

A Call To Be Responsible With Our Energy

Human beings possess the remarkable ability to create both good and harm through the way they use their energy. Every thought, word, and action has influence that reaches beyond ourselves and touches the lives of others. Because of this, we have a responsibility to use our energy with wisdom, compassion, and intention.

The Ball Metaphor

Energy is like a ball held in our hands. We can gently toss it to another person, inviting connection, friendship, laughter, and shared joy. We can also throw it with unnecessary force, allowing it to become something that causes pain instead of building relationships. The ball itself remains neutral. Its impact depends upon the intention, direction, and care with which it is given.

Every interaction presents an opportunity to strengthen or weaken the bonds between people. A kind word, a thoughtful gesture, or an encouraging conversation can create lasting positive effects. Choosing to use our energy responsibly helps create healthier relationships and stronger communities.

The Elastic Band Metaphor

Energy is like an elastic band. When stretched carefully and released with intention, it creates movement, momentum, and progress. When handled carelessly, it can snap unexpectedly and cause unnecessary pain to ourselves or to others.

The elastic band reminds us that every source of strength requires balance and self control. Patience, awareness, and thoughtful action allow energy to be directed toward growth rather than conflict. Responsible use of our personal energy creates opportunities for healing, learning, and meaningful change.

The Candle Flame

Energy is also like the flame of a candle. A well tended flame brings light into darkness, offers warmth, and helps guide those searching for the right path. The same flame, left unmanaged or used recklessly, can destroy what it touches and leave lasting damage behind.

Power itself is neither good nor evil. The outcome depends upon the wisdom, compassion, and responsibility of the person who carries it. Every individual has the ability to choose whether their energy becomes a source of hope or a source of harm.

A Small Spell to Ward Off Negatively Used Energy

By ball, by band, by flame of light,

I turn back harm and keep what's right.

No sting, no wound, no heavy chain,

Only good shall here remain.

With shield of soul and heart set free,

All dark intent shall pass from me.

May my thoughts remain peaceful, my heart remain open, and my spirit remain steady. May the energy I share bring healing, kindness, and understanding wherever I go. May wisdom guide my actions so that I become a source of light for others.