Energy to Grow a Million Dollar Business

Danielle Storey

www.milliondollarrelationships.com.au
Do you want a business that will earn you a million dollars?

Millions of people do. Across the world, millions of people start businesses with that goal in mind. I certainly did, each and every time I began a business venture.

So why don’t millions of people own multi-million dollar earning businesses and live the lifestyles that they want?

There are varying reports about the actual numbers of businesses that fail in the first year or the first five years. I think the number is irrelevant. What is relevant is that too many businesses are begun with high hopes and close down in failure in a relatively short space of time.

There are many critical factors that will impact the success of a business. Equally there are many definitions of success - everyone has their own, defined by their own life experiences.

One critical factor that is present in all business successes and failures is physical energy. Put very simply, a business owner succeeds according to the amount and type of physical energy he or she puts into the business.

Just like many tools are used to build a house, there are many tools needed to build a successful business. Physical energy is an important tool in the business-success toolbox.

Do you want a business that will earn you a million dollars? Understand and use physical energy and you will be well on your way!
So what is Physical Energy?

Physical energy is a lot like electricity (in the true sense of the word, electricity is a form of energy). You can't see it but you can see and feel the results of it. Similar to a light bulb that lights up when it is connected to electricity, we can see the results of physical energy when it flows fluidly through our body. Compare this to the result of energy that is slow or sluggish or blocked - where we stagnate and do little.

Scientifically, energy is a physical impulse that causes cells, particles and other physical parts of our body to move or vibrate and create activity. How energy moves can be likened to the electrical impulses that run through an electrical cord into an electrical item and create activity to reach a desired outcome. Heat is one example. Energy, simply, is a series of impulses that results in things moving and other actions.

Our earth is made of particles, cells and other items that vibrate. Everything on Earth is moved or shifts with a flow of energy. The solidity or fluidity of everything is determined by how much energy flows through it. Water flows fast because it contains particles that vibrate quickly. They vibrate more quickly than the cells in blood or in the particles of a coffee table.

Items that are manufactured, or are not naturally growing, are items that contain cells that vibrate slowly and appear solid. Basically, the more solid something is, the less the cells within it are vibrating.
Imagine a tree. It contains cells and particles that grow using energy. Energy is transferred to the tree from the root system which carries water and transfers it, and other healthy nutrients, into the cells of the tree which allow it to grow and multiply. This energy creates new branches, flowers and continues the life cycle of the tree. When the tree is cut down to make furniture, the connection to the growing vibration is cut off. The vibration of the cells within the wood slows down to so that the wood is solid.

*We grow, move or develop when our energy flows freely.*

When energy slows down in something that is meant to flow, it presents as a blockage. This is not so evident in a coffee table, but very evident in a collection of cells and particles that perform best when they flow more quickly, like blood.

The same principles apply to our businesses and our endeavours. When energy is flowing fluidly through the business, we achieve growth and rewards. But when we have blocks in the business, we may begin to feel that the business is stunted, or that our growth is held back. Those blocks might stem from things that we are afraid of, or people and events we have allowed to block our way.
Energy Blocks

I often get asked if blocks are real or a figment of my imagination.

There are many scientific reports that state that energy blocks are non-scientific mumbo jumbo, and I have read, seen and heard normal people talk of amazing transformations and successes after clearing their energy blocks.

Whether or not you (or I) believe in energy blocks is irrelevant. For the purpose of this book, I believe there is one sentence to sum this up:

If you are not achieving the success you think you deserve, you have blocked yourself from it.

I often used to experience blockages in my business ventures, and instead of addressing the reasons why I was creating the stagnation, I would bail and turn my attention to other more attractive opportunities. I would divert myself from the failure. I was very, very busy and it appeared that I was putting plenty of energy into my endeavours, but it wasn’t the right kind of energy.

I was spending energy running from my fears and failures and not using it to focus myself on success of one or two of those ventures.
There are terrific tools to help you if you think you are spending your energy holding blockages, fears and failures in your life, body or business. Some of those tools you might already use.

For example, one tool that I use to focus my energies is physical exercise. I get the physical cells and particles in my body moving to bring help clarity to a mental problem.

_Solvitur ambulando_, St. Jerome was fond of saying. To solve a problem, walk around.

~Gregory McNamee
“I am all out of energy!” “I wish I had more energy!” and “Where do you find the energy to achieve all that?” I hear people say this all the time.

I often wonder if people think that having energy is something outside of themselves.

It is easy to think that outside forces or events are responsible for the success or failure of our business or our endeavour. I used to. But I now know that I am directly responsible for my success relative to the amount of physical energy that I put in.

I now take responsibility for the success (or failure) of my own businesses. Prior to that, I ran many businesses which all failed because I had energy blocks in my thinking, my processes, my body and my actions.

Owners of million dollar businesses actively look for areas of energy that are blocked or sluggish and start making changes so that the energy in that area flows more freely.

For example, imagine a business owner who has a cash flow problem. The business slows down because there is no money to buy the goods or services required to make it successful.

Imagine now that business owner looks at her business, and feels that slow paying customers are the reason that cash flow is so tight.

Thinking about physical energy, you might wonder if the business owner has an emotional problem around asking for money and has therefore created an energy block in the business whereby she either attracts customers who are poor payers, or has simply not put energy into calling those customers and asking for money.

If this is the case, the problem exists in this business owner’s mind (her fear of asking for money, which might stem from a fear of rejection). She has not put energy into either eliminating that fear, or outsourcing that activity to someone who does not have that fear. Thus the business develops a blockage in energy, resulting in a business that is not performing as successfully as it could.
If you think that you might have an energy blockage in your business, and you are not sure quite what it is, try this simple exercise (read the instructions all the way through first).

Instructions

Find a quiet place where you will not be interrupted for approximately 10 minutes.

On the first line of a blank piece of paper, write the words

The energy in my business is

and then complete the line with the first thought that comes to mind.

Repeat this exercise 10 or 15 times. Try not to take your pen off the paper and try not to stop writing. Even if you have to write something silly like, “The energy in my business is .................this is a stupid exercise and I cannot think of anything to write..............” for one or two lines, do so.

I repeat, try not to take your pen off the paper and try not to stop writing.

Somewhere, in this process, a stray thought will pop into your mind. Make sure you capture it and write it down. It should be very illuminating.

<End of instructions>

For those of you who are more practical and would like to know the “why or how this works”, here is the explanation:

The subconscious mind is a powerful tool. It not only regulates many of our normal activities (like breathing and heartbeats), it also holds all of the information we have ever absorbed.

When you set the subconscious mind a task, it responds. This happens regardless of the request. Everyone who has ever made a decision to look at a new car will remember suddenly noticing that model of car everywhere. This is the subconscious mind at work.

If you have unknown energy blocks, this tool will help to illuminate them.
Money is Energy?

It is often said that money is simply energy that is transferred from person to person or company to company.

A lack of money is often the first indicator that energy has solidified in a business, in an endeavour or in a process.

Remember, understanding something about physical energy is NOT THE ONLY tool successful business owners use to grow million dollar businesses, but it is rare that they don’t understand the basic premise of physical energy. In a nutshell, the more fluid your physical energy flows, the more you achieve and the more successful you become.

Do you have an inkling, or an idea that you have an energy blockage in your business? Do you think that energy might not be flowing as clearly or smoothly as you might like?

There are millions of tools, tips, and processes that you can learn and use to allow energy to flow through your business so that it might be as successful as you desire. Many of them are inexpensive, and you just might be doing some of them already.
Here are some of the tools that I use:

Ask a mentor or coach to help
Listen to motivational CDs in the car
Download motivational podcasts
Go out and take a walk; get more exercise.
Ask your subconscious smart (not dumb) questions
Outsource, outsource, outsource
Get on your favourite social media platform and ask others how they handle your issue
Explore the idea of “loving yourself” further
Register for online webinars
Learn the fun in (or the motivating reason for) doing things consistently
Explore your relationship with money
Create positive statements, on paper, all around your work and home space
Stick reminders of your goals on your bedroom door, inside your wallet or in your car (well written sticky notes are priceless!)
Reward yourself when you achieve something that you normally baulk at.

If you have questions, or you would like to explore physical energy further, visit www.daniellestorey.com or www.milliondollarrelationships.com.au

Danielle Storey is the co-owner of The Cartridge Family, a successful Australian business. She speaks about Million Dollar Relationships to business owners on the topics of Relationships With:

- Physical Energy,
- Customer Service,
- Self, and
- Relationships in Family Businesses.

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