



## **Energy Agreements**

Sit comfortable, ground and become calm for a few minutes, then begin to see in your mind's eye, the other person in front of you. Become aware of the space between you.

Get a sense of the energy flow back and forth between you and the other person.

If the energy flow is light and reciprocal, that indicates a good energy agreement. If it is one-sided, non-existent or feels heavy, it is not a good energy agreement.

Trust what you perceive and you will have many more good energy agreements and therefore great relationships in all areas of life; work, romance, and friendships

With all my love and support of your journey

David Stevens  
Founder of Yoga of the Mind