



Professional Certified Coach

How to Manifest Using...

The Law of Completion

Incompletions Equal Exhaustion...Is Your Energy Going Down the Drain?

"Human beings have an innate drive for completion. Incompletion haunts us. Completion is organic in life, just as in the cycle of trees, each phase must take place for the next one to follow. If we honor our own cycles of completion, we get to feel in harmony with ourselves. Interfering with these cycles, consumes the energy we need for manifestation."

~Gay Hendricks, Ph.D.

How often do you feel exhausted, drained, lethargic, or lacking the energy or motivation to do what you want? To what do you attribute this? Do you blame it on poor eating habits, lack of exercise, working long hours, too many demands on your time, etc? Certainly, all of those things can contribute to draining your energy. Yet, there is another major energy thief; it's called incompletions!

Incompletions suck the energy right out of you, as they are constantly playing and nagging in the back of your mind every minute, every hour, every day. They are the white noise of mental chatter, the constant barrage of shoulds, the weighty feeling of overwhelm... *"Oh my gosh, there is so much to do."* And, if that weren't enough, they absolutely stand in the way of you being able to manifest what you want in your life, as they literally steal the energy of manifestation.

The good news is that you can handle them, and many of them are incredibly easy to eliminate. So, what are they? Incompletions come in three categories:

- Incompletions related to your environment
- Incompletions related to other people's behavior
- Incompletions related to yourself

INCOMPLETIONS IN YOUR ENVIRONMENT

What is incomplete in your environment? What needs to be cleaned, repaired, organized, discarded, redecorated, etc? Do you have a stack of paperwork to file, taxes to complete, cupboards to clean, a button to be sewed on your favorite shirt, a car that needs its oil changed? What in your environment (home, auto, office, etc.) is unfinished? What, when

you think of it, causes you to feel irritated and then you notice a little piece of your energy being drained?

INCOMPLETIONS RELATED TO OTHER PEOPLE'S BEHAVIOR

Surely you've noticed the energy drain that occurs with some relationships or some interactions! Who do you know that is consistently late for appointments, does not return phone calls or things belonging to you, engages in non-stop negative talk or gossip, and who does not converse with you in a respectful way, etc? Stop putting up with it and you can experience an instant surge of energy.

INCOMPLETIONS RELATED TO YOURSELF

Habits: What do you put up with from yourself? What habits do you wish you could change... procrastination, mishandling money, being a workaholic, having addictions, communication skills that get in the way of creating great relationships, a steady stream of negative mental chatter, telling tales of "isn't it awful" and even worse "aren't I awful?"

Broken Promises: Promises you've made and not kept eat up energy. Breaking promises is a sure way to begin the slow erosion of your self-esteem. The message that you send to yourself is, "I can't trust myself." That is an incredibly powerful statement and one that can be debilitating. Broken promises also wreak havoc on your relationships as people learn that you are not trustworthy.

Guilt: When you haven't dealt with guilt, you will experience an energy drain. Guilt means you have stepped out of integrity with your Self. You are no longer in alignment with who you are as a person because you have done something that you don't approve of, or you have failed to do something that you promised your Self, or that you promised someone else.

Withholding: Experiencing ongoing positive energy is also dependent on speaking important communications. When you withhold things like, "*Honey, I'm having an affair,*" or "*I've spent money you don't know about,*" or "*I have an important secret you don't know about*" you forfeit the right to an excellent relationship, and you zap your own energy and creativity. Withholding your feelings is also a source of energy drain.

Regrets and Resentments: Any significant regrets or resentments that you are holding onto from today, yesterday or 30 years ago will block your access to your full vitality. Like many human beings, you might have the convoluted idea that hanging onto resentment toward someone else somehow punishes them. It doesn't, it punishes you and it zaps your energy, big time!

Many incompletions can lead to an extreme lack of energy and they come with a great big emotional price tag! Know this! Once incompletions have been handled you create a more positive flow of vitality and creativity throughout your life. It takes a great deal of self-love and courage to admit that there are things about us or our lives that don't work. Willingness to become aware is the first step, and is an important one. Awareness is the key to change. Once you have identified and owned up to the ways in which you limit yourself, you can then take action to make change.

So ask yourself, *“What price am I paying for holding onto my incompletions,” “What quality of life could I enjoy if EVERYTHING in my life were complete,”* and *“Am I willing to love myself enough to handle all of my completions?”*

For tips on how to handle all three categories of incompletions, go the resource page of my website (www.chrislucerne.com) and get the tool, *Boost your Vitality, Handle your Incompletions*.

(Chris Lucerne is a Master Certified Coach. Using a BodyMind approach, she specializes in two areas: Supporting clients to *Build Relationships that Matter (including the relationship with yourself)*, and to *Go Beyond Loss and Embrace Life*. www.ChrisLucerne.com – 210-408-7699. The twelve laws of manifestation are based on the “The Manifestation Course” by Gay Hendricks, Ph.D.)