

The Spiritual Transformation of Energy Loss

by Rev. Criss Ittermann

It's important for a person's core energy to be at its peak so that they can sustain motivation to follow through on their dreams. If an individual experiences long-term chronic distress, core energy may become depleted, heading them towards "burnout." This stress can cause spiritual and mental erosion. Low drive, impatience and negative attitudes are all signals sent from one's spirit revealing that the individual is close to, or already suffering from, burnout. Over time, desire deflates and willpower subsides leaving one feeling "dis-spirited" or frustrated. By being aware of the signs, individuals can take action to rebuild their core energy and regain their motivation.

Jing Depletion

There is a spiritual way to frame the journey to burnout. In East Asian philosophies such as Daoism, overwork is said to deplete "Jing." Jing roughly equates to *life* or *life energy* and it is the precious core energy said to keep us alive.

On a stress-free day, energy wears down at a steady pace. At the end of the day there is a decline in energy which is our signal to sleep. This is "daily energy," or *qi*, and is easily replenished by sleep, rest, exercise or good food. Any distress—an emergency that is taken care of the same day—expend *qi* quickly and requires extra rest to compensate.

Daily energy cannot compensate for constant stress that goes on for weeks or months. Constant stress taps into our Jing reserves. Core energy depletes and builds very slowly and requires constant care to rebuild it. Although it may take years to reach a crisis of Jing depletion, it can be prevented through self-awareness and periodic changes to self-care.

Core Energy Depletion

Signals of core energy depletion, or burnout, may include loss of patience, poor attitude, exhaustion, procrastination, insomnia, addictions, depression, frequent health problems, and reclusiveness. These signals of core energy depletion are not an enemy. Learn to recognize the signals and express deep gratitude for the signs as a step in developing appropriate self-care routines. These are signs from the Higher Self saying, "Wake up to your life! Pay attention to yourself! You need to make changes and the sooner the better!" The good news is that it's never too late to listen. Examine lifestyle changes to decide whether self-care is sufficient to meet today's challenges. Here are some tips from the SURRENDER™ system, a step-by-step method to help individuals replenish their core energy and transform burnout into burning desire.

- 1) **Stop.** Pay attention to your needs. Is your current self-care routine enough?
- 2) **Practice Unconditional Acceptance** of yourself, your work, and your challenges.
- 3) **Reclaim Your Time.** Examine your calendar and make space for yourself.
- 4) **Release Pressure and Obligations.** Let go of projects that are crowd-

ing out your dreams.

- 5) **Evaluate** your activities, goals and dreams. Try life coaching or join a support group.
- 6) **Gratify Needs and Wants.** Commit to self-care and healthy habits. Do things you *want* to do.
- 7) **Express Deep Gratitude and Blessings** for yourself and your moments of rest.
- 8) **Find ways to Energize.** Work on having a positive attitude and quick healthy pick-me-ups throughout the day.
- 9) **Give yourself Rewards** for everything you do, even for trying.

And, lastly, take a moment for gratitude. Be attuned to signals of shifting energy levels that remind us to listen to our spirit, mind and body and make sure that we're on the right track.

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