

What is your personal dominant energy?

QUIZ

This quiz can help determine what your personal dominant energy is so that you can re-calibrate to a neutral and receptive state, the most ideal state to be in prior to interacting with your oracle cards.

What is dominant energy?

Oracle cards track energy and are influenced by the most dominant one(s): yours, the environment that influences you, other people impacting you and your choice-making within the field of consciousness AKA the energy that we call Spirit.

Your personal dominant energy represents the frequency that you are broadcasting, based on your thoughts, feelings and beliefs in the current moment. The oracle cards reflect your personal energy and the energy around you (which could be hidden or obvious). These thoughts, feelings and beliefs may be known to you (conscious & aware) or hidden from you (subconscious) where you're choosing and behaving on automatic pilot.

But, why does this all matter?

If you are emitting a dominant energy that is based in a reaction, for example, there are no other choices except for the cards to reflect your reactive dominant energy. You will only be working with that—and the cards will have a more narrow focus. When you're in this state the cards will not provide you with clarity around alternate possibilities and potentials.

If you want to co-create a new reality that is more conducive to what you desire and in coherence and harmony with the highest good, you want to be able to see a bigger picture—through the lens of truth and neutrality – one that is impersonal and soul-based and from the soul's perspective, sharing with you the true possibilities that are not determined by your current/temporary emotional state.

For example—if you are feeling stressed out when approaching a card reading—the cards will reflect your stress and may warn you about taking a certain course of action, based on your current level of stress.

When we come from a neutral space we can be proactive with the cards and find out what we can do for the highest good of all, versus just for ourselves reflecting our current state of emotion. If you approach the cards from a neutral place, right from the beginning, your reading could entirely change! It's like looking at a diamond in its entirety versus only seeing one facet or flaw. Or, like looking into a mirror distorted by an unclean surface.

Your personal dominant energy could be in one or more of the following states:

- Reactive/Engaged
- Receptive/Allowing
- Aware/Conscious
- Unconscious/Analytical
- Neutral/Observer

Let's get started with the quiz!

Ask yourself these questions about your current state of being:



Give yourself an (A) For every question you answer 'YES' to.

- _____ Do you feel impulsive?
- _____ Are you joyful?
- _____ Do you feel daring?
- _____ Are you feeling irritable or destructive?
- _____ Are you feeling angry?
- _____ Do you feel enthusiastic or zealous?
- _____ Are you feeling courageous?
- _____ Are you attached to getting your own way?
- _____ Are you feeling ambitious?



Give yourself a (B) For every question you answer 'YES' to.

- _____ Are you feeling enthusiastic ?
- _____ Are you scattered and indecisive?
- _____ Do you feel like you're going round and round in circles?
- _____ Do you value intellect and the ability to understand?
- _____ Is gossip or judgement of others an issue?
- _____ Are you feeling over-analytical?
- _____ Does what other people think about you mean a lot to you?
- _____ Are you stuck on an idea?



Give yourself a (C) For every question you answer 'YES' to.

- _____ Do you feel intuitive ?
- _____ Are you feeling compassionate?
- _____ Are you looking to find deeper meaning about yourself, someone else or a circumstance?
- _____ Do your emotions play a big part in your ability to relate to others?
- _____ Are you feeling dejected or depressed?
- _____ Are you oversensitive to the feelings of others?
- _____ Are you concerned about how people respond to you?
- _____ Are you easily influenced by others opinions?
- _____ Are you attached to a certain outcome?



Give yourself a (D) For every question you answer 'YES' to.

- _____ Are you eating compulsively?
- _____ Are you feeling insecure or unstable?
- _____ Do you feel over-responsible for a situation?
- _____ Are you feeling indifferent?
- _____ Are you hyper-vigilant or a perfectionist?
- _____ Are you feeling stubborn?
- _____ Are you tired or hungry?
- _____ Does the state of your environment mean a lot to you?
- _____ Do you need to see things before you believe them?
- _____ Are you attached to a predictable outcome?



Give yourself an (E) For every question you answer 'YES' to.

- _____ Are you feeling a sense of doom and gloom?
- _____ Do you feel anxious or fearful about the future?
- _____ Do you feel like life is falling apart around you and you're desperate for answers?
- _____ Are you afraid of what the cards may say?
- _____ Are you fixated on the cards telling you a specific answer because you're afraid of alternative outcomes?
- _____ Do you feel like life is never going to change, no matter what the cards tell you?



Give yourself an (F) For every question you answer 'YES' to.

- _____ Are you feeling peaceful?
- _____ Is your mind clear?
- _____ Are you open to receiving an answer?
- _____ Are you curious about someone or something and willing to discover something new?
- _____ Are you feeling playful and creative?
- _____ Do you sense a connection amongst all things?
- _____ Are you open to any outcome?
- _____ Do you feel like anything is possible?

Scoring

Once you've completed your score, use the legend down below to determine what your personal dominant energy is right now, in this moment.

IF you scored mostly A's, your personal dominant energy is based in the element of FIRE:

Your current personal dominant energy is connected to the element of Fire. You may be feeling creative, motivated or destructive right now and likely have a larger-than-life personality! Having Fire as your dominant energy can make you very passionate, though susceptible to coming across as selfish or forceful. It's important to remember that while you are strong and self-assured, within the context of a reading, focus on toning down your ego (which may think it knows the best course of action) and tuning up what possible messages the cards are reflecting back to you. It's not all just about you.

IF you scored mostly B's, your personal dominant energy is based in the element of AIR:

Your current personal dominant energy is connected to the element of air. You may be over-thinking or trying to figure things out in your mind before you've had a chance to percolate (what I like to call analysis paralysis!). You are likely to be intellectual and maybe a little eccentric, having air as your dominant energy, as well. It's important to remember the element of air is all about communication, so use your imagination alongside your analytical mind to create an objective space in a reading, for yourself or another – it will serve you well!

IF you scored mostly C's, your personal dominant energy is based in the element of WATER:

Your current personal dominant energy is connected to the element of water. You may be feeling emotionally sensitive or that you are experiencing your feelings on a really big level. You may have an incredible imagination and feel that you can sense the emotions of others quite easily. You are at best a healing force that brings people together, and at worst use your empathetic powers to manipulate. You have to work harder than most at maintaining boundaries – including creating a space of neutrality when doing a reading. It is important to remember that if your dominant energy is water, to remain flexible and open to all possible meanings of the cards (not just the meaning you want it to be!)

IF you scored mostly D's, your personal dominant energy is based in the element of EARTH:

Your current personal dominant energy is connected to the element of earth. You may be feeling practical, sensual, stubborn or inflexible right now. You want what you want when you want it – and that's likely now (including answers from the oracle!). Give the cards a chance. It's important to remember that while you may want the cards to provide you with concrete answers right now, divine timing is always at play and things may take some time to emerge. Consider what questions you are asking, and if there are alternative ways you could phrase your question to allow for an answer that goes beyond time & space.

IF you scored mostly E's, your personal dominant energy is based in a space of FEAR:

Your current persona dominant energy is connected to Fear. This energy is an indicator that you should not approach the oracle deck right now. If you do, you will automatically tune into your subconscious mind, not be open, and essentially cut yourself off from Source. When you are in Fear, you are in Flight or Fight mode, disempowered and giving your power away to the cards. You can't be in Fear and trust in a Higher Power at the same time. When your dominant energy is connected to Fear, it is not the time to consult the oracle because whatever the oracle does or does not say will not help you. Time to put your cards away until you can come to them in a more neutral way, to get a more accurate reading and show you what's actually going on in a more objective way.

IF you scored mostly F's, your personal dominant energy is based in a space of NEUTRALITY:

Your current personal dominant energy is in a neutral/observer state, which is the ideal state to be in when consulting the cards. Being in this neutral state of mind allows us to have no attachments to a specific outcome, yet remain curious within a reading. In this state the cards will reflect a greater accuracy with a wider perspective (the truth in that moment) and provide you with the biggest potential to be a co-creator!

How can I achieve neutral dominant energy if my energy is currently influenced by other elements?

Welcome to the Invision® process!

I created Invision® to be a highly effective energy psychology method that provides deep and meaningful transformation and integration. However, the reality is that the emotional definition is so much more. In fewer than 3 minutes, you will shift yourself from being in one emotional state to a state of neutrality. This is the result of deliberate empowered manifestation!

If your dominant energy is anything but neutral right now, the Invision® is a wonderful tool to use to help get you back to an objective state, especially before you consult the oracle cards.

Download and listen to this MP3. Get on your bird and have some fun!