

ENERGY  
RISING  
EDITION

# ENERGY = QUALITY OF LIFE

A GUIDE TO TRANSFORMING  
YOUR ENERGY

A GUIDE TO TRANSFORMING  
YOUR ENERGY

INDRE RATKELE



# MY BEAUTIFUL SOUL, WELCOME.

This guide is a companion to your audio journey — a place to  
reflect, breathe, reconnect, and rise.  
Inside, you'll find the 10 tools that helped me rebuild my energy,  
step into my power, and transform my life.

Take your time.

Move gently.

Let these teachings meet you where you are.

Your energy shapes your reality.

And this guide is the beginning of reclaiming it.

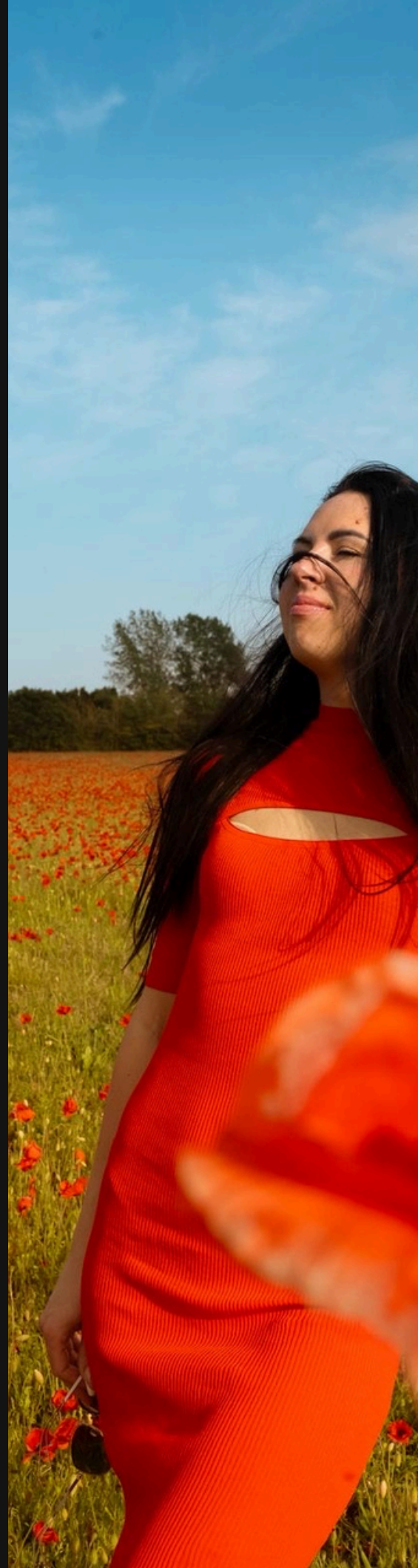
*Indre Ratkele*

*I love  
you  
♥*



# *Table of* **CONTENTS**

- 01* **MOTIVATIONAL SPEECHES**
- 02* **THE QUANTUM FIELD**
- 03* **POWER WORDS**
- 04* **MORNING GRATITUDE**
- 05* **MUSIC AS HEALING**
- 06* **PROTECT YOUR ENERGY**
- 07* **YOUR UNIQUE HEALING METHOD**
- 08* **SMALL STEPS, BIG CHANGE**
- 09* **VALUES & FUTURE SELF**
- 10* **OPENNESS TO OPPORTUNITY**
  - **REFLECTION PAGES**
  - **NOTES & INTEGRATION**
  - **CLOSING WORDS**



WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE

# *Welcome* TO THE GUIDE

Welcome to Energy = Quality of Life — a space where your inner world becomes your greatest power. This guide is your invitation to slow down, reconnect, and align your energy so you can experience life with clarity, strength, and intention.

WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE

Inside these pages, you'll find the 10 tools that helped me heal, rise, and transform after some of the darkest seasons of my life. These practices are simple but powerful, and they are designed to support you as you rebuild your energy, elevate your vibration, and step into your 2.0 self.

As you move through this guide, go gently.

Take what resonates.

Let the rest settle for later.

This is your journey — and your energy is the foundation of everything you create from this point forward.

WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE WELCOME TO THE GUIDE



INSPIRATION

STEP INTO  
THE

*VERSION*

WHO ALREADY  
HAS WHAT YOU

*DESIRE*

INSPIRATION

# TOOL 1



# YouTube

## MOTIVATIONAL SPEECHES

YouTube

Listen to 5 minutes of motivational audio today.

*Your first step when  
energy is low.*

When you feel exhausted, paralysed, or emotionally drained, your mind cannot think clearly.

Begin with activation — not pressure.

Motivational speeches lift your frequency, remind you of your strength, and help you get out of bed when you cannot do it alone.

Daily Prompt:

Listen to 5 minutes of motivational audio.

Let someone else hold the vision for you until you can hold it for yourself.

# REFLECTION PAGE

## REFLECT:

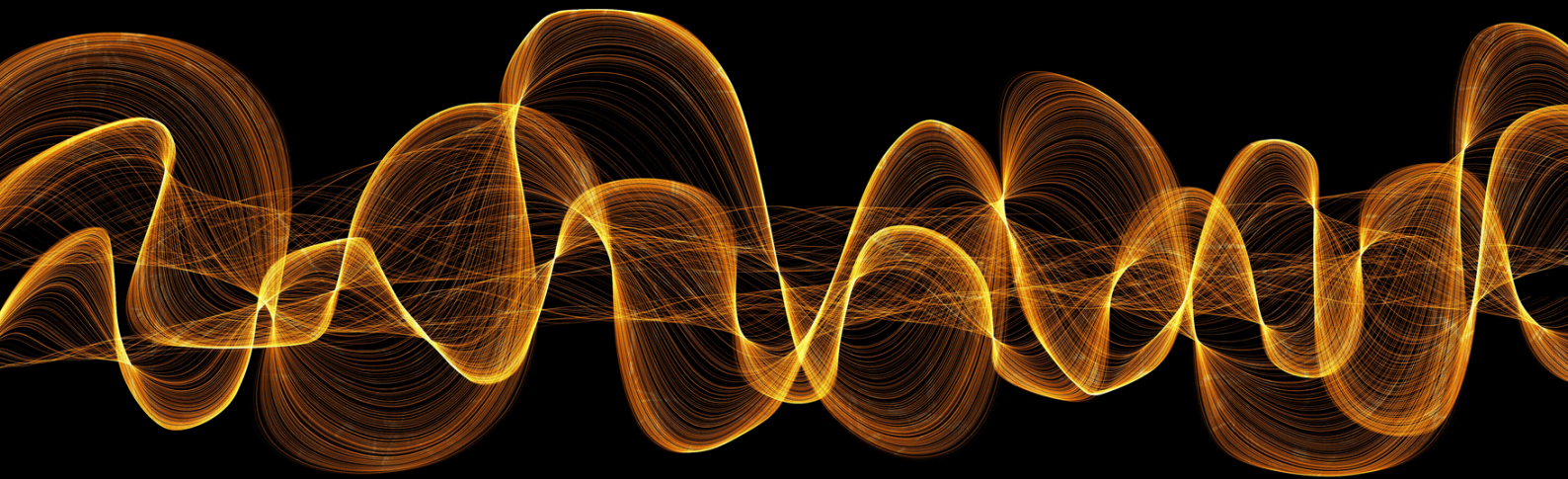
**WHAT MESSAGE DO I MOST NEED TO HEAR RIGHT NOW?  
WHAT SPEECH OR VOICE LIFTS MY SPIRIT?**

[illegible]

*Step into your power*



# TOOL 2



## THE QUANTUM FIELD

Where all possibilities exist.

Visualise your 2.0 self for 3–5 minutes.

*Your second step when energy is low.*

Every version of you already exists in the Quantum Field.

When you understand that you are energy, you can choose which version of yourself to embody.

Your 2.0 self already exists — strong, confident, aligned.

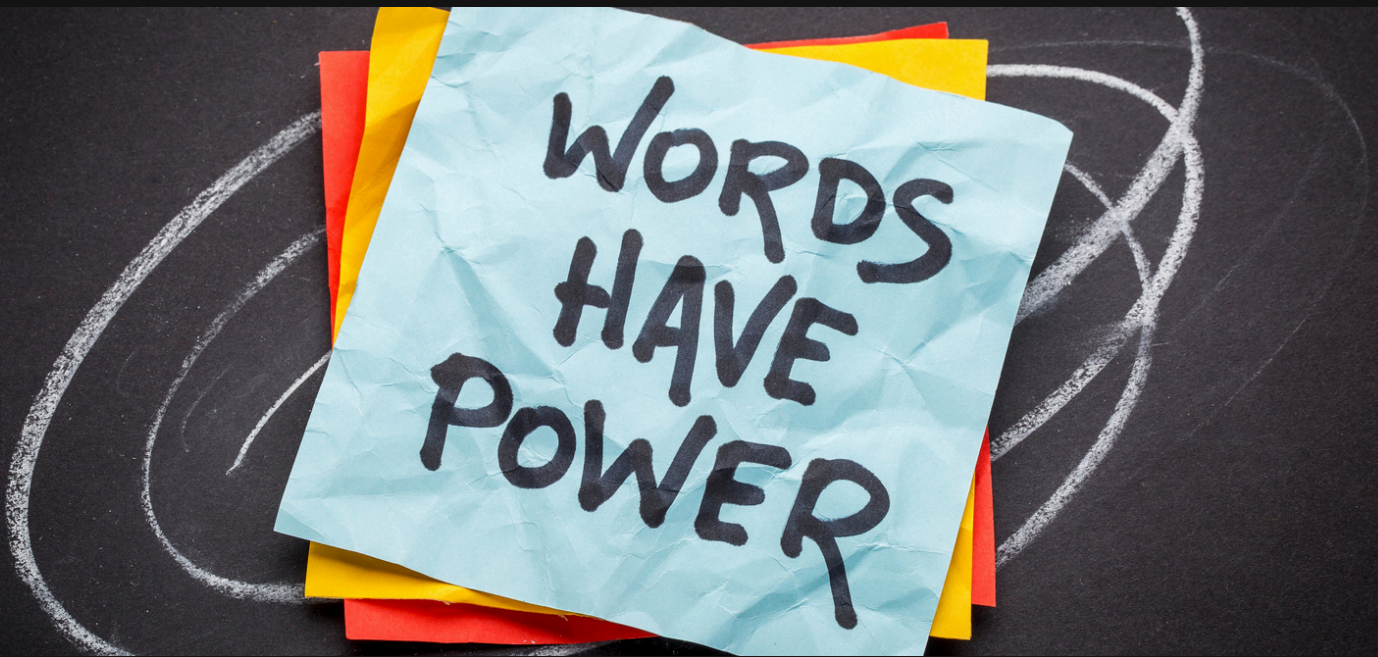
Feel her energy. Embody her identity. Become her.

Life begins to rearrange itself to match your frequency.

Daily Prompt:

Spend 3–5 minutes visualising your 2.0 identity.

# TOOL 3



## POWER WORDS

Open your heart.  
Shift your energy.

Choose one  
power word  
and breathe  
it into your  
heart.

*Your third step when  
energy is low.*

Words carry vibration.

The words you repeat shape your emotions, your energy, and your inner world.

Choose one power word:

Gratitude. Love. Peace. Joy. Compassion. Abundance.

Place your hand on your heart. Breathe the word in slowly.

Feel it expand through your chest. Release whatever no longer serves you.

Weekly Anchor:

Choose one power word to guide your week.

# TOOL 4



## MORNING GRATITUDE

Rewire your  
subconscious.

Write down  
10 things you  
are grateful  
for this  
morning.

*Your fourth step when  
energy is low.*

Your morning state sets the vibration for your entire day.

Gratitude gently shifts your mind from lack to abundance.

When you practise gratitude consistently, your brain begins to notice what is working, what is supporting you, and what is already present — instead of focusing on what is missing.

Gratitude trains your inner world to feel safe, supported, and open to receiving.

Daily Prompt:

Write down 10 things you are grateful for today — even the smallest things count.



# 10 THINGS YOU ARE GRATEFUL FOR

**10 THINGS YOU ARE GRATEFUL FOR**

**USE THIS PAGE EACH MORNING TO ANCHOR YOURSELF IN ABUNDANCE.**

**WRITE YOUR STATEMENTS IN THE FORM:**

**“I AM SO HAPPY AND GRATEFUL FOR...”**

**HERE ARE GENTLE PROMPTS TO GUIDE YOU:**

- I AM SO HAPPY AND GRATEFUL FOR THE FACT THAT I AND MY SON ARE BOTH HEALTHY AND HAPPY.
- I AM SO HAPPY AND GRATEFUL FOR THE PEACE I HAVE IN MY HOME.

*Step into your power*

# TOOL 5



## MUSIC AS HEALING

Let emotion move.

Play your  
healing song  
and let  
emotion  
move.

*Your fifth step when  
energy is low.*

Music reaches places words cannot.

One song can release tears, open your heart, or shift your entire mood.

When you allow yourself to feel through music, emotion turns into movement — and healing begins.

Music becomes medicine when you let it move through you.

Ritual:

Choose one song that helps you release and rise.

# TOOL 6



## PROTECT YOUR ENERGY

Your energy is  
valuable.

Notice how one  
interaction  
affects your  
energy today.

*Your sixth step when  
energy is low.*

Not everyone should have access to your mind, your plans, or your emotional space.

Protecting your energy is not selfish — it is essential.

Notice how you feel after interactions.

Do you feel uplifted or drained? Expanded or limited?

Your emotions are feedback.

Let them guide your boundaries.

Weekly Practice:

Set one small boundary that protects your peace.



# TOOL 7



## YOUR UNIQUE HEALING METHOD

No one heals like you.

Try one healing practice that feels natural to you.

*Your seventh step  
when energy is low.*

There are over eight billion people on this planet — and none of them are you.

Your healing tools will always be personal, individual, and unique.

What restores you may not restore someone else.

And that is not a weakness — it is your power.

Try different methods and notice what brings you back to yourself.

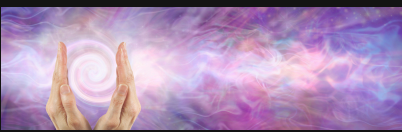
What calms you. What grounds you. What expands your energy.

Try:

Walking • Dancing • Silence • Reflection • Nature • Breath

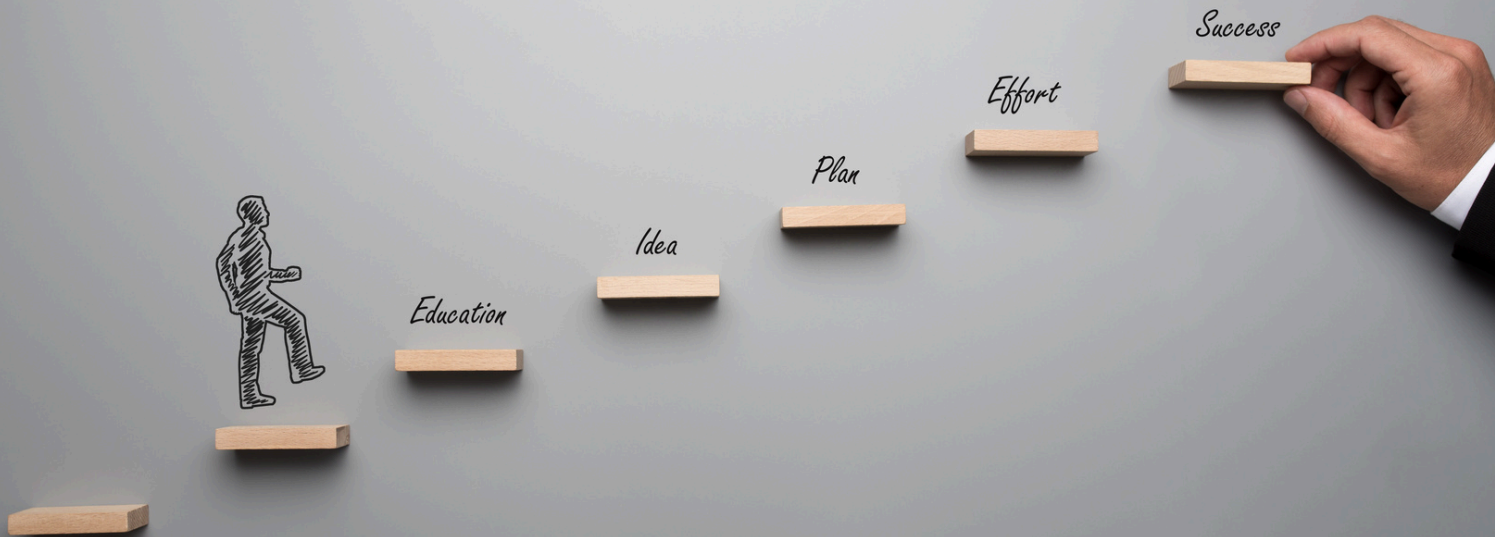
INSPIRATION

**PROTECT YOUR PEACE,  
RAISE YOUR**   
*energy,* **AND TRUST THAT  
EVERYTHING IS  
ALIGNING FOR** *you.*



INSPIRATION

# TOOL 8



## SMALL STEPS, BIG CHANGE

Consistency  
creates  
transformation.

Take one  
small action  
aligned with  
your future  
self today.

## *Your Eighth Step When Energy Is Low*

One small action taken daily becomes powerful momentum.

One step each day becomes progress.

And progress compounds into transformation.

There are 365 days in a year. One aligned action each day creates 365 steps toward your future.

You don't need to do everything. You only need to do one thing — consistently.

Daily Prompt:

Choose ONE aligned action to take today.



# TOOL 9

## FUTURE SELF & VALUES

Act as the person  
you are becoming.

Make one  
decision  
today as your  
future self  
would.

### *Your Ninth Step When Energy Is Low*

You cannot step into a future you are unwilling to act like.

Your future self already exists — and she is shaped by her values, her habits, her standards, and her mindset.

Clarity creates alignment. Alignment creates confidence. And confidence creates change.

Begin making decisions as your future self would.

Think like her. Move like her. Choose like her.

Practice: Write down your future self's: Values • Habits • Standards • Mindset

Then begin acting like her — today.

# TOOL 10



## OPENNESS TO OPPORTUNITY

Say yes.

Say yes to  
one aligned  
opportunity  
today.

### *Your Tenth Step When Energy Is Low*

When your energy rises, aligned opportunities begin to appear.

New people. New paths. New possibilities.

Don't close the door out of fear. Fear often appears right before expansion.

Say yes to new connections. Say yes to experiences that stretch you. Say yes to possibilities that feel aligned — even if they feel unfamiliar.

Growth requires openness.

And your dreams meet you through action and willingness.

Reminder: Your dreams meet you through action and openness.

# *Work With Me* **1:1 PRIVATE MENTORSHIP**

**SIGN UP NOW**

Elevate your energy.

Transform your mindset.

Rewrite your reality.

If you feel called to go deeper and learn how to use these tools in your daily life — to shift your vibration, rebuild your confidence, and step into your 2.0 identity — I offer exclusive one-to-one mentorship designed to support your personal evolution.

Together, we will work on:

- Mastering your energy
- Raising your vibration
- Healing emotional blocks
- Reprogramming your subconscious
- Embodying your future self-creating alignment in every area of life

If you're ready for guidance, support, and a powerful shift in your personal journey, I would love to hear from you.

**CONTACT@INDRERATKELE.COM**



**ENERGY = QUALITY OF LIFE** **ENERGY = QUALITY OF LIFE** **ENERGY = QUALITY OF LIFE** **ENERGY = QUALITY OF LIFE**

# YOUR ENERGY IS YOUR VOICE

You can have everything —  
success, money, achievements,  
relationships.

But if you do not have peace of mind,  
if your energy is low,  
you will not truly enjoy your life.  
When your inner world feels heavy or  
chaotic,  
nothing on the outside brings lasting  
fulfilment.

Even the things you once dreamed of  
can lose their meaning.

Energy is the foundation of everything.

When your energy is aligned,  
your mind becomes clearer.

Your emotions become steadier.

Your decisions become wiser.

Your relationships improve.

Your work flows with more ease.

Your finances begin to stabilise and  
grow —

because you are no longer creating  
from stress, fear, or exhaustion.

ENERGY = QUALITY OF LIFE

When your energy is in order,  
every other area of your life begins to  
fall into place.

## YOUR ENERGY SHAPES HOW YOU LIVE

Your energy influences how you think,  
how you feel,  
how you respond,  
and how you show up in the world.

It shapes your communication,  
your confidence,  
your boundaries,  
and your ability to create the life you  
desire.

When your energy is low,  
life feels heavy.

When your energy is high and  
grounded,  
life feels possible again.

This guide was created to help you  
reconnect with that inner power —

to protect your energy,  
to raise your vibration,  
and to live from alignment instead of  
survival.

Remember:

You are not here to force life to work.

You are here to align your energy —  
and allow life to respond.

Your energy is your voice.

And your life is always listening.

Choose your energy wisely.  
Everything else follows.

*i love you*



INSPIRATION

**REMAIN GROUNDED**

**IN YOUR**



*energy* **AND ALLOW**



**YOUR LIFE TO**

*unfold.*

INSPIRATION

# CHECKLIST

**Month:** ..... **Week:** .....

[illegible]

# *Developing*

## A 5-DAY ENERGY RESET

ENERGY RESET NAME:

NO.

DAY

01

Focus on restoring your energy.  
Choose one practice: motivational audio, deep rest, or silence.

DAY

02

Open your heart.  
Use a Power Word and breathe into your chest.

DAY

03

Shift your vibration.  
Visualise your 2.0 self for 3–5 minutes.

DAY

04

Embody gratitude.  
Write 10 things you're grateful for.

DAY

05

Take aligned action.  
Choose one small step your future self would take today.

**AN AUDIO VERSION OF THIS  
BOOK IS AVAILABLE ON  
YOUTUBE.**

**YOU MAY LISTEN USING  
THE LINK BELOW:**

**LISTEN ON YOUTUBE:**

**HTTPS://WWW.YOUTUBE.C  
OM/WATCH?**

**V=7TJGEM0A03Q&T=1147S**



*Thank you*  
**FOR COMPLETING  
THIS JOURNEY**

**PROTECT YOUR ENERGY.  
RAISE YOUR VIBRATION.  
AND LET YOUR LIFE REFLECT IT.**



**INDRE RATKELE  
SUCCESS &  
TRANSFORMATION  
COACH**

**WWW.I-AMREADY.COM  
@IAMREADY**