



EVERYTHING IS ENERGY  
ENERGY IS EVERYTHING

Mia Wise



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Our happiness depends  
on it

Our success depends  
on it

Our health depends  
on it

and ... even other people  
depend on it



This divine spark

It's how we came into  
existence...

essentially, how everything  
came to be...

from this thing called...  
energy



You know how you can  
just feel someones'  
sadness?

Or anger? Or happiness?

That's energy





It can't be seen  
can't be touched

Yet it leaves evidence  
behind for sensitives  
to perceive

Energy lives on long after  
An event has happened



We shape our thoughts

We shape our bodies

We shape the events  
In our week

When was the last time  
you took time  
to shape ... your energy?



Like brushing our teeth ...

Eating 3 squares ...

Getting some sleep ...

Don't we need to :

Clean,

Feed,

Nurture,

our energy?