

A photograph of a couple holding hands, illuminated by warm string lights. The scene is set against a dark background, with the couple's arms and hands being the primary focus. The string lights are draped around their wrists and hands, creating a soft, glowing effect. The couple is standing next to a textured wall, possibly made of stone or concrete. The overall mood is intimate and romantic.

# Energetic Entanglement

Valentina Rise

# *Energetic Entanglement*

*By*

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## Part One

### *What is energetic entanglement?*

Are you aware that when there is a change in the magnetic sphere of the earth we feel it within our body, even when there is a change in the energy field around us, our body picks it up in less than a second.

Our energetic bodies are aware of all frequency within and around us, even though consciously we are not aware of it.

There have been studies created to look at our energetic interaction to all things, yet it is just a shame we are not taught about these things in school and just how magnificent our bodies are!

As an example; Do you ever feel at times you are pushed and pulled in lots of different directions, do you hear other people's voices/opinions in your head, are you aware of the tel-lie-vision in the background, the social media influences of what you should do, feel, be?

All of the above we are having an energetic entanglement with.

All have positive and negative reactions with us.

See we live in a world where there is massive amounts of data coming at us, all energetic, from WiFi, phone tower, radio wave, our thoughts other people's thoughts, our voice other people's voice, the earth's magnetic field, nature itself, from the birds song to the wind in the tree – all is frequency all is energy all is sending out information waiting to be received.

The air around us is 99.9999997% conscious, that's right it is a pool of information.

We are emitters and receivers of energy, so we pick up and send out our own frequency of information, from our voice to our own thoughts and memories and feelings which can effect all around us, from the people around us to nature itself.

Its a symbiosis of exchange – its natural.

## Part two

### *How does judgement play with energetic entanglement*

We can get energetic entanglement via our own judgements of self and others and picking up on other people's judgements of us.

We have so much information coming at us from so many different sources that we need to get centred and release these energetic entanglements.

When we can get ourselves centred, this then can create clarity, relaxation and can stop the mind chatter.

When we don't centre ourselves we can create blocks and hold on to these judgements without even knowing it.

It is only when we increase our energy frequency can we start to recognise the energetic entanglements and blocks and start to open ourselves to receive what we want, without the confusion of judgement.

Judgement of ourselves or judgement we feel we get from others, whether family or friends or co-workers these are imaginary in a lot of ways and also we do not have to hold on to other people's opinions or judgements of us especially if we feel they are stopping us to expand our creative ability or anatomy.

When a parent tells a child to stop dreaming or encourages them to step in line with what society dictates that can cause that child to grow up as an adult who hesitates in taking chances or doing/living the life they really want to live.

Imagine your day without spending so much time on the constant mind chatter of what if's, could of, would of, should of, do I, didn't I, why' etc..

How would your life change if you were more centred and aware of the energetic entanglements?

How would your life change if you were able to get rid of the harsh self judgements of self or other?

What if that is the key to receiving what you really want and living your life with greater health, body, mind, and spirit!

## Part Three

### *The positive and negatives of energetic entanglement*

#### **Positive is when you are feeling**

- inspired
- energised
- creative
- calm
- healthy
- decisive

#### **Negative is when you are feeling**

- depressed
- stressed
- tired
- anxious
- stuck
- indecisive

There are positive and negative aspects of energetic entanglement.

It is the mindfulness of our thoughts, behaviours and criticism of self and others and releasing those energetic entanglements from our thought field which is required

What if you could centre yourself no matter what the chaos around you?

The best way to do that is to use mindfulness, to become the observer of our thoughts and what is going on in our head.

And a lot of our mind chatter may not even be ours it's other people's opinions and judgements which can get in the way.

See we as people love to be acknowledged for what we do, which is perfectly fine and we should encourage each other to experience whatever it is we want to experience whether we perceive it as positive or negative is not our business, because when someone wants to experience something we should not stand in the way of influencing it via our own conceptions/thoughts of what is good/bad, right/wrong.

One of the best ways to see our judgements is to try to rise above what is happening to us to give ourselves a birds eye view on things, if you can step back and look at your situation as an academic or from a forensic point of view, you may be able to see what you need more clearly without too much emotional attachment.

Remember positive energetic entanglements will have you feeling inspired and energised, you will feel more capable in your conflict resolution and will feel your life flowing more easily, plus you are out of judgement of self and others, and that is a great place to be, you will also attract more positive energy and experiences, because your frequency will be elevated.

When we are in negative energetic entanglements we may feel anxious, depressed and not be able to make decisions and our energy levels will be so low that we will attract other low energy situations and people, yet remember you can change it once you are aware and shift your focus and mindset which will help to elevate your energy frequency.

*Positive energetic entanglement  
helps you to blossom.*



## Part Four

### *How to identify it, energetic entanglement*

how do you identify energetic entanglement?

Here are a few ways;

- Do you find yourself sounding like other people, maybe a parent or friend?
- Do you feel energised around certain people?
- Do you feel drained around certain people?
- Do you find yourself pleasing others or wanting to make other people comfortable with your decisions in life?
- Do you find yourself trying to fit in?
- Are you uncomfortable standing out from the crowd or when your point of view is different to those closest to you?
- Do you like being a loner?
- Do you struggle with conflict resolution?
- Do you feel you hold yourself back?
- Do you feel your achievements are half-asked, knowing you are capable of so much more?
- Are you always a giver and putting yourself second?

I could go on, yet I feel the above is enough questions for you to get the idea of what I am getting at.

If you feel you are living second best or your achievements are half-asked or you feel responsible for others this can mean you have more of a negative energy entanglement.

But do not worry for awareness is always key to making the changers we need.

Life is always teaching us things and even if we become aware of our energetic entanglements doesn't mean we won't keep getting entangled, just hopefully with the awareness you will be able to pick yourself up and move on more quickly and start to make the right decisions for yourself.

Most importantly is to identify if you are living your life with your own aspirations and some independence of thought and action, as you become aware of this you will feel more confident in your life.

As a special note, I am not saying to not be a caring person and to not assist people like your family and friends, just make sure you are not holding yourself back because of their judgements or opinion or perceptions that you feel they have of you or something that you want to do.

## Part Five

### *How to move energetic entanglement*

The best way to move energetic entanglement is to recognise it and to recognise if it is positive energetic entanglement or negative one.

If negative then you have already completed the first step – recognition!

Then you have a few options, see a therapist, healer, holistic health practitioner, coach etc.. just make sure it is someone that can help you with these issues, not all healers/therapist may specialise in this field.

If you speak to a therapist (and yes I am available), you can then look at where the energetic entanglement is coming from and what harm it is causing you, example;

- you may feel blocked, confused, anxious
- you may feel responsible for others which you then feel holds you back from doing what you really want to do
- you may feel unsure of your next step having lots of indecision
- you may have self worth issues, including negative mind-chatter
- you may struggle with conflict resolution
- you may not like confrontation
- you would rather hide, be quite and not rock the boat, being safe feels better then taking a chance on the unknown.

As you can see from the examples above there are many negative energetic entanglement consequences.

The great news is that we can move these negative energetic entanglements to something more positive so that you can feel more in control of your life and not in judgement of your self or others.

Simple exercises like doing daily mantras or affirmations can help, this repetition of more constructive self talk is a great way to change the negative or self defeating mind-chatter into something more positive and it can even build some confidence within you.

Write your feelings down, write down what you feel after reading this book, answer the questions and points in this book and see what comes out for you, awareness of self is the key.

I have a simple meditation about letting go of judgement you can check it out here - <https://youtu.be/JMkGBmSSLil>



## Part six

### *Energetic Entanglement in relationships*

In relationships there will always be energetic entanglement, whether it is with a partner or family or friends, even co-workers, whoever we spend a lot of time with we have energetic entanglement with, and actually it can even happen with people we do not see much but people that may have treated us bad or hurt us in some way in the past, this trauma sits within us especially sub-consciously..

If you grew up in a household where you didn't feel supported or heard and seen, or you felt not good enough, or if you have abandonment issues this all can cause energetic entanglement, like trauma bonding.

Within a love relationship energetic entanglement happens and it is a good idea to be aware of it and if it is a positive or negative entanglement, here are some examples;

- Do you bring old issues up from past relationships, using comparisons
- Are you not communicating your true feelings but avoiding with arguing or silence treatment
- Do you not feel good enough in the relationship or like your partner is better than you
- Do you feel like you are not seen or heard
- Do you feel your partner will judge you and put you down
- Do you avoid doing new things together or alone
- Have you lost your creative spark

The above is a idea of what to look out for and remember energetic entanglement can be positive if you both are feeling inspired and creative and having fun, yet if you both are in a dull routine which neither of you want then that can cause resentment especially if your communication is lost.

Make sure you keep the lines of communication open with your partner and always have your own thing that you do that makes you feel good, this then translate within the relationship in a positive way, and this goes both way.

And remember in all relationships it is two unique individuals coming together.

## Part Seven

### *Whats the outcome*

When we work on our energetic entanglement the outcome can be healing ourselves from past hurt and pain, from our self-sabotage and abandonment issues.

It also will help us to live our lives differently in a more positive way, we will seek out better relationships, because the relationship with ourselves is better.

It can help you to have more confidence in yourself and increase your self esteem, you may feel like taking a chance on yourself and your ideas, instead of waiting around and watch days, weeks, months and even years pass by before you try.

You may feel like a weight has been lifted from your shoulders when you release the judgement of self and others.

And by keeping up the positive and constructive mantras and affirmations this can help you stay on track and move forward by being you and doing you and knowing all you desire or need will find you.

Energetically you should feel more clear and lighter.

Mentally you may feel you have more clarity and emotionally it can help you feel more centred and relaxed.

***The outcome will be forgiveness and that clears the space for you to create new and better experiences in your life.***





## *About the Author*

### *Valentina Rise*

Valentina Rise is the founder of Bio Matrix Energy Healing® Valentina comes from a lineage of healers and has the gift of deciphering energy and prophetic insight she is also known as a medical intuitive, she is a holistic coach, nutritional therapist, teacher, author and mentor.

For over thirteen years she has assisted people with their body, mind and energy awareness, healing deep seated trauma and releasing stagnant

energy assisting with healing organ and body health, along with behavioural understanding and change.

If its a physical issue, realignment, energetic clearing and healing, releasing deep-seated trauma, stress, anxiety, depressives states of mind or better self understanding, from behaviour patterns to better communication skills, then Valentina can assist you.

As a coach and mentor she has also assisted people with their relationship issues (couples coaching as well) as well as assisting people in their career and business development.

As a food lover she has also done many food workshops (mainly Raw) and seminars talking about food in relation to our emotional and mental health, she also runs shamanic sound healing journeys and deep energetic immersions so people can connect deeper within themselves and gain insight and healing, she is also the author of and teacher of;

- <http://www.biomatrixenergyhealing.com/-certified-bio-matrix-course/>
- **Awareness of Self is the first step to success**, a holistic approach to better personal development.
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