

Energy Blinders



Mushiba: How many times have you heard, “Those are the rules” ~ or, perhaps *you* have said those words. During his workshop, [Energy Fluidity Management ~ Self and Others \(Applying the Concepts for Self\)](#) Waith discusses *Rules*:

Waith: *“Rules, guidelines, suggestions for conduct, the culture of the organization, the unspoken ways that behavior is expected in an organization ~ you need to learn all of that so that you are then able to determine if this is appropriate for your flow of energy. This does not mean it must feel harmonious.”*

Rules can be the manner in which order is kept in any society, organization, family ~ any grouping, including the dimensions of Self. Rules can also become destructive for a group, and only by continually questioning, can any group stay dynamic. And if not, the group becomes static primarily because people were seeing things only from their own current perspective ~ as if they were wearing *Energy Blinders* that do not allow them to see something different from what is presented.

“We’ve always done it that way” as well as “Those are the rules” are examples of *Energy Blinders*. We all have them ~ it is called the status quo and its purpose is to keep things static. Before the status quo *became the status quo*, it was *the fringe*, the radical ~ and then it became the norm. To challenge the status quo means to bring about change ~ internally and externally.