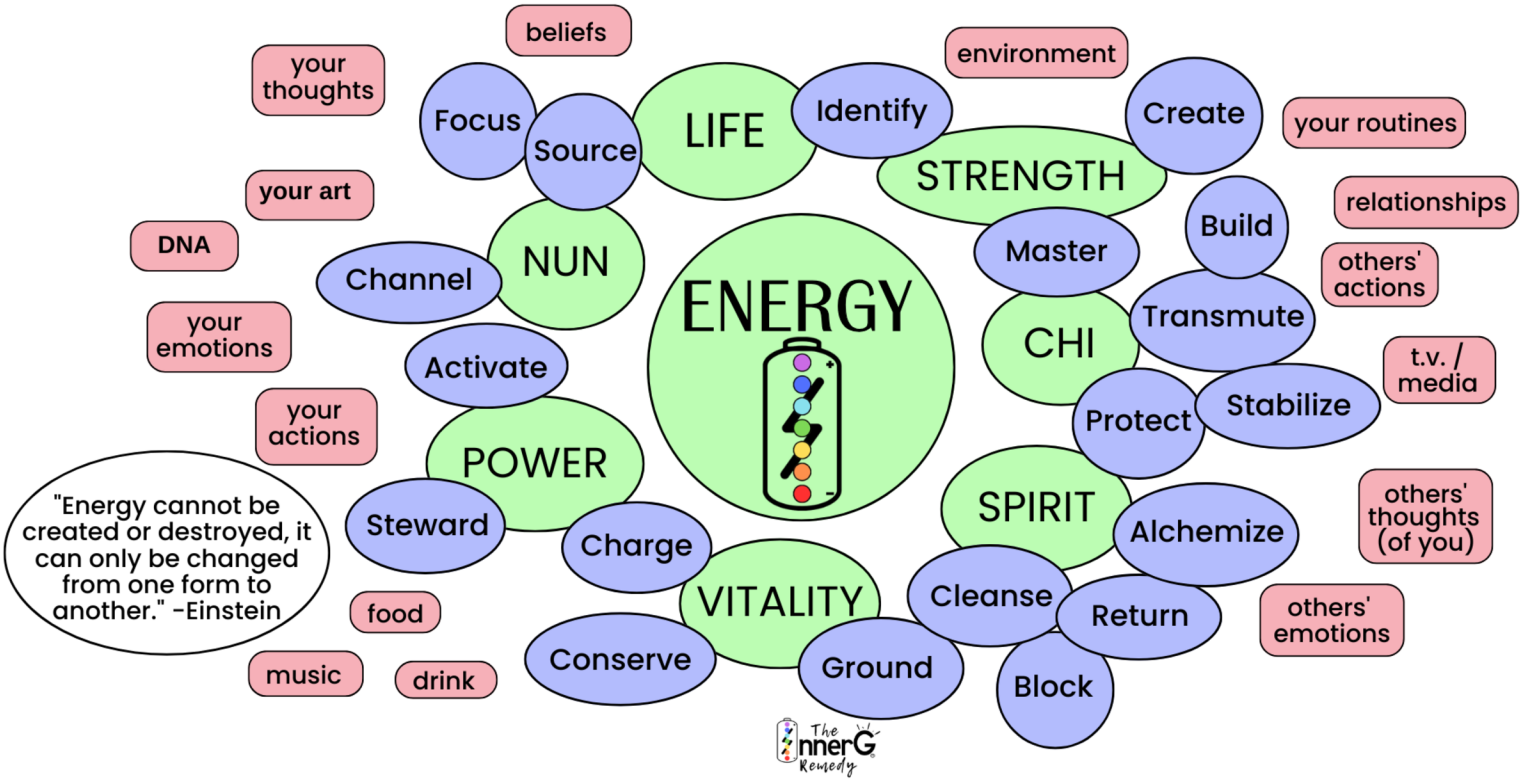
ENERGY+

- the strength and vitality required for sustained physical or mental activity.
  - a person's physical and mental powers, typically as applied to a particular task or activity. - Oxford Dictionaries

Energy exchanges take place all day every day. Maintain awareness of what's influencing your energy, as well as how your energy is being used. Fortify your personal boundaries and ensure that you are engaging in consensual and high vibrational energy exchanges.

- energy synonyms
- what you can do with energy
- possible sources of energy exchange