there – it can be frustrating, disheartening, painful).

If you understand your wall: what it is made of, how it shows up in your life and how to create while you are at it, either the wall eventually dissolves, you move around it, or lean into it. The space opens up and you feel the freedom and joy of the opening 'on the other side'.

## Gratitude for the Wall

**The last line of the affirmation says:**

“you thank this “no” for existing, while you open your heart to the **yes!** waiting to be discovered and celebrated.

**Ultimately, the practice of presence and energy movement is an opening to flow.**

I understand that when you are considering a wall, it might be a stretch for you to consider thanking it.

**Here is an excerpt from the article for you to consider:**

*Now that I have practices of presence in place, sometimes I am intentionally stretching/dancing at the edge and I know I will come upon that wall, so I “expect it”. I am ready and I smile when I see it for it shows me I have “come far” and am on the brink of something new and wonderful....and I take a bit to admire it's solidity and bask in the protection it is offering as I re-group.*

**Learning to love that wall is a practice. Doing the work, now, instead of when you are at your wall, prepares you to center and to scale it or lean into it in ways that *open doors* instead of cause pain. When we are thankful for the opening, it is then easy to be thankful for the wall!**

**We feel peace and possibility where we hadn't before.**

**Thank you for your presence in this exploration of the wall!**



(I call this photo me at my wall)

Joy Holland is an Empathic Intuitive Guide, Energy and Clarity Facilitator who shares the gift of presence to magnify your inner brilliance. Joy is the founder of [Facets of Joy](#) – a community where exploration is encouraged and heart whispers are affirmed and supported.

**You are worthy and deserving of living a life full of peace, joy, love, wonder, awe, delight, possibility.**

**I invite you to experience the feeling of inner peace and possibility, even in the midst of chaos. To celebrate with joy, even while heart continues to heal and grow. [Personal Sessions](#)**

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**Disclaimer:** These materials are in no way intended to replace that of professionals trained in medicine and/or psychiatry or any other field; all that I present is supplemental material, meant to invite you to create a conscious conversation with your being and with World.