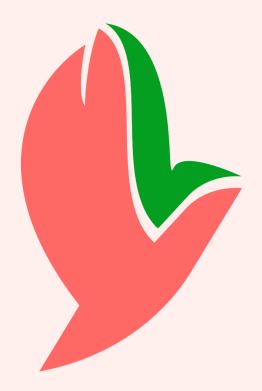


Henergy Daily be

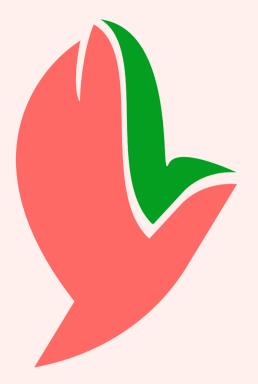
Stephen Henergy





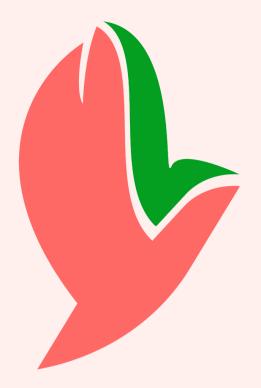
became energist Henergy as a Caregiver and dedicate this to my mother Agueda & father Stvan and ALL who Struggle with energy





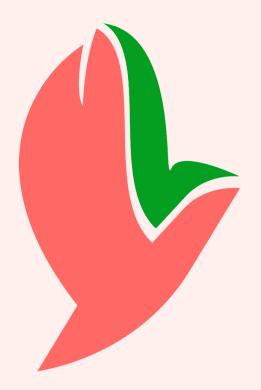
Henergy uses numerology Renerology to Pant & Protect Your energy as everything is Possible & nothing is certain





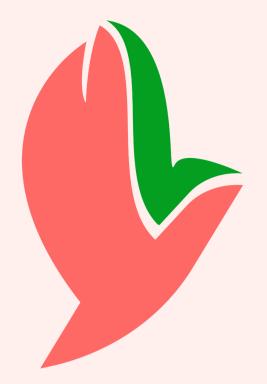
Henergy Symbol is a Sapling to Plant your energy & hand to Protect your energy every day





Enjoy 1000+ energy tips, tops & totes and Positive vibes at Henergy.org Copyright @2023 Stephen Henrik

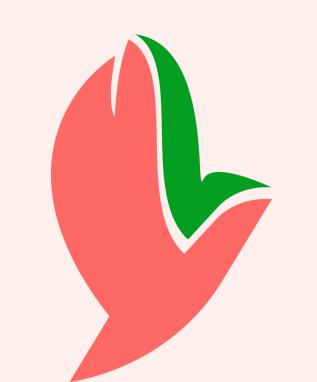




J A N U







Beginning Look forward to a new sith faiting the second in yourself January 1





others January 2





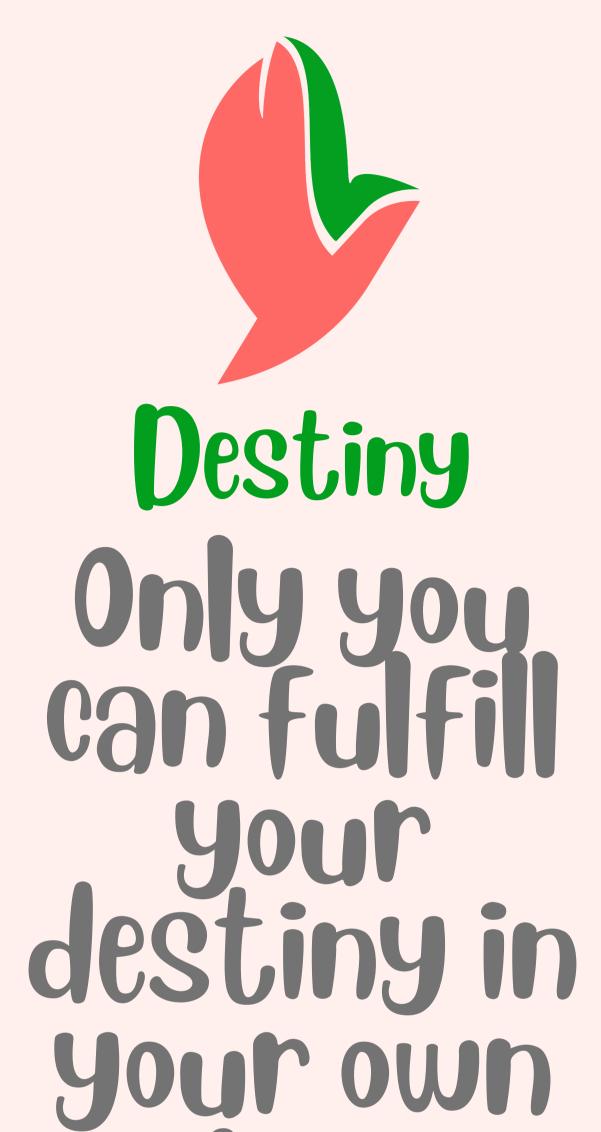
Spontaneity January 3





motion January 4





unique way January 5





for your life January 6





Growth Step out of Your comfort Zone in order to create Personal

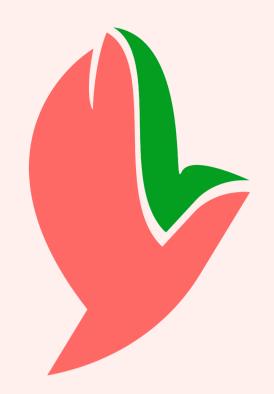
growth January 7





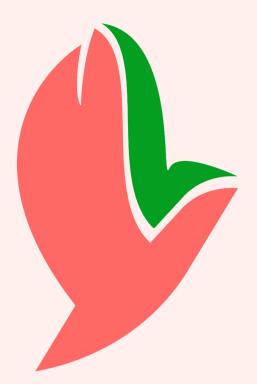
Your life January 8





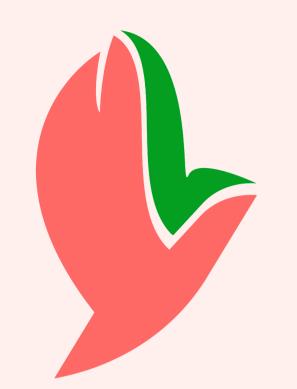
Prepare Start Preparing yourself as there is much work for you to do January 9





UrgingS Have faith that your rgings are the righ direction January 10





Perspective Contribute your unique perspective to instigate a new point. of view January 11





is Positive January 12





in your life January 13





& wisdom January 14





bright January 15





expectations when forecasting

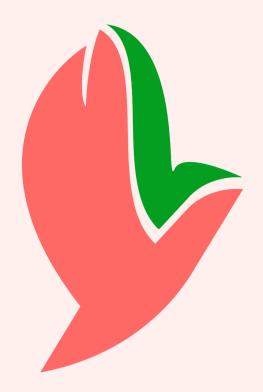
Your future January 16





of nature January 17





Appear New opportunities will appear for you if you stay

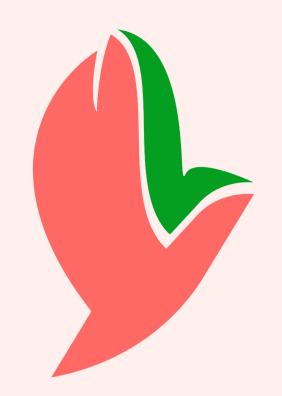
optimistic January 18





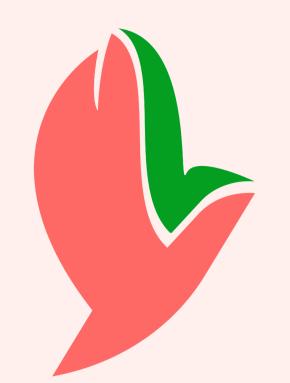
is self love January 19





Protect Plant & Protect the energy that enables you to live with enthusiasm January 20

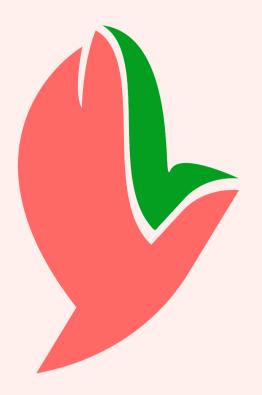




Maintain Explore & maintain your faith around all aspects of

Your life January 21





Achieve You have a great deal to achieve So act

accordingly January 22





every day January 23





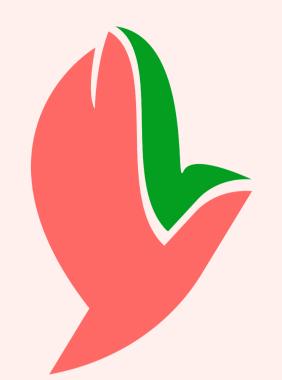
You January 24





Ways January 25

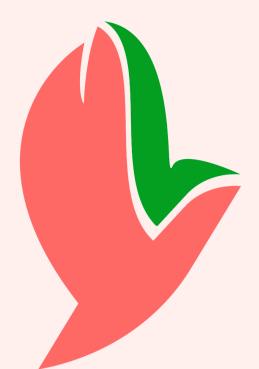




Prompts Follow the prompts that Push your future

Forward January 26





Harmony Inner harmony Can make you a better

humanitarian January 27





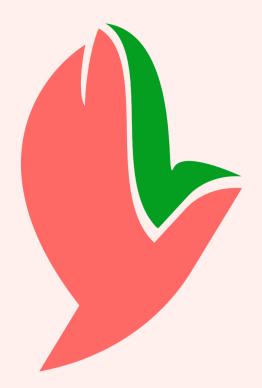
You have January 28





daily basis January 29

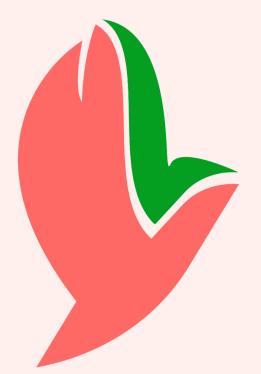




Express If you express yourself you Produce Positive results in

Your life January 30





Empower Expanding Your Spirituality will empower

You January 31

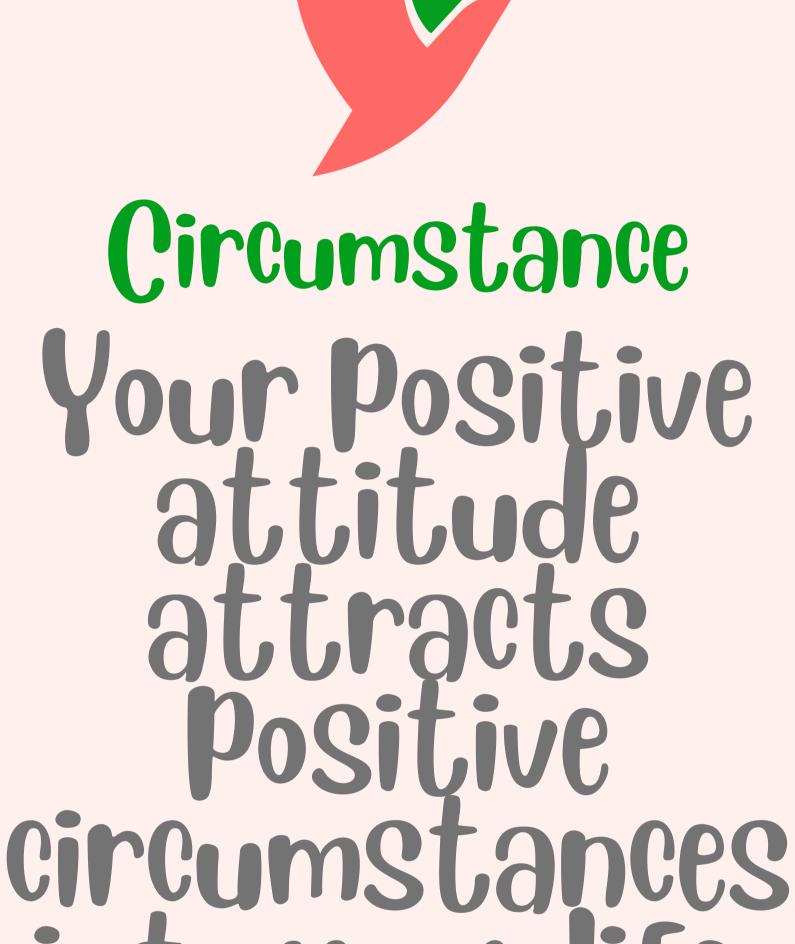




B B B B B







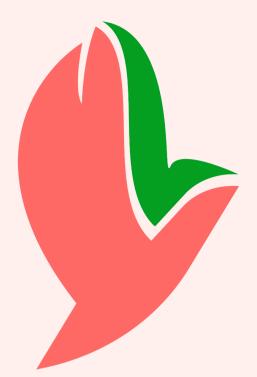
into your life february 1





Your while february 2





Effort Call uPon extra effort towards your Creative

endeavors February 3





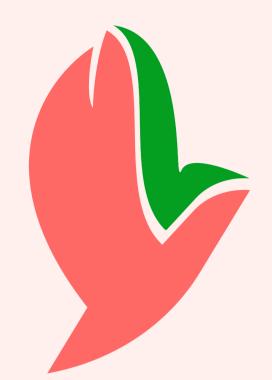
in your life february 4





Full of love february 5





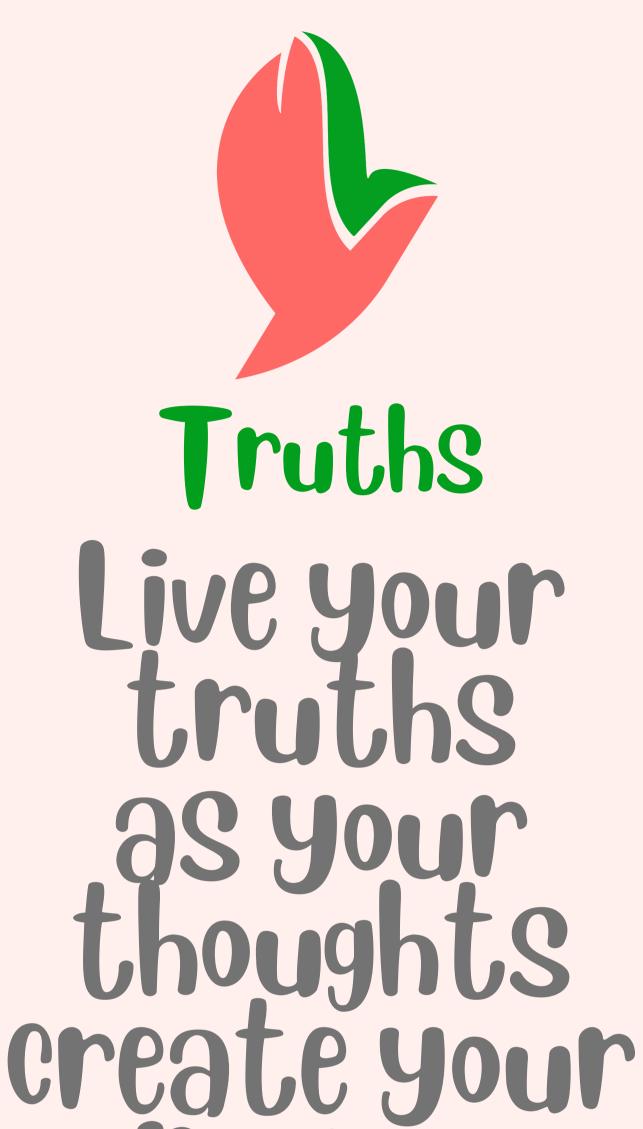
Progress Pat yourself on the back for Pushing urself t.o Progress February 6





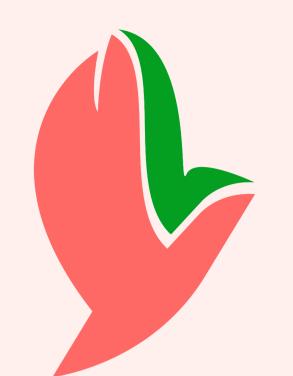
others February 7





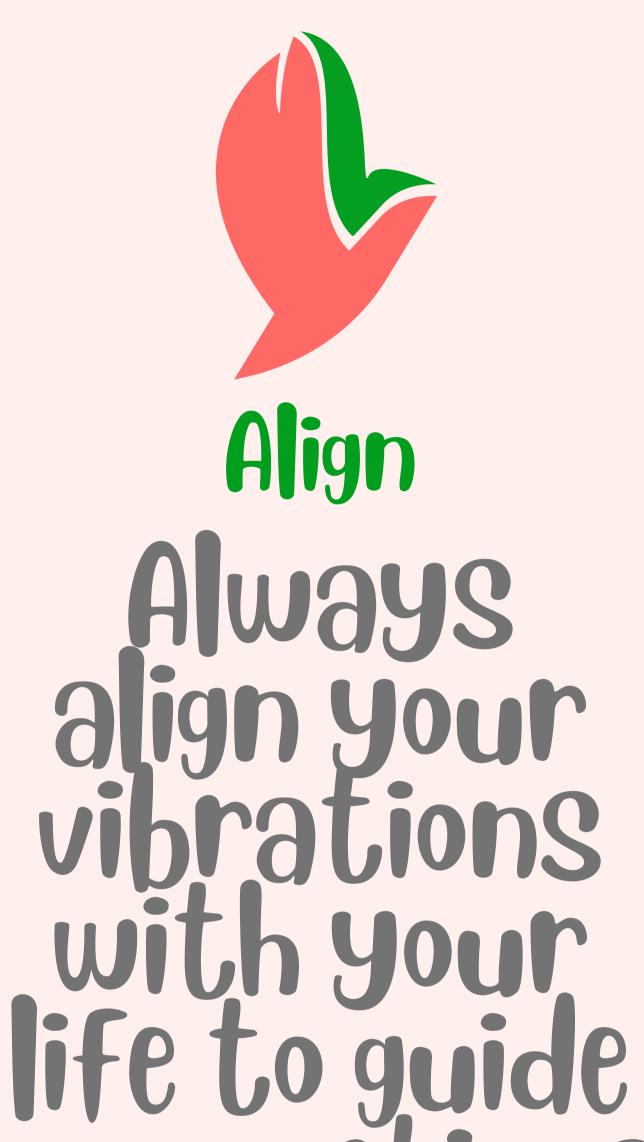
experiences February 8





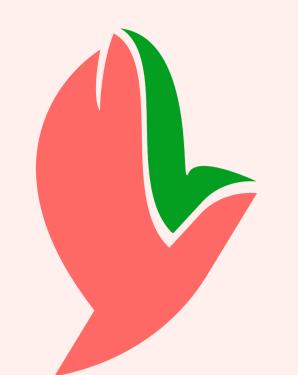
Obstacles You have it within you toovercome obstacles encounter February 9





Your actions February 10





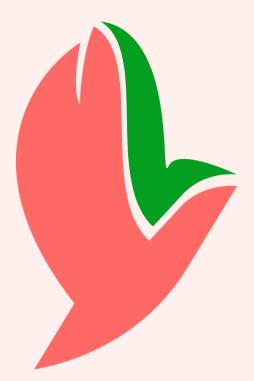
Intentions Set your SignPosts & intentions for you to notice & follow February 11





environment February 12





Ensure Work with others to ensure Success nyour endeavours February 13





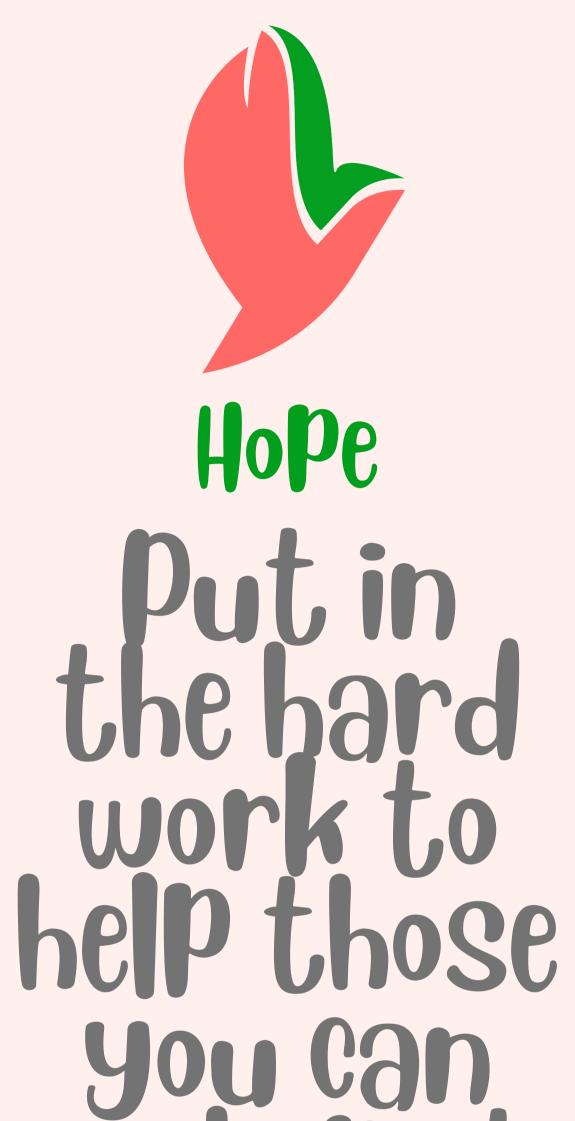
You truly are february 14





Positive energy february 15





give hope to february 16





new bloom February 17





Finish Try to Finish off anything left undone as it reaps future

advantage February 18





holistically February 19





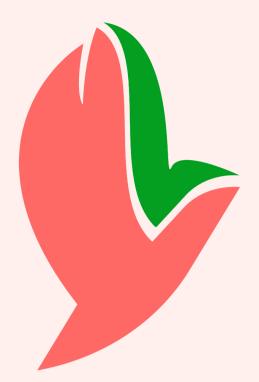
achieve February 20





life February 21





Prayer Use Prayer & affirmations when you face challenging

Forces February 22





& growth February 23





Point February 24





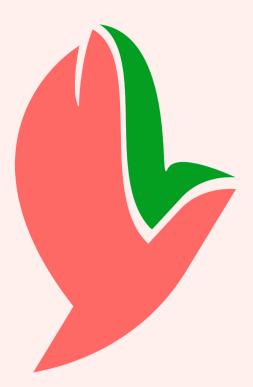
with you February 25





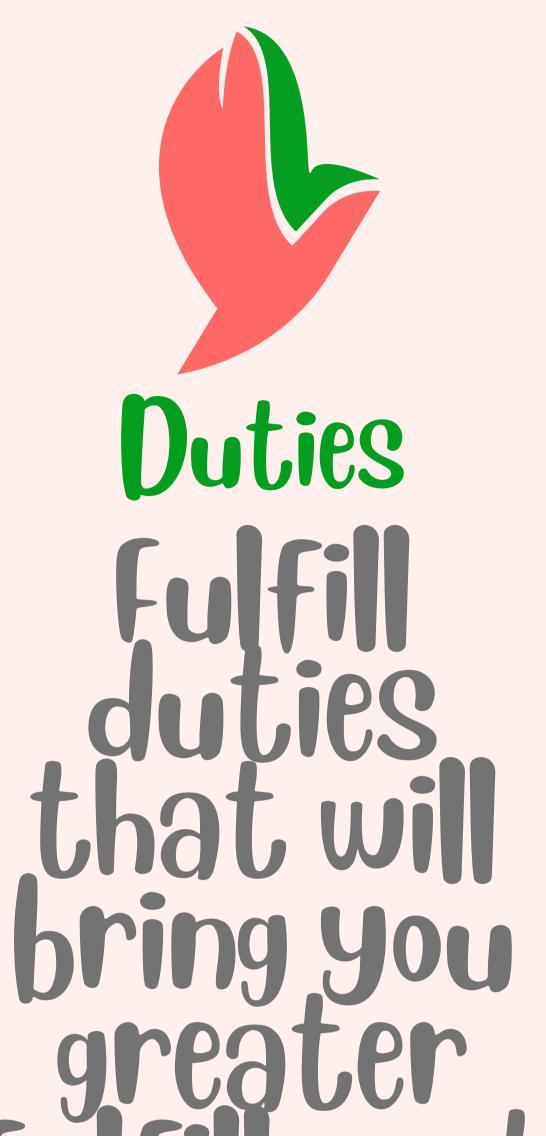
Spirituality February 26





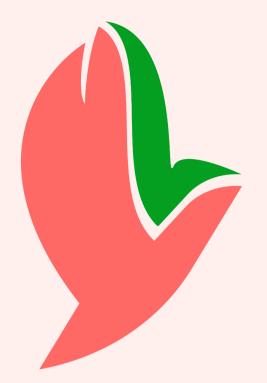
Invest lf you invest in yourself you ensure you operate at your optimum February 27





February 28











blessings March 1





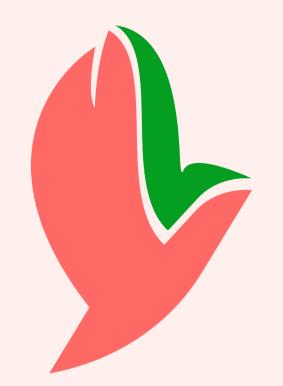
Path March 2





happen March 3





Forgiveness You Can ask for forgiveness whenever You

wish March 4





Self belief March 5





cherish March 6





to you March 7





to keep it up March 8





management March 9





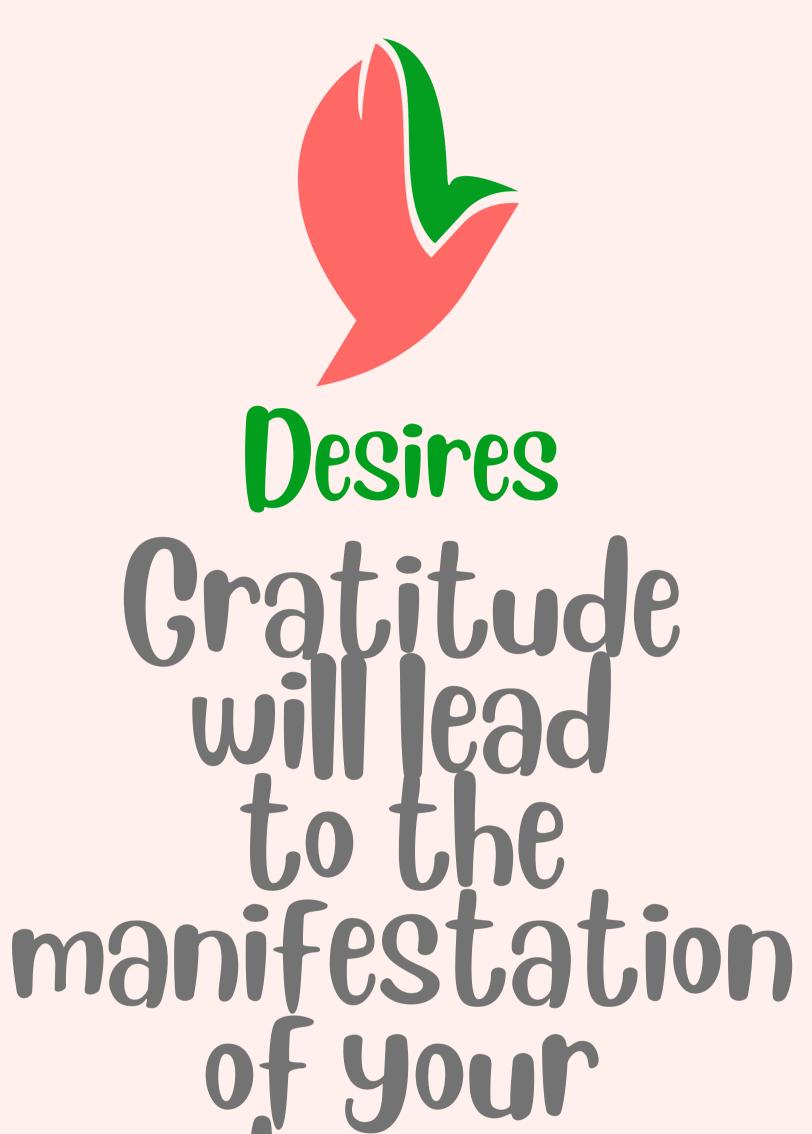
You March 10





Purpose You are in alignment with your true bath & Purpose March 11





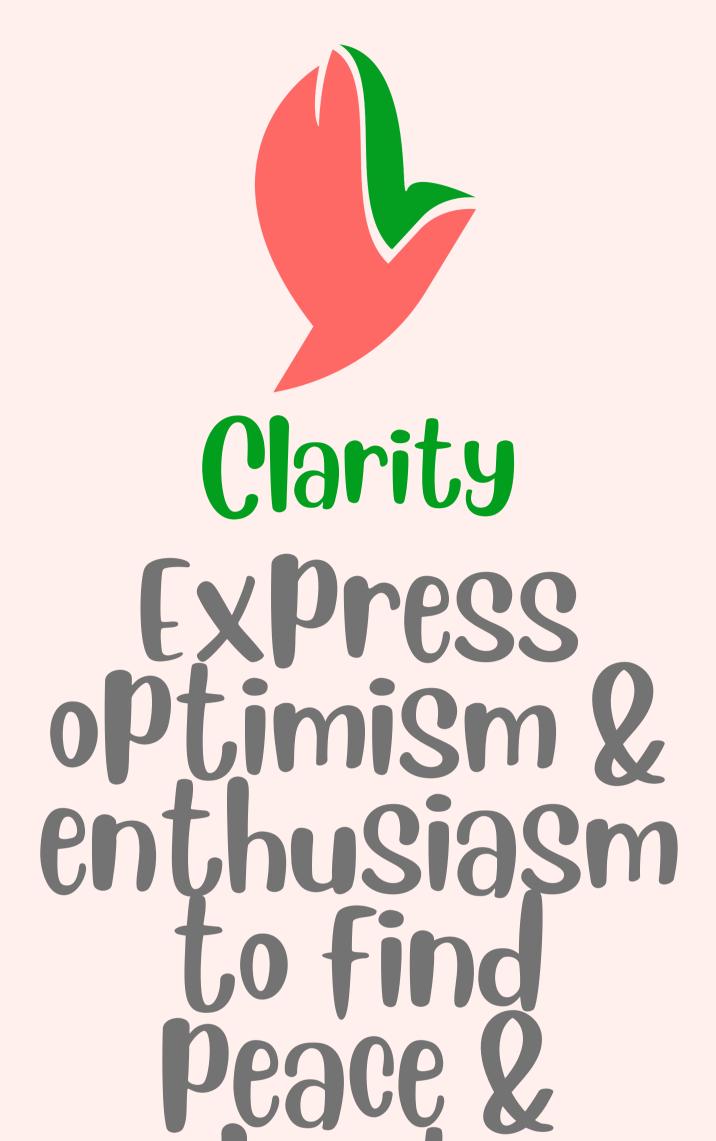
desires March 12





to others March 13





clarity March 14





Congratulation March 15





Sway you March 16





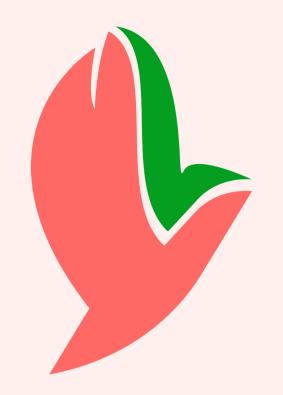
Your way March 17





in your life March 18





Wisdom AS you increase your Spiritual prosperity use your wisdomwisely March 19





Your life March 20





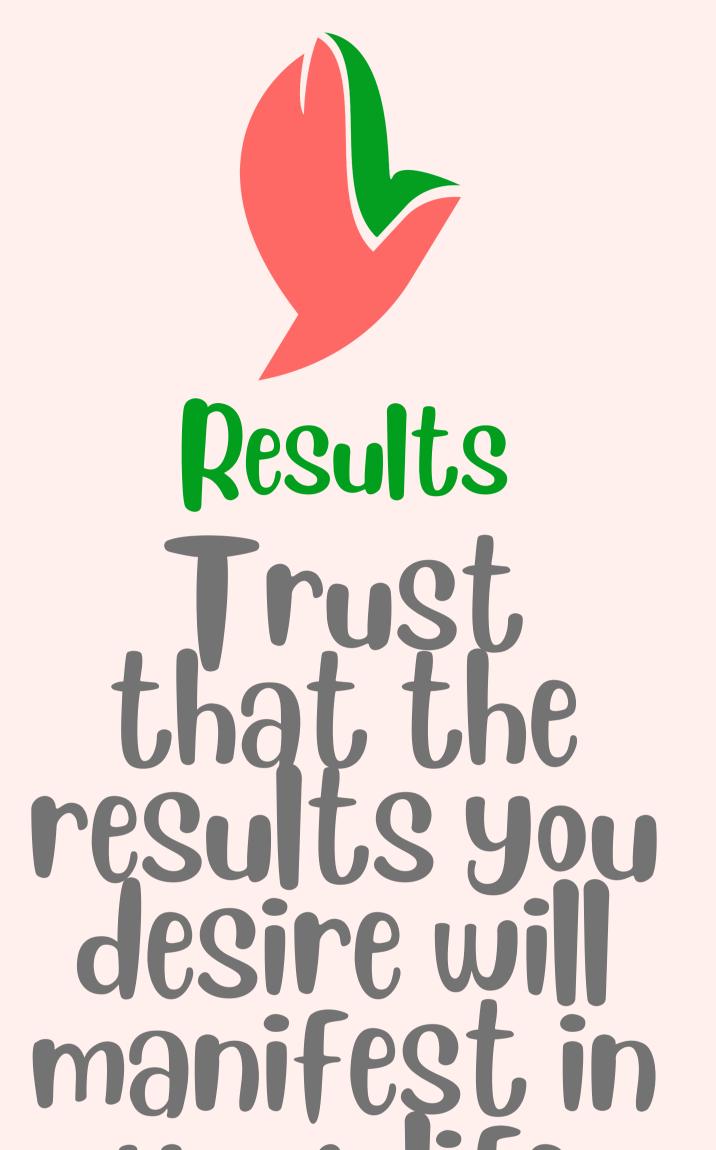
Your gifts March 21





way you like March 22





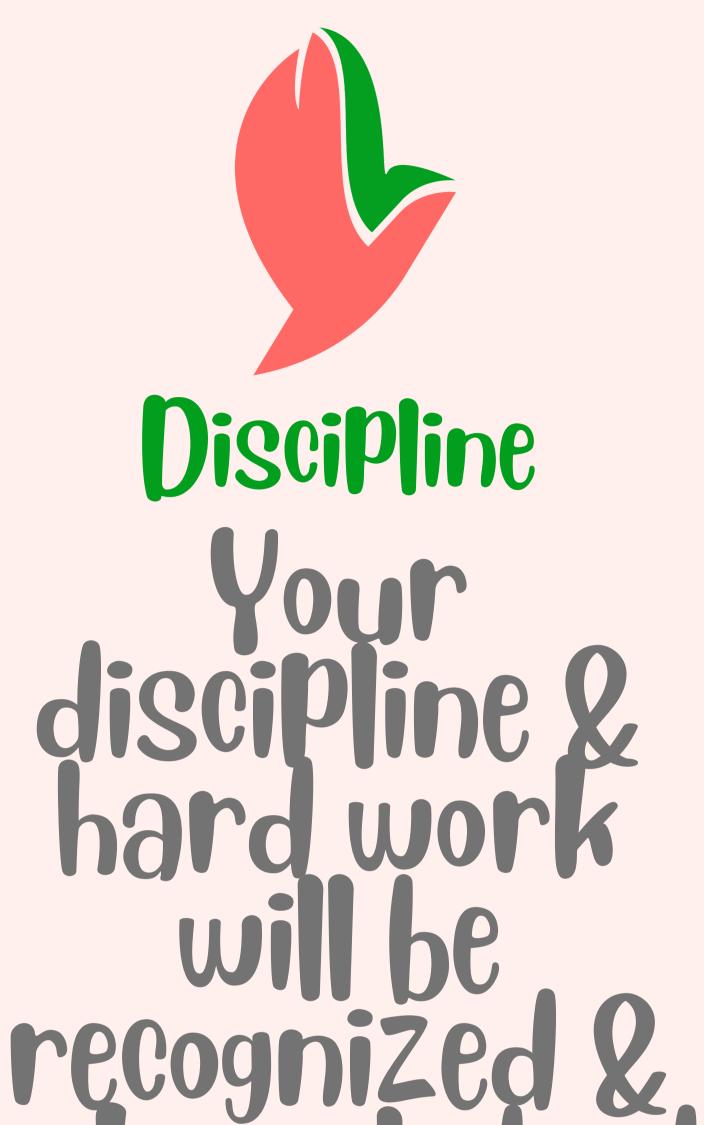
Your life March 23





uSe March 24





acknowledged March 25





Fulfillment March 26





Before you Part with a Possession adjust your

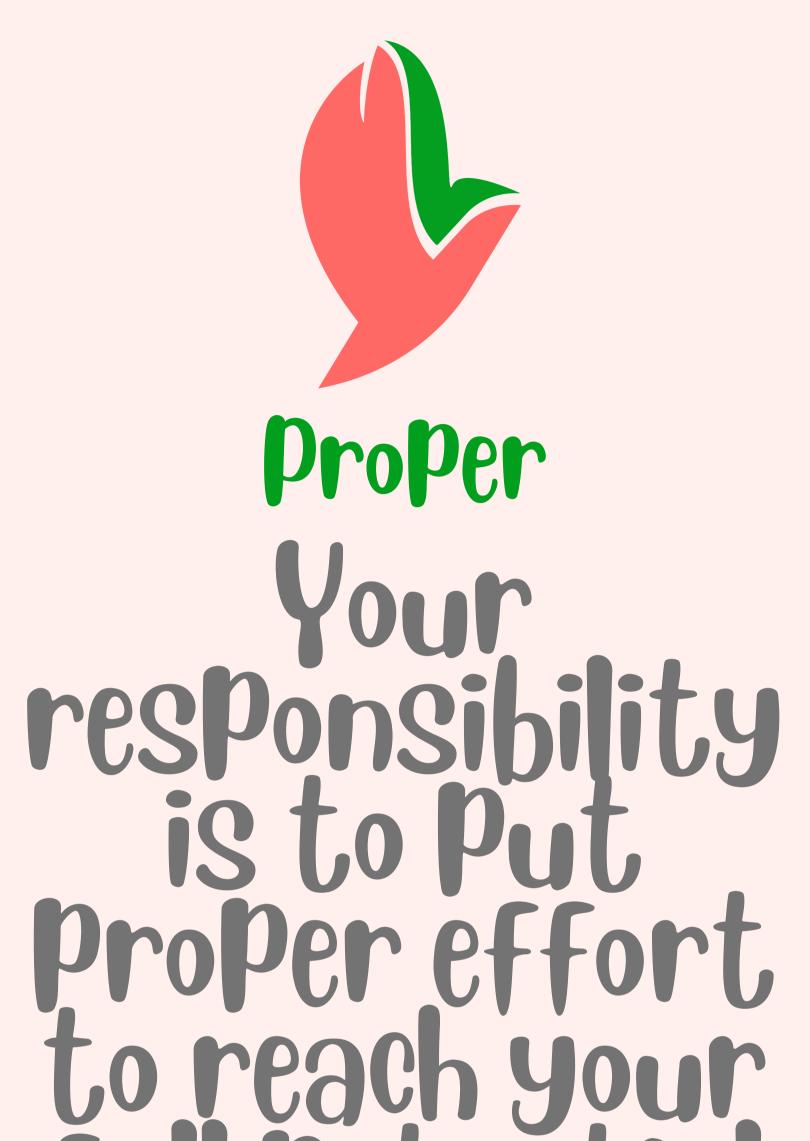
mindSet March 27





& encouraged March 28





Full Potential March 29





in your life March 30

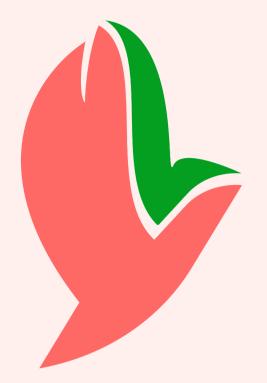




Every Shine your light each each each each

& every way March 31













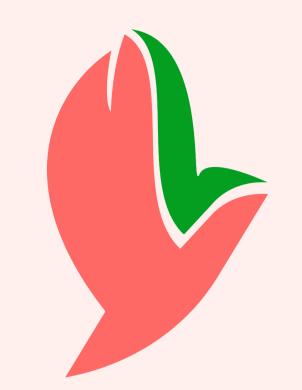
to the fore April 1





replace it April 2

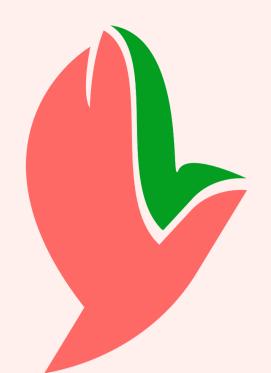




Create Our thoughts create our experiences and we create our

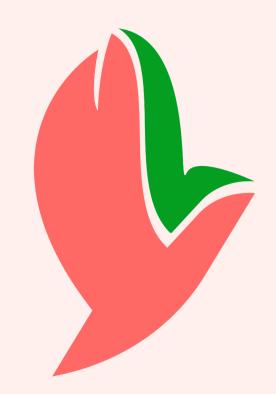
realities April 3





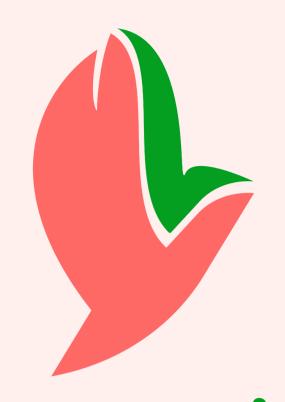
Situation to let go of a Situation that has now ran its course April 4





Trust Always trust the intuitive messages You receive and take action April 5





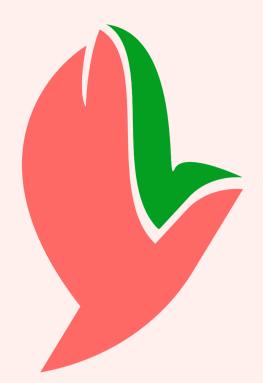
Upgrade You are ready for an upgrade in your life ecause yo deserveit April 6





Service April 7





Passions New Passions will appear that open doors to new

beginnings April 8





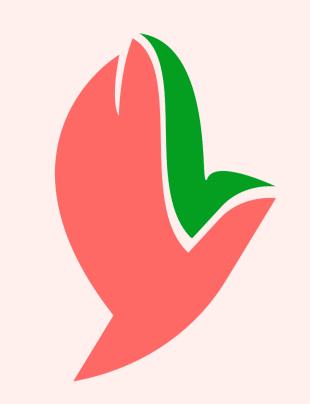
habitat April 9





you triumph April 10

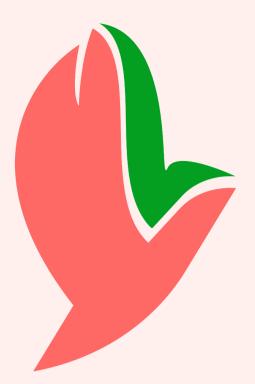




Comfort Gtep out of your Comfort Zone in the direction of

Your dreams April 11





family Make time to tell family members how much you love them April 12





Faith All fails into Place for You when You Follow Your

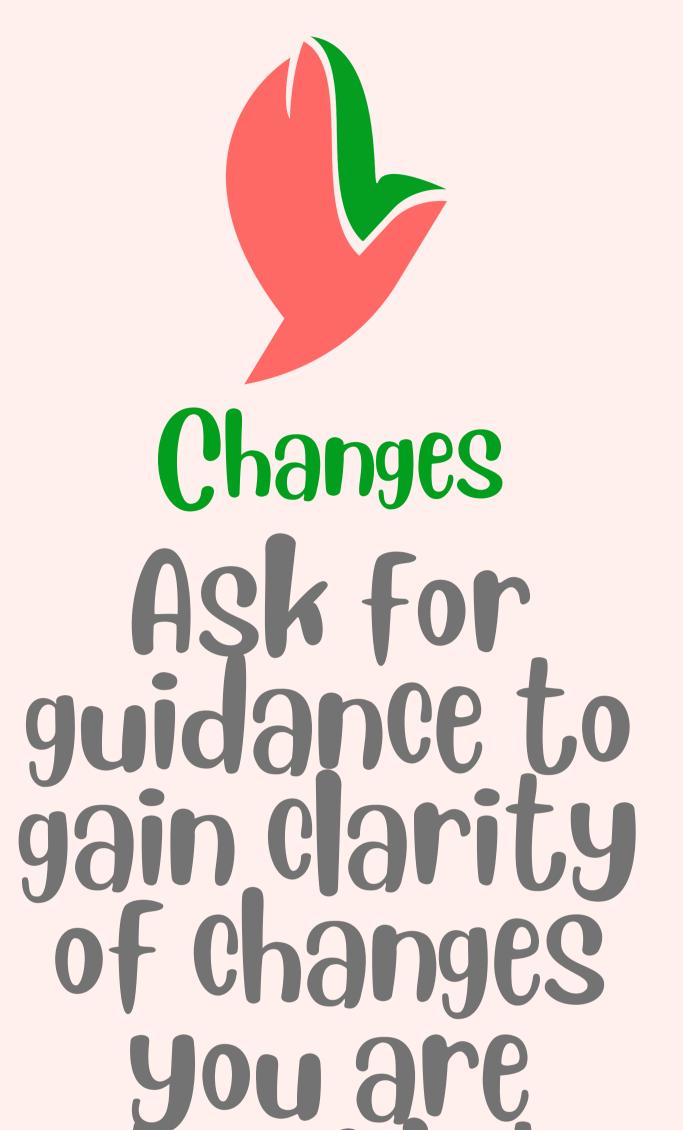
Faith April 13





get it April 14





Contemplating April 15





Home Enhance your home to fill it with Positive

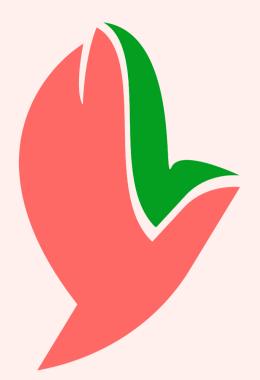
energy April 16





life April 17





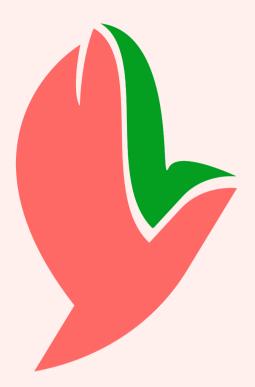
Answers Listen to your higher Self as this is where you will find your answers April 18





Soul April 19





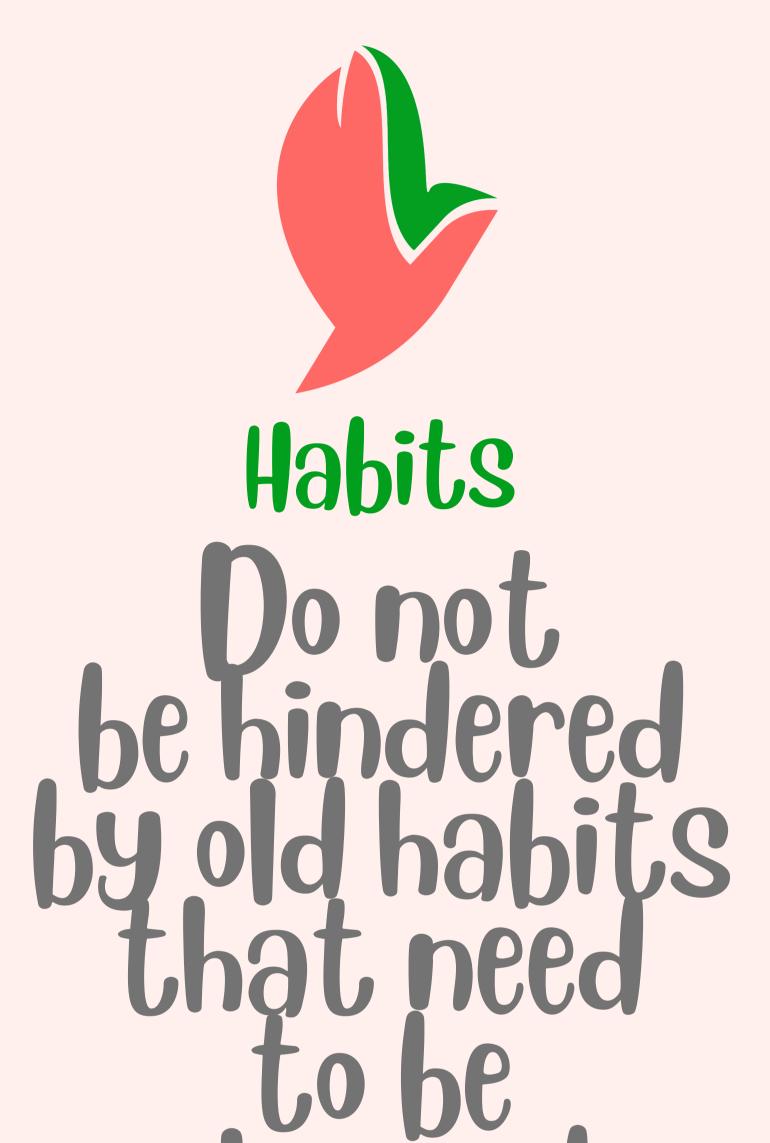
Engage Tryto engage yourself in creative endeavors & activities April 20





reality April 21





Changed April 22





Journey April 23





in the future April 24





regrets April 25





abundance April 26





happen April 27





within April 28





ives April 29





to you April 30











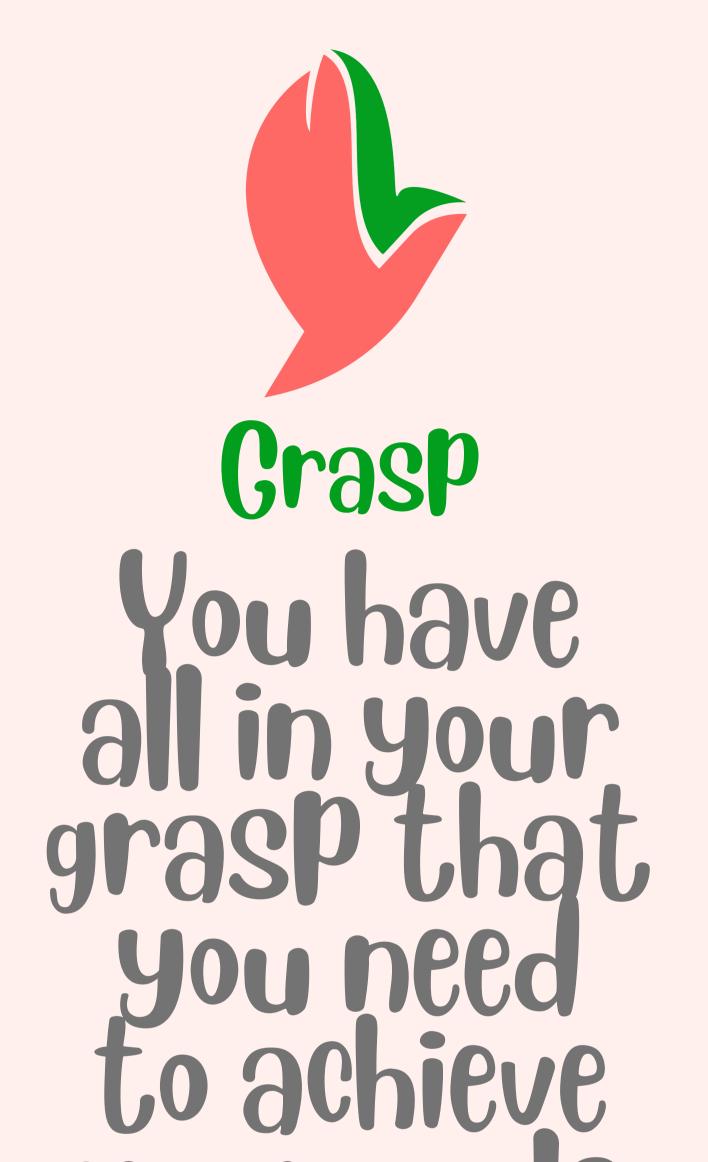
balance May 1





You Care for May 2





Your goals May 3





Fulfillment May 4





Future May 5





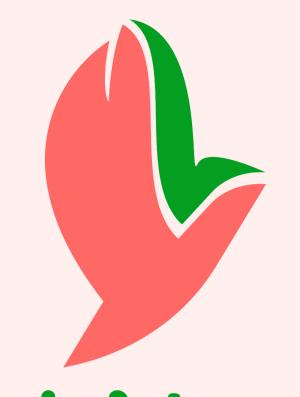
rewards May 6





on in your life May 7





Abilities Guccess Can be yours if you use your abilities

wisely May 8





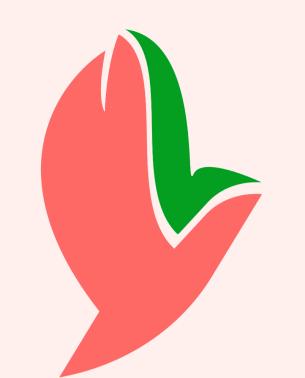
in life May 9





to grow May 10

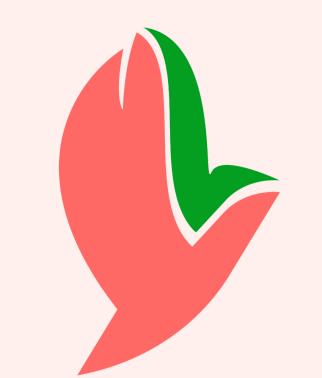




Affirmative Take affirmative action to clear a loss of

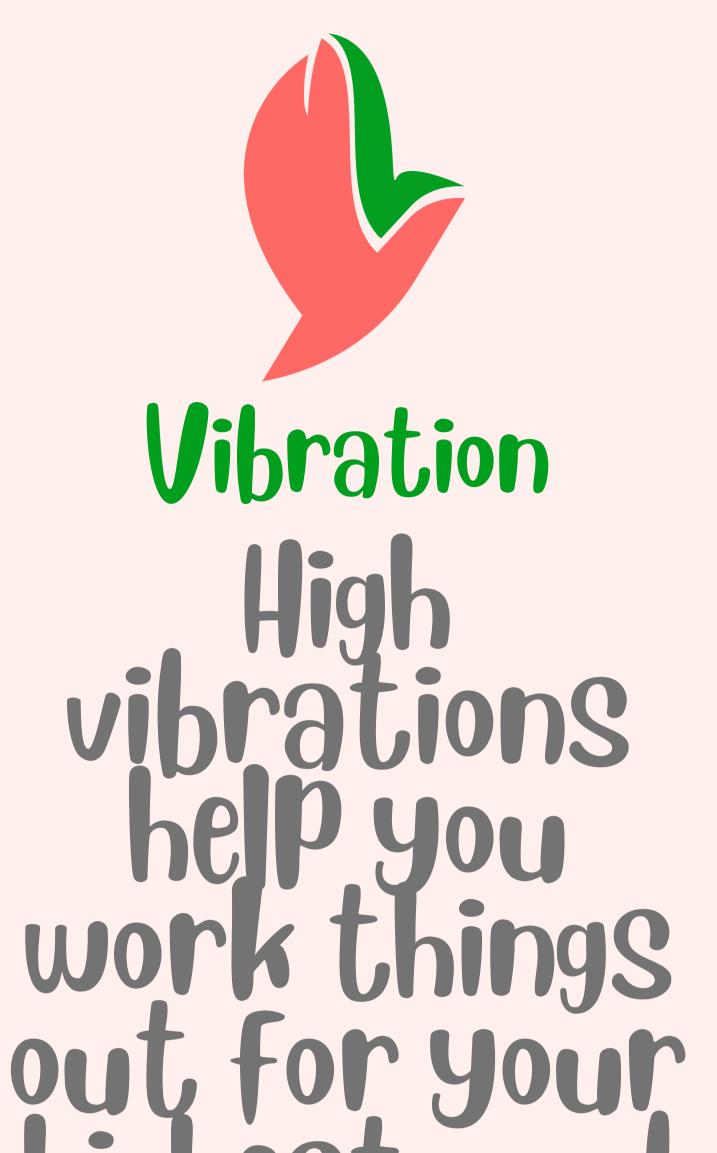
Confidence May 11





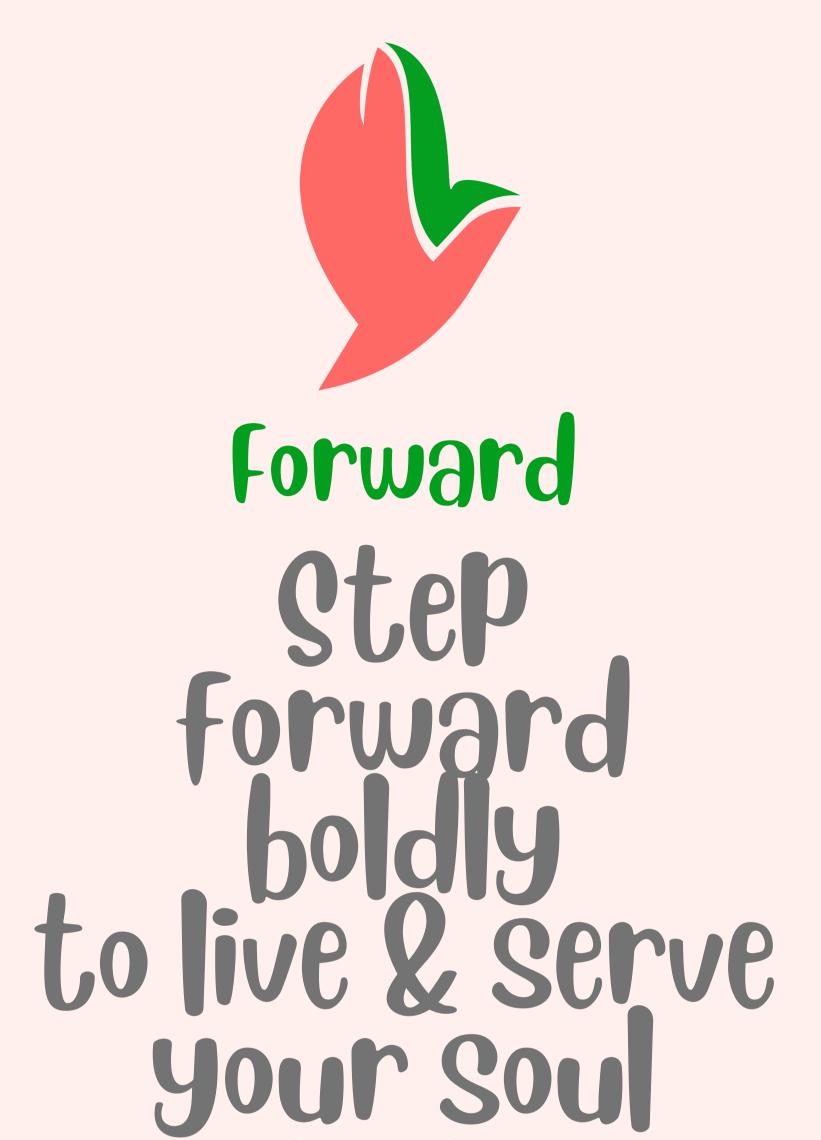
Consciousness Your consciousness creates miracles t.o happe in your life May 12





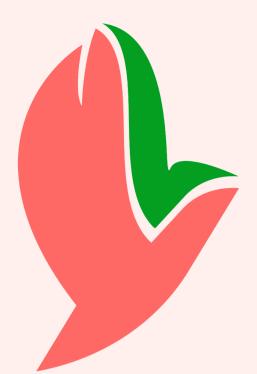
highest good May 13





mission May 14





Fruition Expectations Come to fruition in the most unexpected

Ways May 15





You get May 16





there May 17





Learn What you do not already know You know You can

learn May 18





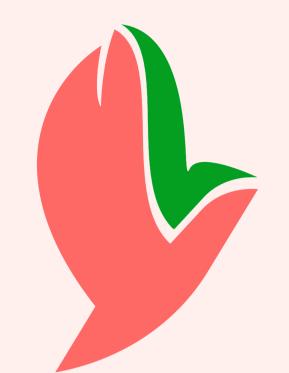
For direction May 19





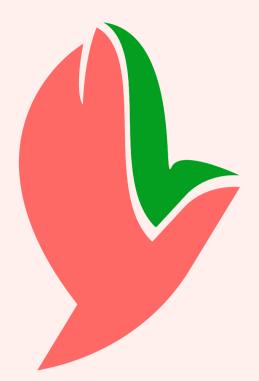
Stability May 20





Satisfaction Put your ideas into action to gain Satisfaction May 21





Surface Pay attention to what the Sunrise can Surface in your life May 22





Gurroundings Look to Simple ways to enhance SurroundingS May 23









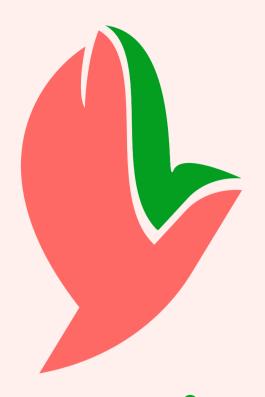
are May 25





Progress May 26





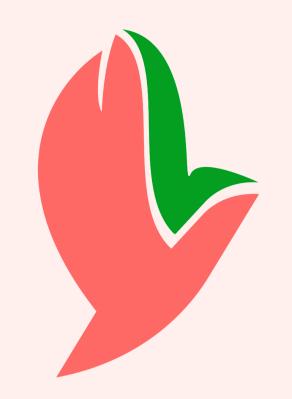
Study Allow Your Spiritual gifts to flourish through Study May 27





tomorrow May 28





When you take good care of yourself everybod Benefits benefits May 29





new energy May 30





Nature Spend time to connect with the free gifts

of nature May 31





J U N

E





Decisions Have faith & trust for the decisions & choices

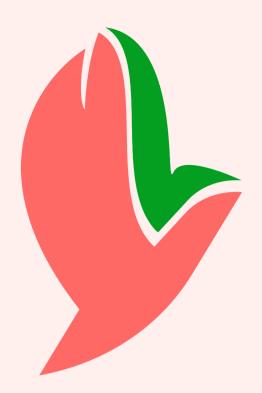
you make June 1





inner wisdom June 2





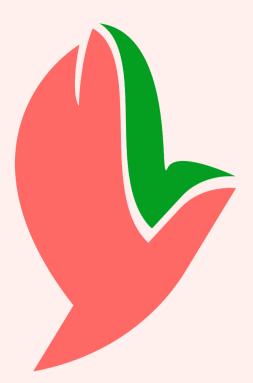
Wants Take a break from the wants of others to care foryour wants June 3





June 4





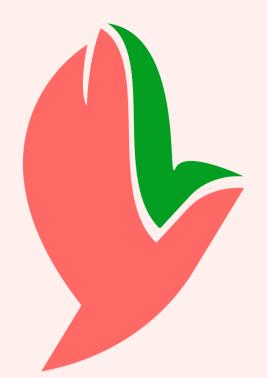
Aware Always be aware of love as it is unconditional and always available June 5





beginning June 6





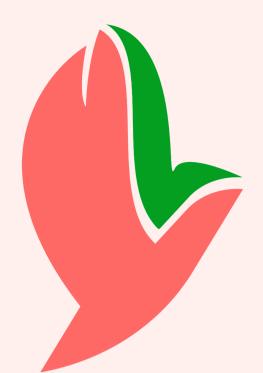
Appetite Success will enter Your life if you have appetite forit June 7





kingdoms June 8





Striving You deserve the very best So keep Striving to

achieve it June 9





broken June 10





to take June 11

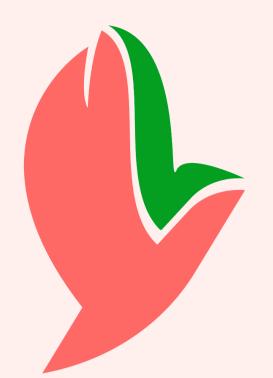




Accrue It is time to accrue knowledge now to Put to good use in the

Future June 12





Assistance Be open to accepting assistance with an open heart

& mind June 13





it takes you June 14

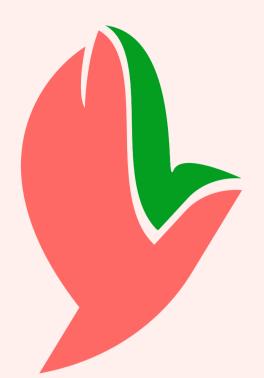




To heal a negative situation See the other Side

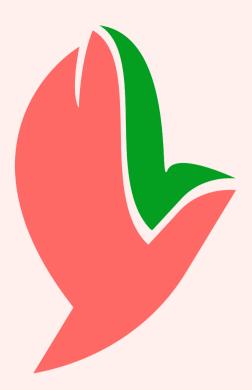
with heart **June 15**





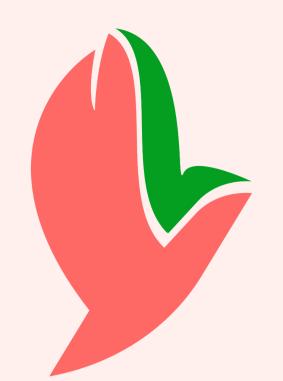
Psychic Your Psychic experiences wil change the way u view your word June 16





Enter Items will leave your life and exciting new ones will enter toreplace June 17





Wayward Get guidance to get on with things when you feel

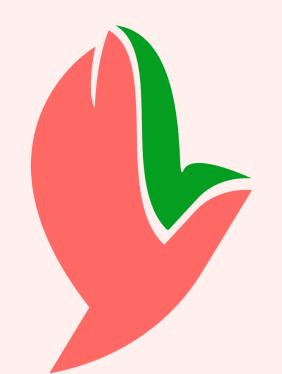
wayward June 18





introspection June 19





Manifestation An attitude of gratitude SPeeds the process ofyour manifestation **June 20**





Contemplation June 21





Your Soul June 22





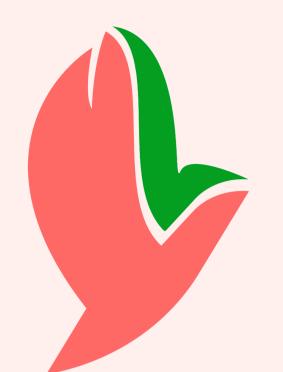
life energy June 23





doubts June 24





Spiritual Your needs will be met as you make spiritual

Changes June 25





Hinder Do not allow any insecurities to hinder or hold

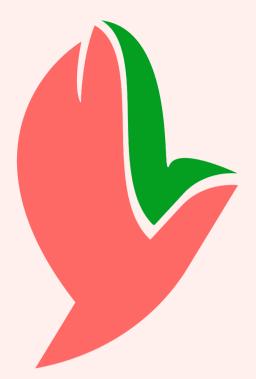
You back June 26





WingS Uhen you fly high others become inspired by your wings **June 27**





Success Focus on results Success rather than lack

& Joss June 28





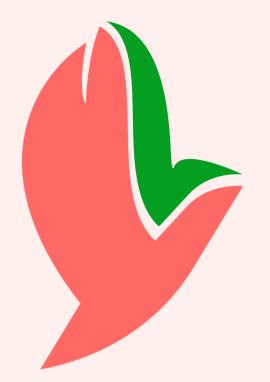
Opportunities Trust that new opportunities will appear in your life **June 29**





direction June 30





J U

V





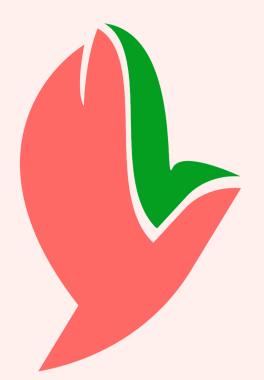
Yourself July 1





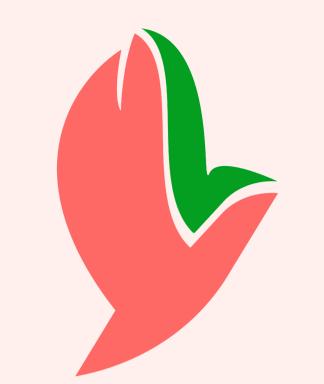
& guidance July 2





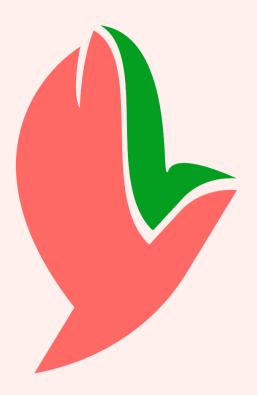
Unwavering Open the door to love as it is conditional & unwavering July 3





Understanding Your choices are key to understanding purpose July 4





Steps Lots of little steps make big dreams Come

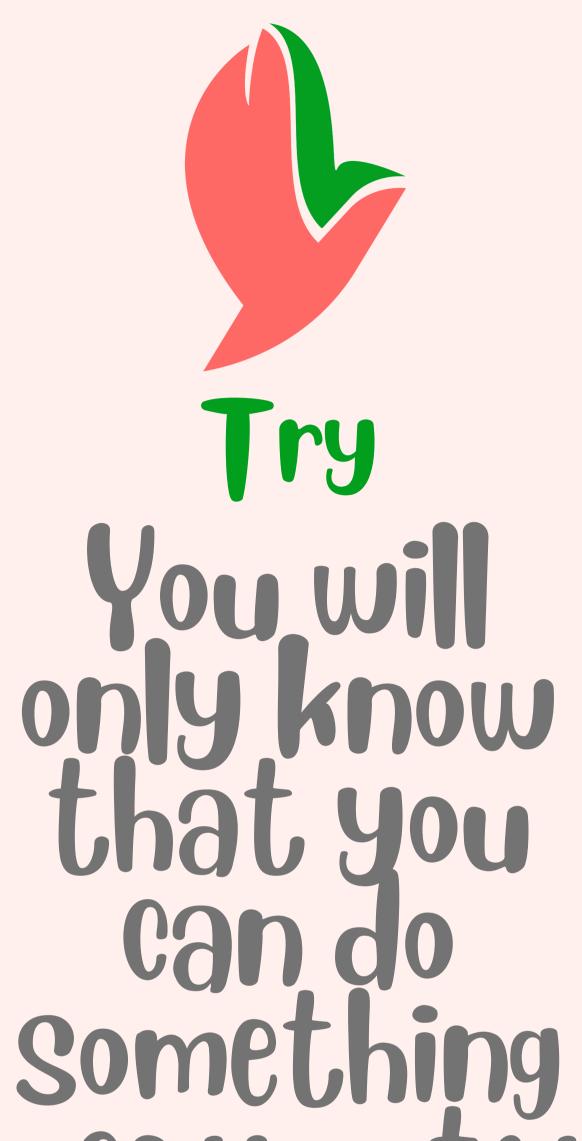
true July 5





of others July 6





once you try July 7





Satisfaction July 8





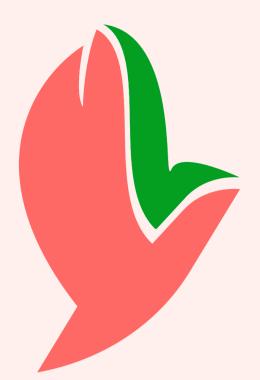
You July 9





of life July 10





Present The Present is where you are meant to be

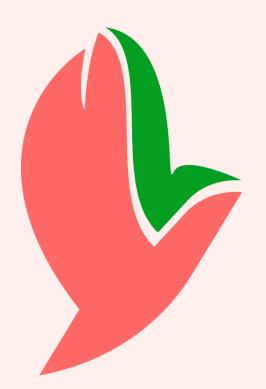
right now July 11





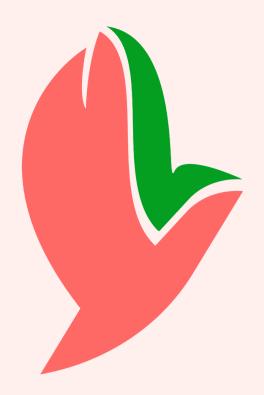
& actions July 12





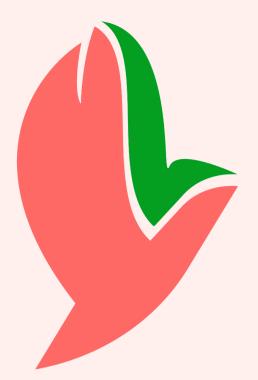
FeelingS Stay alert to the Signs & Sounds of your nt.uit.ion & feelings July 13





essons Your life choices are keys to understanding your life lessons **July 14**

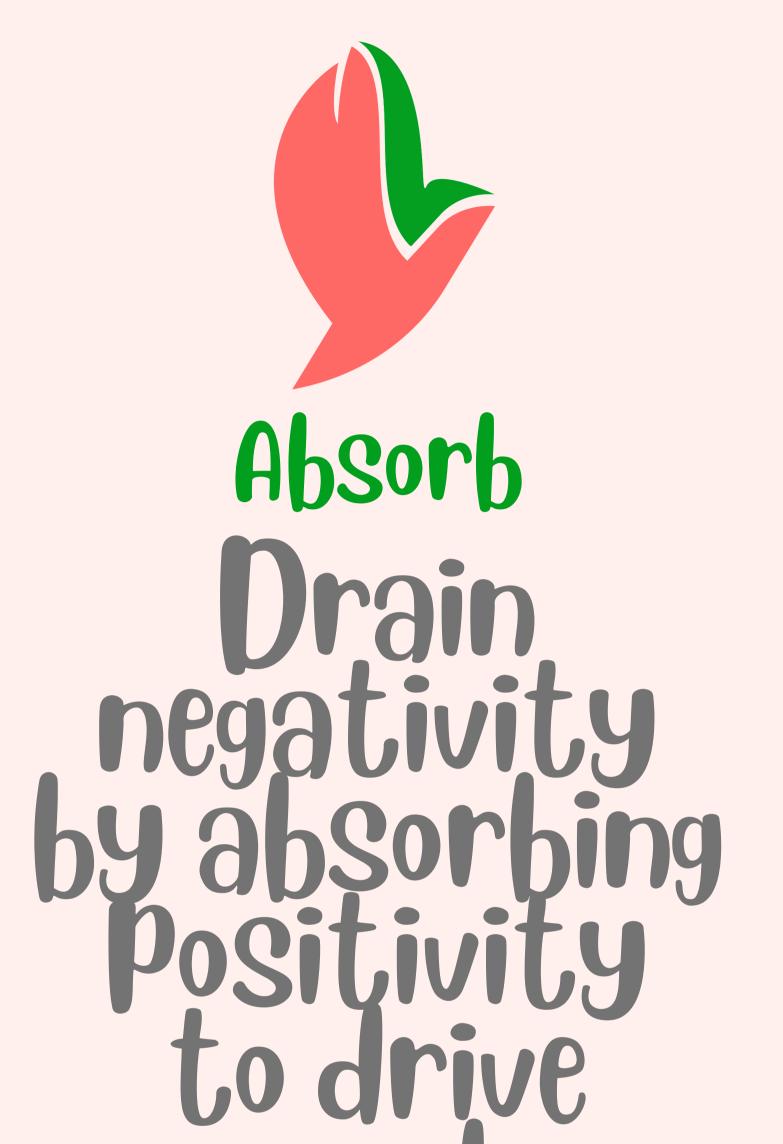




Essence Evaluate the essence of your life and marvel at your

existence July 15





Your day July 16





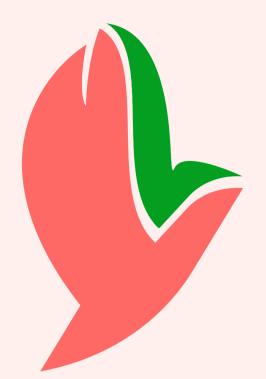
& vibes July 17





beginnings July 18





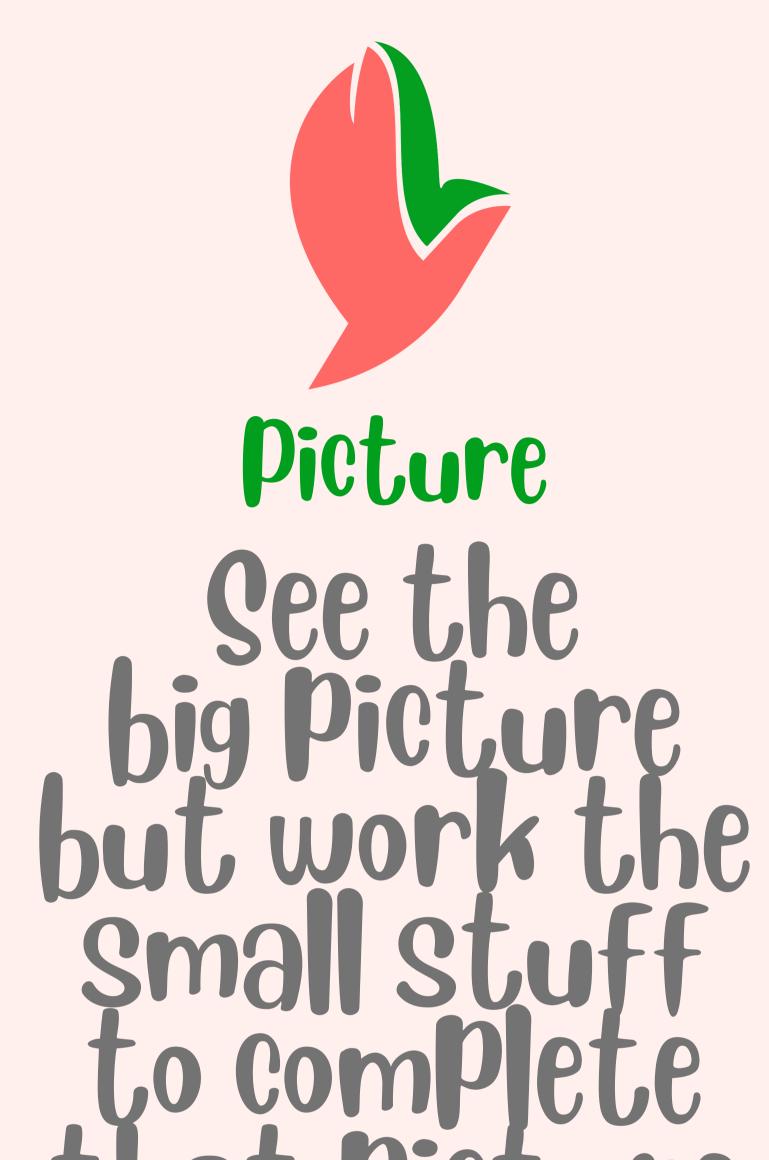
Overcome obstacles are only Small tests for you to overcome and learn from July 19





Pathwisely July 20





that Picture July 21





keep the line of comunication with your faith open

& clear July 22





with details July 23





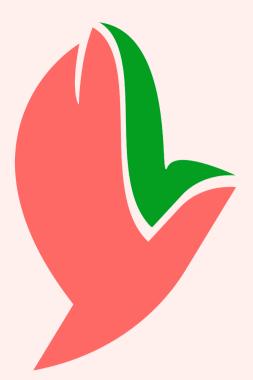
the flame July 24





with wisdom July 25





Infuse Consultation will infuse you with unexpected

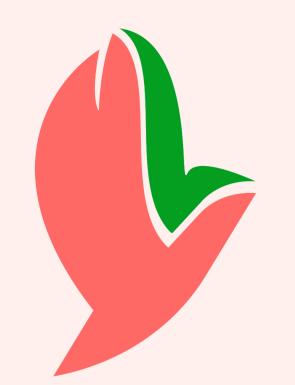
knowledge July 26





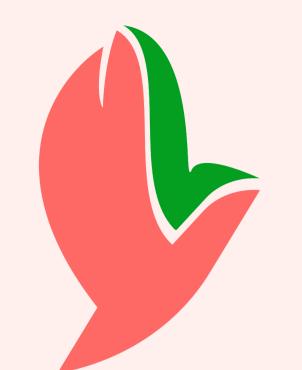
life July 27





Positivity When you feel hurt by others move on to rogress to pošitivity July 28





Partnerships When the timing is right Partnerships will present themselves July 29





and your life July 30





turns out well July 31

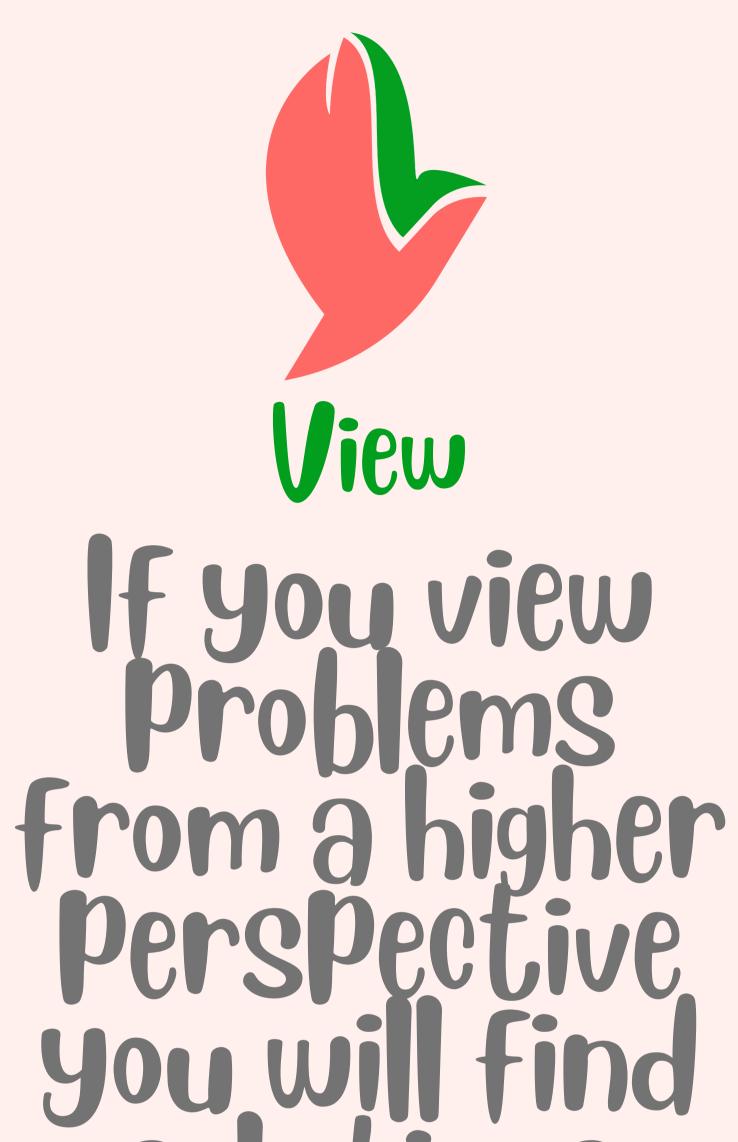












Solutions August 1





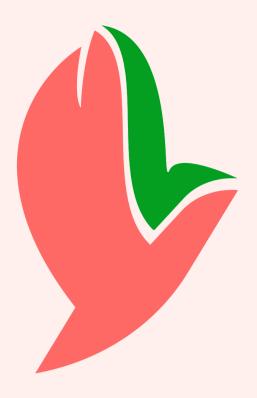
opportunities August 2





direction August 3

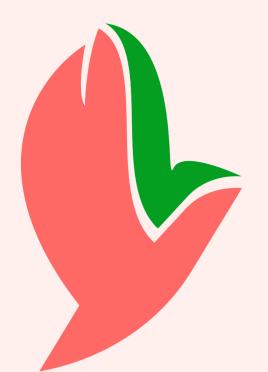




Sense Allow YourSelf to Sense the Presence that you are

not alone August 4





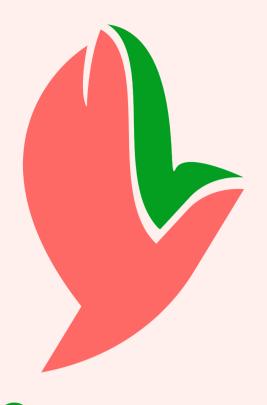
Anticipate Life works itself out in ways that you can never anticipate August 5





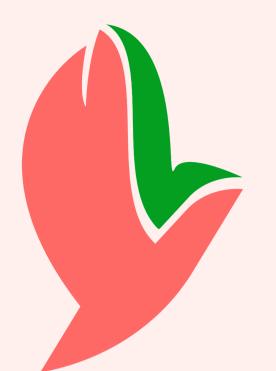
results August 6





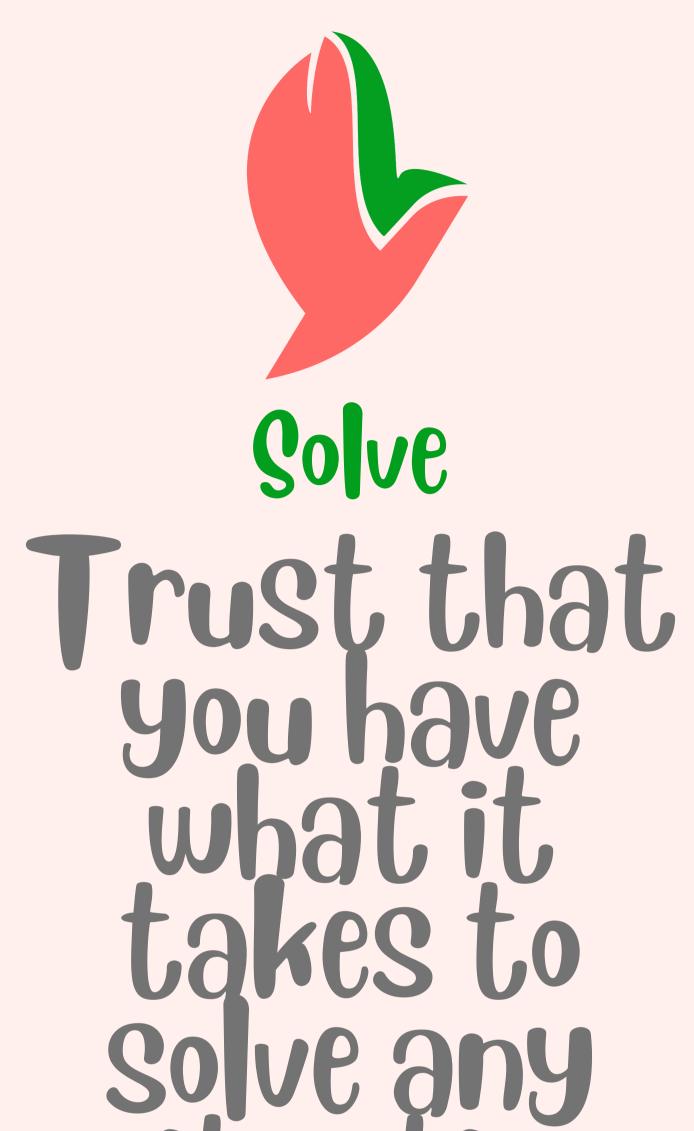
Service Be of Service to others while Serving your own life purpose August 7





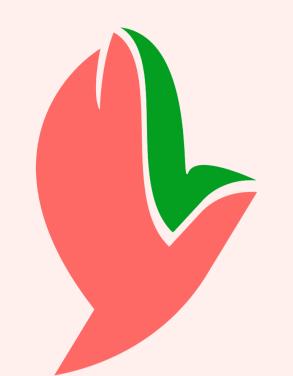
Essentials Put your energy into the essentials nd let go of the excess August 8





Situation August 9

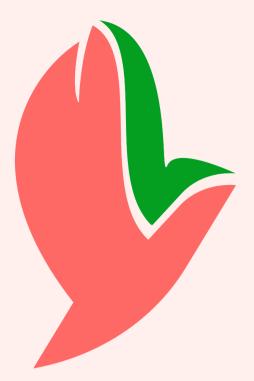




Everything Nothing happens by chance and everything happens for

a reason August 10

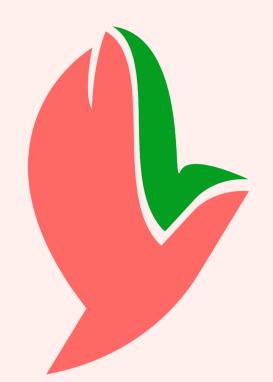




Excess

Ease your own stress by cutting the cords of excess commitments August 11





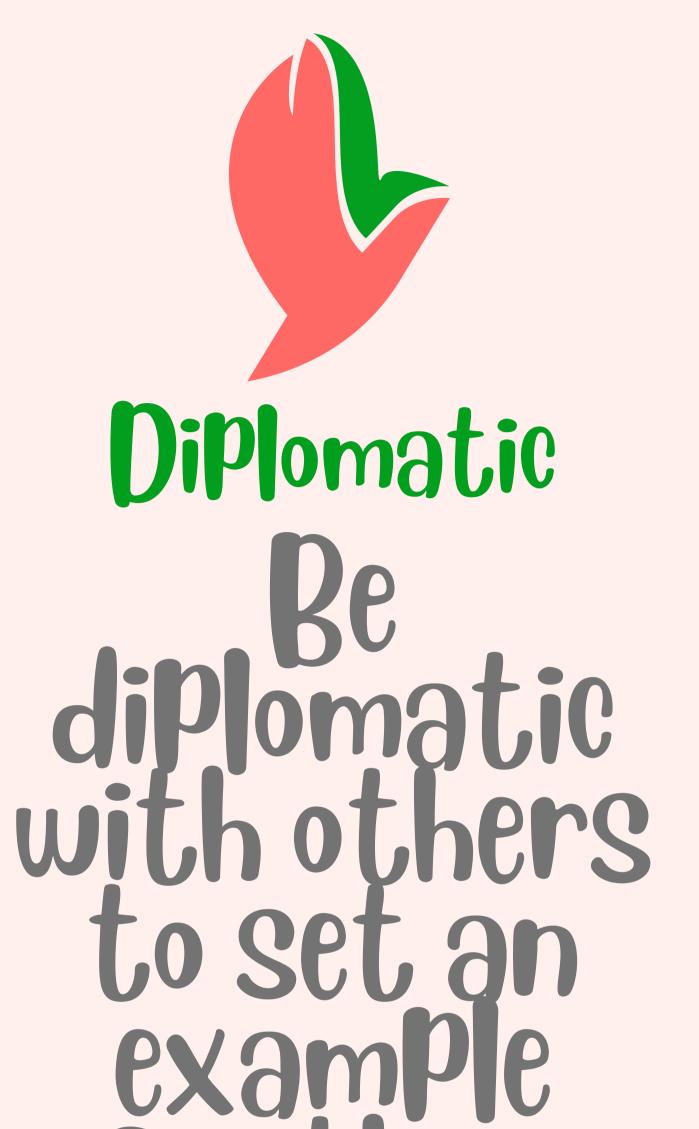
Flourish Replace your worries & fears wit weiness flourish August 12





in your life August 13





For them August 14





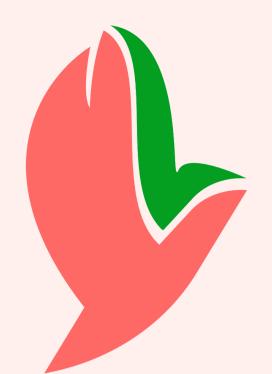
Finesse Step forward on your life Path with Confidence & finesse August 15





about to open August 16





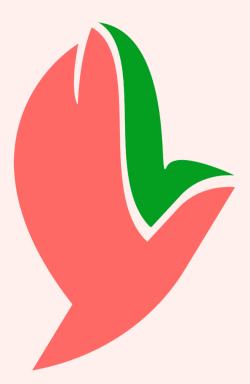
Interests What matters the most is what interests themost August 17





into your life August 18





Focus Always focus on what you want rather than what you do not

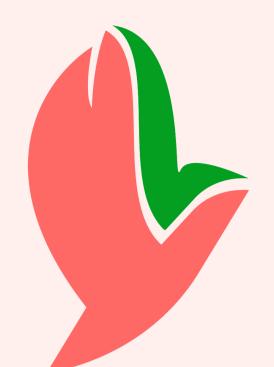
want August 19





in yourself August 20





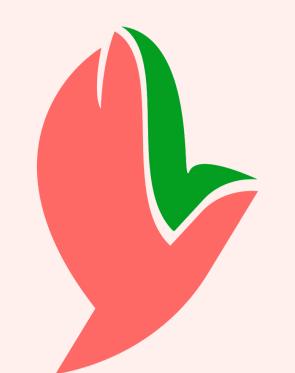
Blessings Send blessings to your environment to expect essings in return August 21





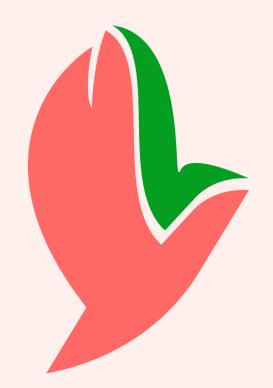
rewards August 22





Affirmations Your affirmations will be ĬI uji responded to August 23





Examine Look in the mirror to examine if your decisions need Changing August 24





every day August 25





its way August 26





Confidence August 27





& grow August 28





to happen August 29

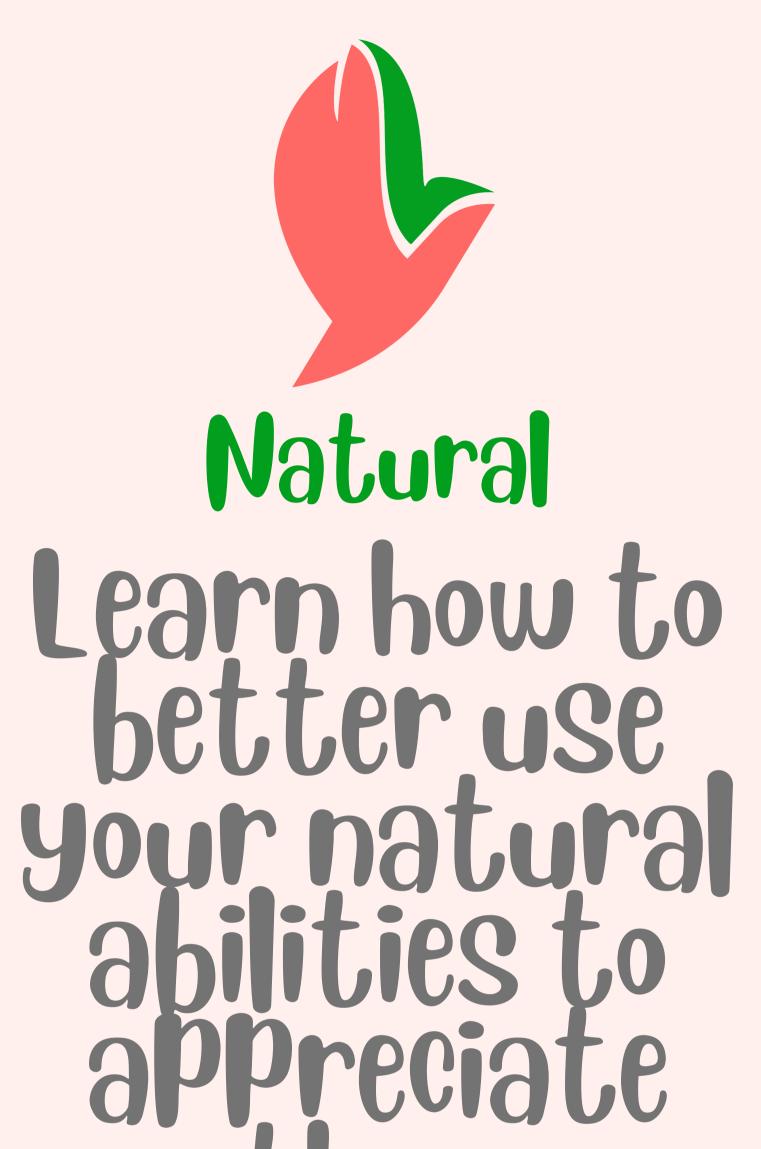




USe your hands to shape each shape each mething

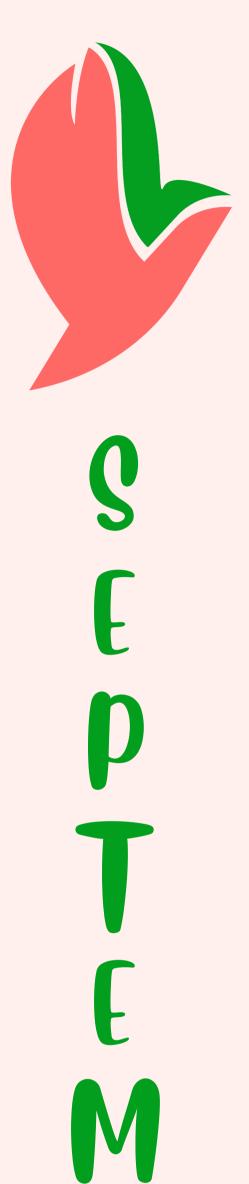
wonderful August 30



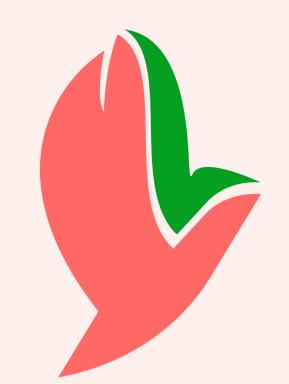


them August 31





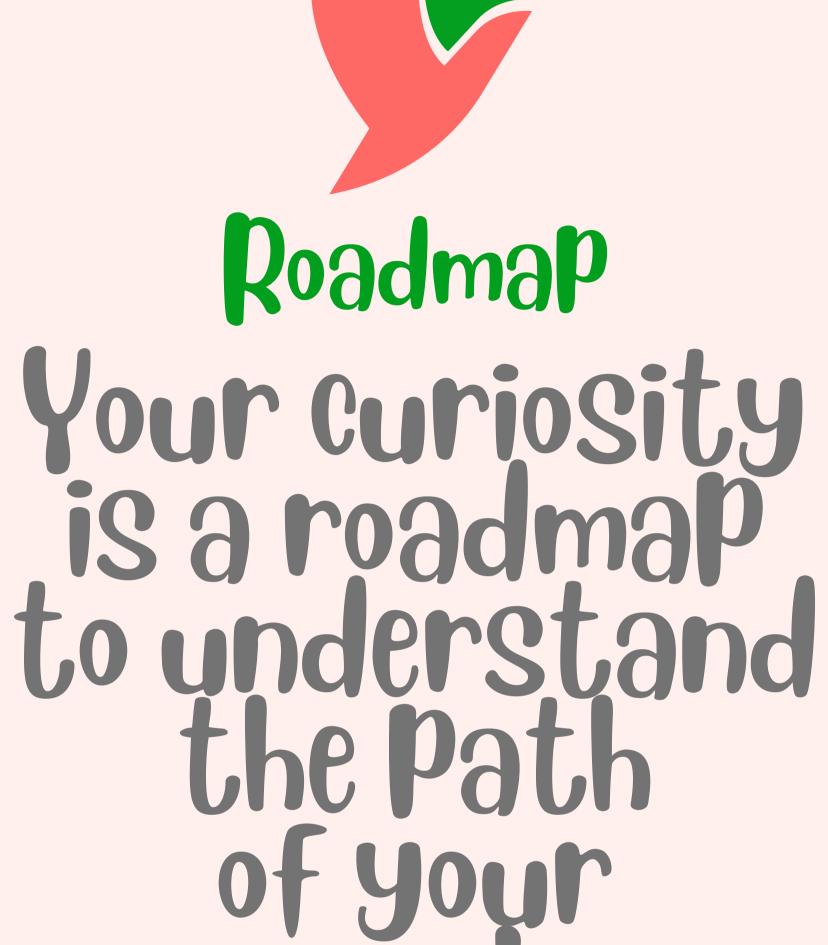




Permission Give Yourself Permission to be everything You want

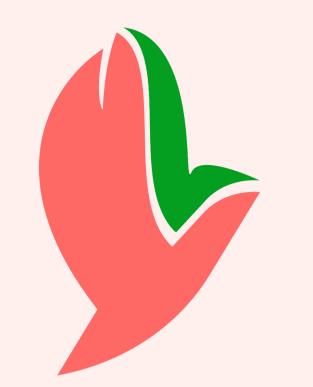
tobe Geptember 1





Soul September 2





Uniqueness Use your your uniqueness to enlighten & uplift

others September 3





& light September 4





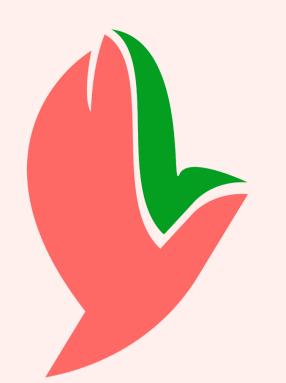
Passions Geptember 5





trivialities September 6





Unexpected May unexpected outcomes make way for unexpected opportunities September 7





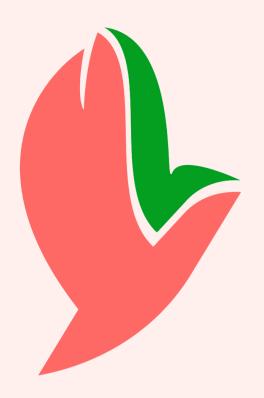
are September 8





transitions Geptember 9

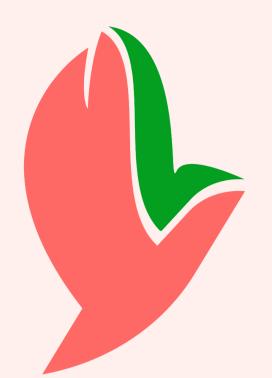




Usher A move is in the works and this movement will usher

new energy September 10





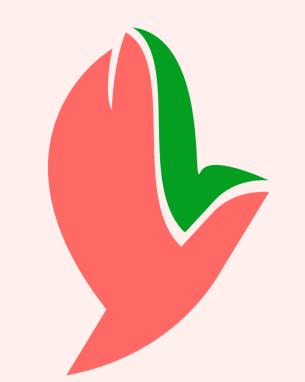
Attract An attitude of gratitude attracts more to be grateful for in your life September 11





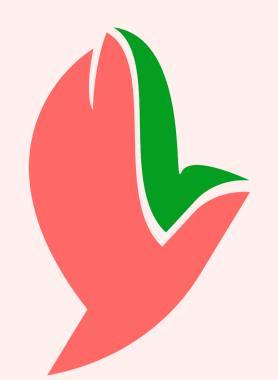
necessary september 12





Experiences New Periences **P**) will al peg in your life as tests for you to pass September 13





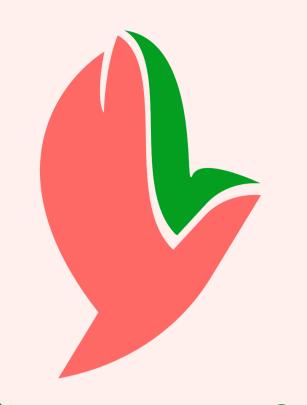
Intuition Life runs better when you trust your intuition and act uponit September 14





to Share September 15





lluminate Shine your light brightly to illuminate the way for others September 16





Self Awareness Pay attention to your feelings to expand your self awareness September 17





the Universe September 18





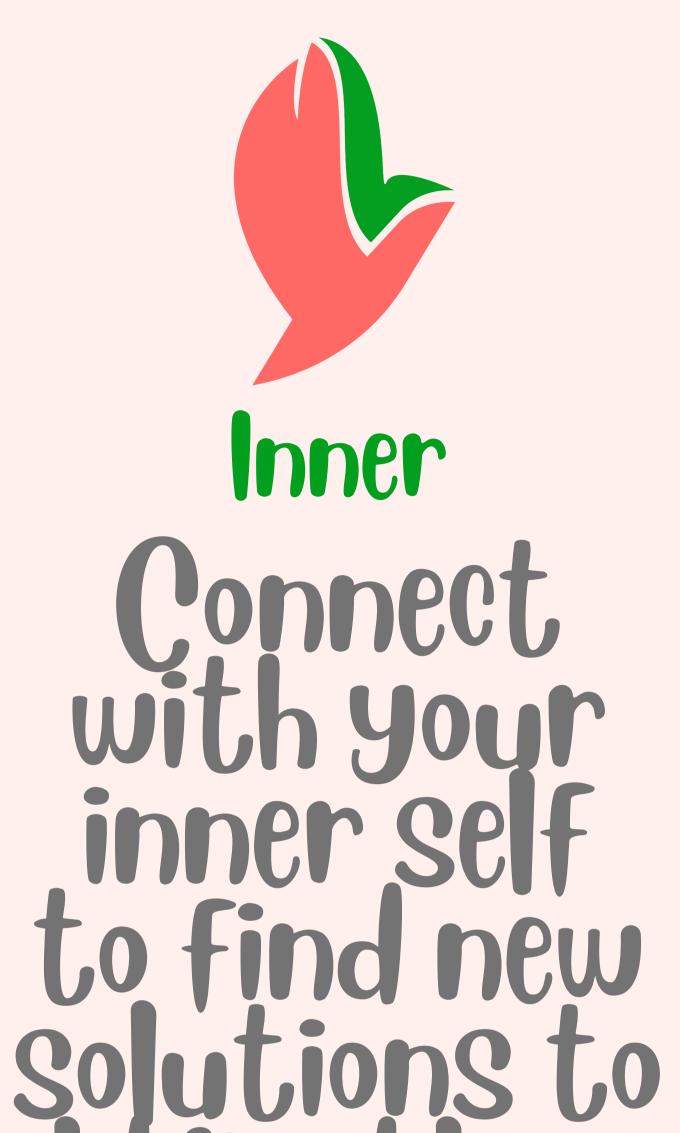
understanding September 19





new directions September 20





old Problems September 21





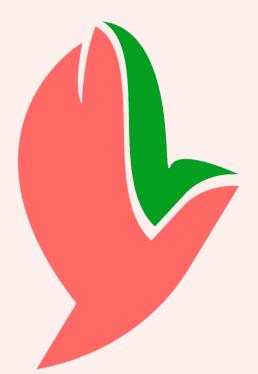
blessings September 22





Close to you September 23





Horizons Broaden Your horizons in ways that excite &

energize you September 24





Your life September 25





Forge Necessary endings will lead you to rge a new life Path September 26





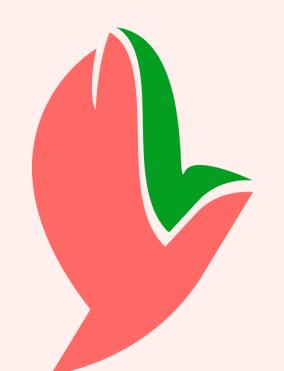
to the fore September 27





Joyful September 28





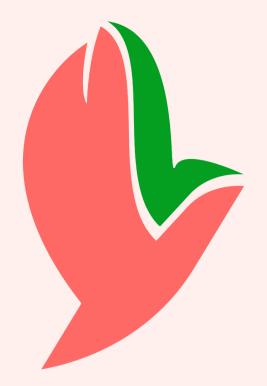
Subconscious Open your Subconscious mind to enhance our psyc abilities September 29





attitude Geptember 30













big things October 1





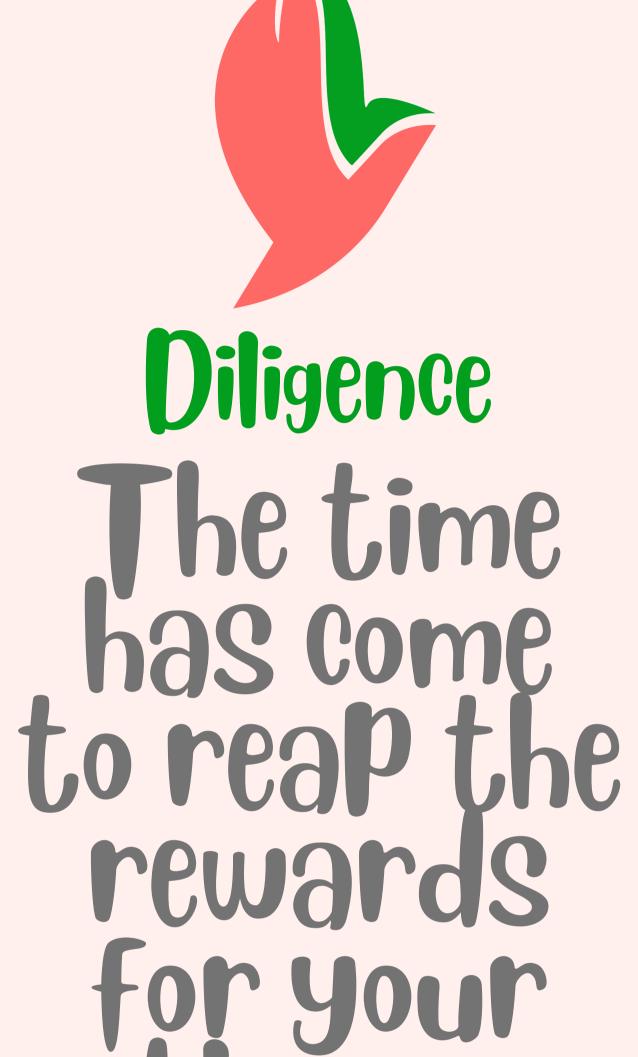
outgrown October 2





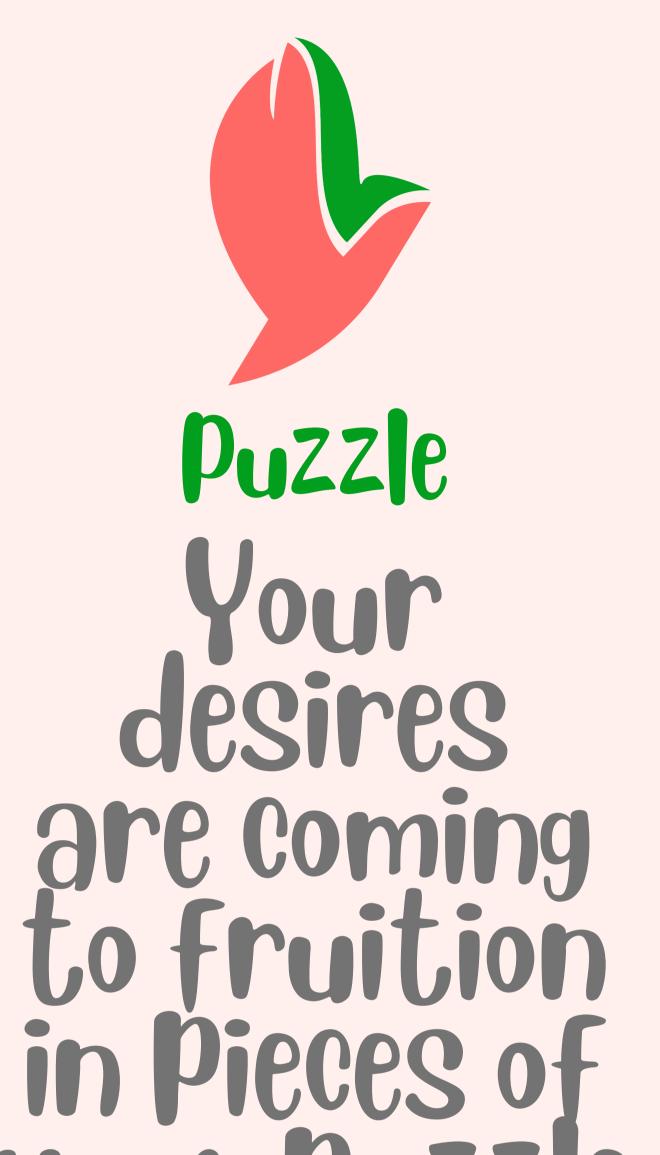
Yourself October 3





diligence October 4





Your Puzzle October 5





Purpose October 6





& wisdom October 7





of love October 8





Flexibility

USe your flexibility to fulfil your Spiritual destiny in

Joyous ways October 9





Encouragement Justask whenever You feel the need for

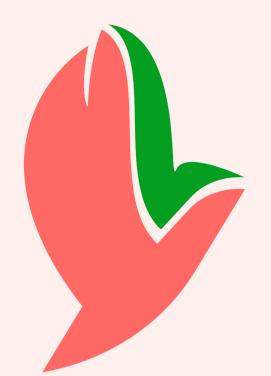
encouragement October 10





& maintain October 11





Happening Changes happening around you bring perspective to your choices October 12





Yourself October 13





right time October 14

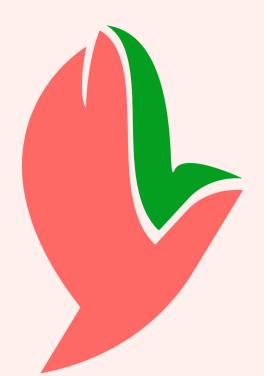




Power USE Your Personal Power bouer to live your life

as you wish October 15

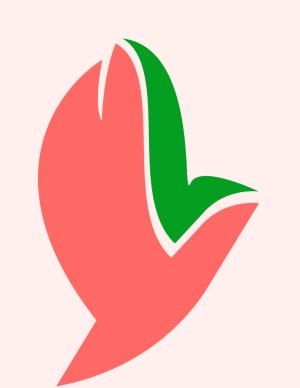




Example The examples you set by living your truths teach those who

Follow October 16





Solutions When you have confidence Solutions Start to pear on your Path October 17





You Can do October 18





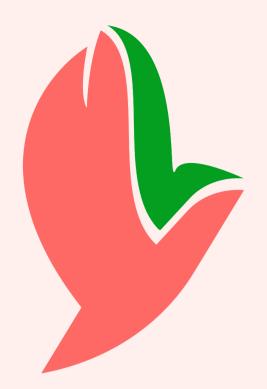
& others October 19





Successful October 20





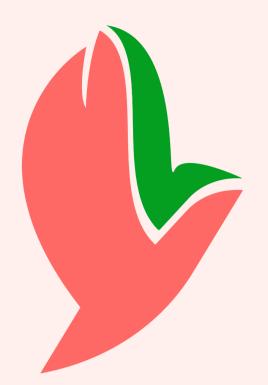
Waiting Uhat you want is worth working towards and waiting for October 21





take action October 22





Infinite Expect the unexpected from the infinite bundance of possibility October 23





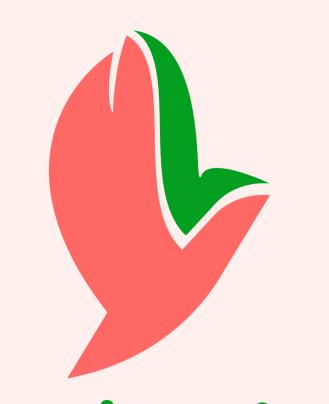
of You October 24





You are October 25





Leadership Take on a leadership role to Put, a aninto action October 26





listen October 27





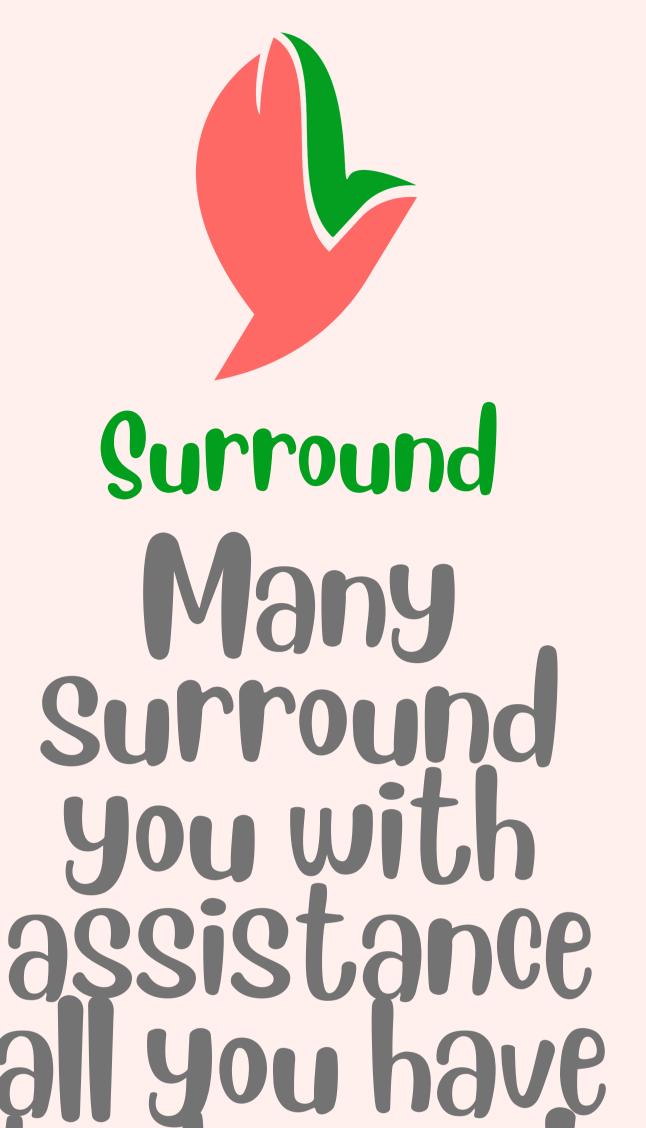
Your future October 28





Forward October 29





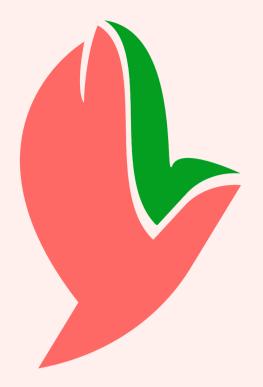
to do is ask October 30





CircumStance October 31

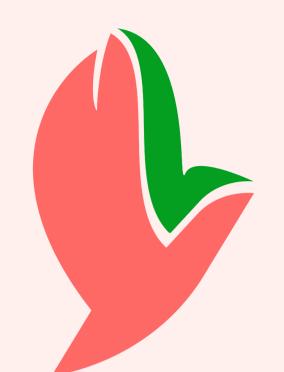






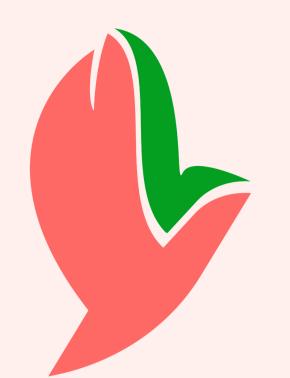






HindSight What happens is not apparent until appreciated with hind Sight November 1





Imagination USe imagination & intellect to create your inspired

results November 2





are November 3





& kindness November 4





burdens November 5





of mind November 6





Project The vibrations you Project outward are reflected back

to you November 7





tobe November 8





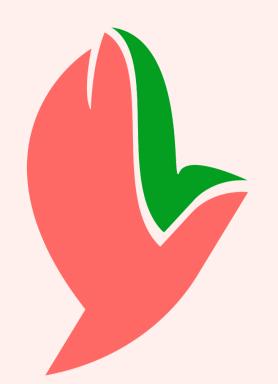
highest self November 9





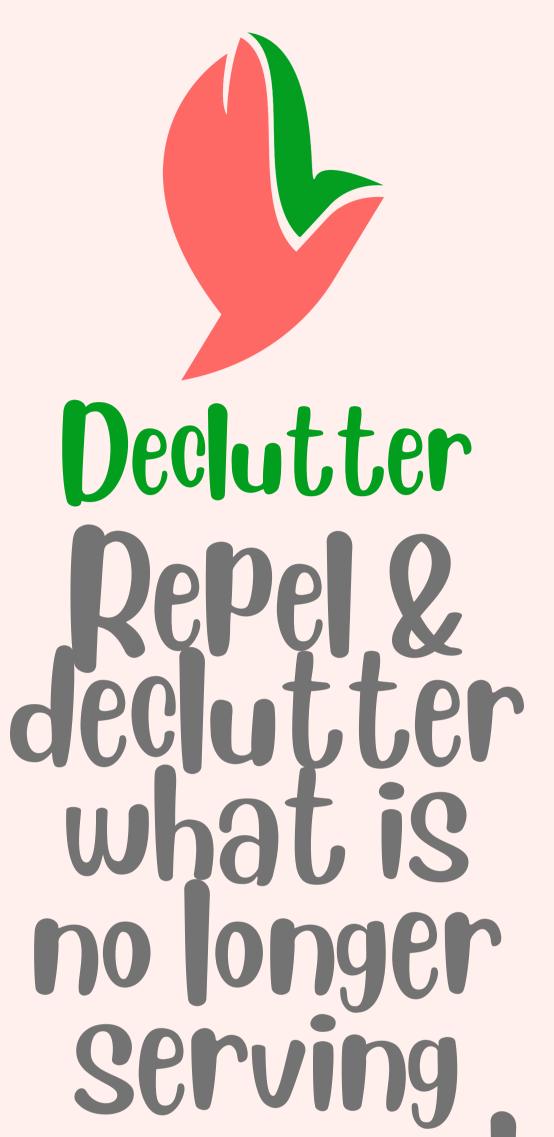
Forward November 10





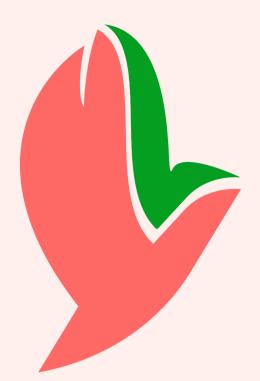
Acceptance The key to open your door to transform is self acceptance November 11





Your Soul November 12

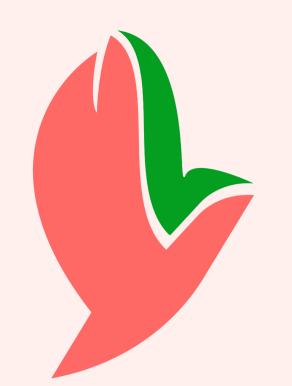




Better Allow Your Past Past experiences to make You a better

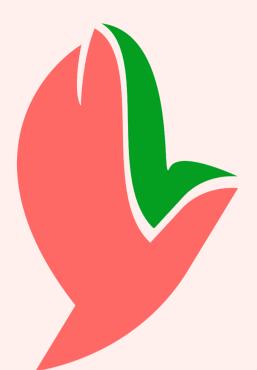
Person November 13





Strength Stand in Your own StrengthS to allow your true Power to Shine November 14





Healing Send beams of healing energy towards those who need it most November 15

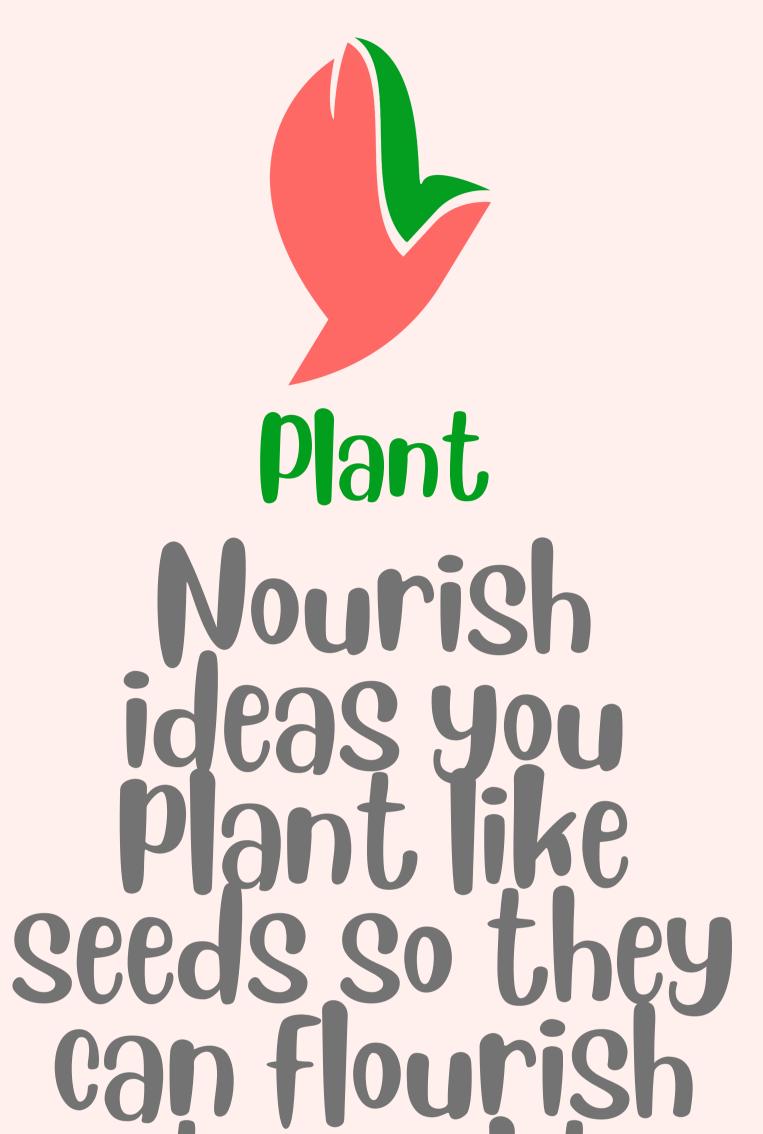




Creative Do Something creative to feel free to See the world in

new ways November 16





into reality November 17





with its tone November 18





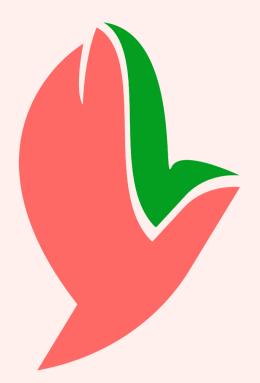
exPeriences November 19





Your life November 20





Ceasons Enjoy the change of seasons to enjoy the changes of life more November 21





circumstances November 22





guidance November 23





a makeover November 24





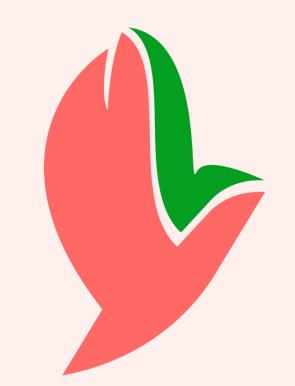
ProJect November 25





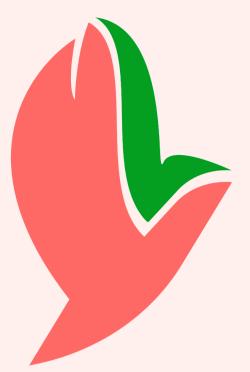
beauty November 26





Enthusiasm Your future ooks bright So get on living your life with enthusiasm November 27

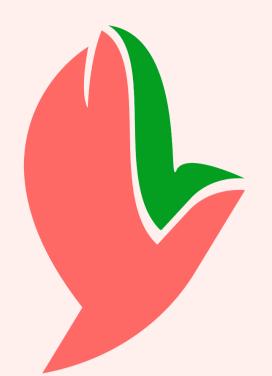




Access Uhen you access your intuition you attain Control

of your life November 28





Humanity Have faith in humanity and the future of our

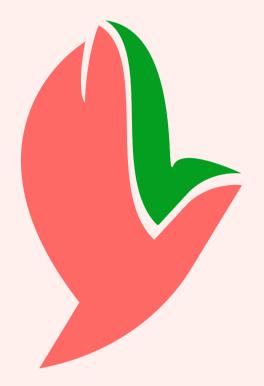
habitat November 29





Capable of November 30









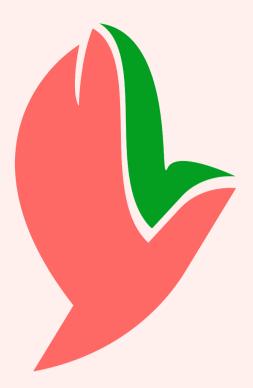




Undergoing Change is a Jonely trail You must trave on

Your own December 1





Spruce USe your creativity to spruce up your style to attract

Fresh energy December 2





or Potential December 3





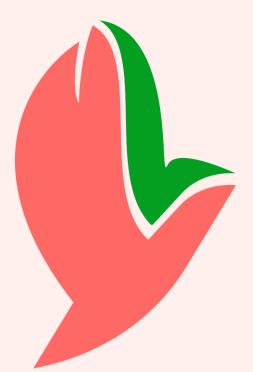
expectations December 4





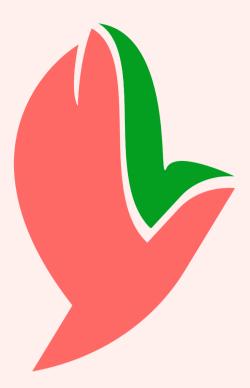
of your Job December 5





Honest Behonest you can achieve & can be December 6





Fresh Life is never stale when you make each moment

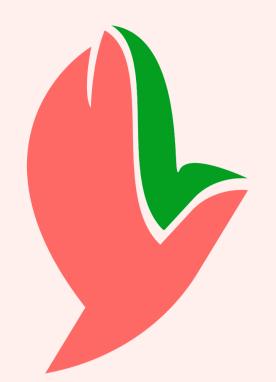
Fresh December 7





happen December 8





Forefront Meditate to allow your own knowingness to come to the forefront December 9





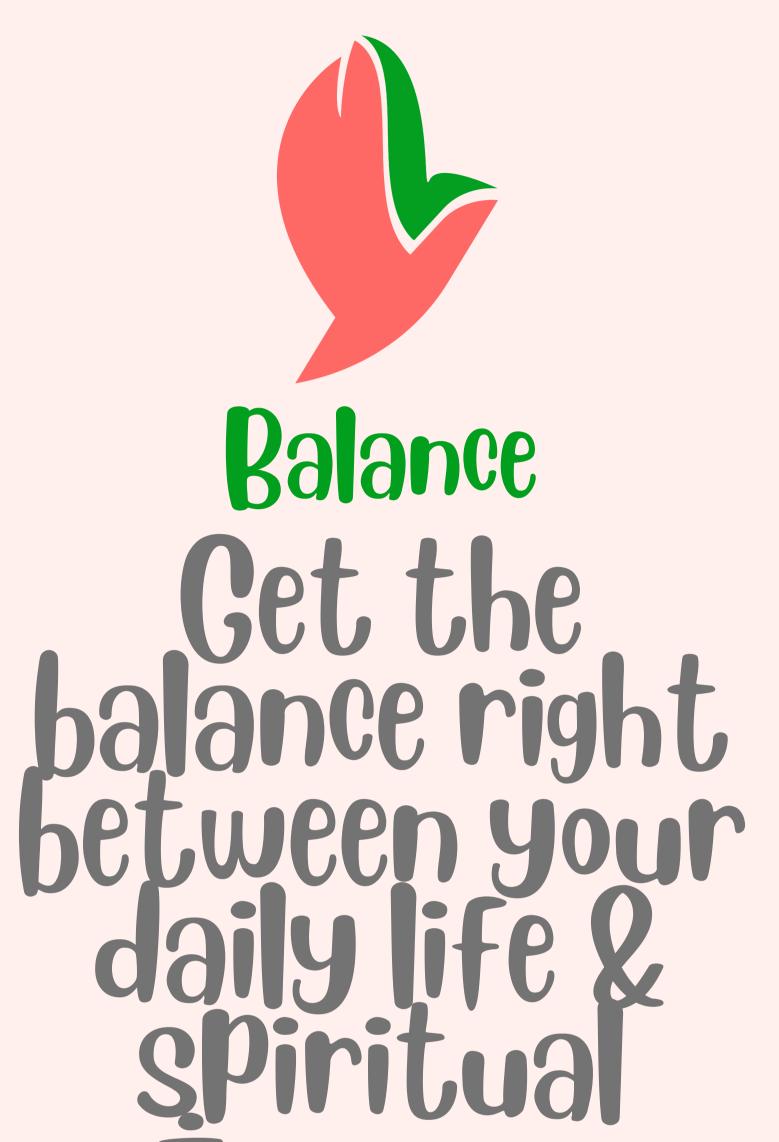
Yourself December 10





mission December 11





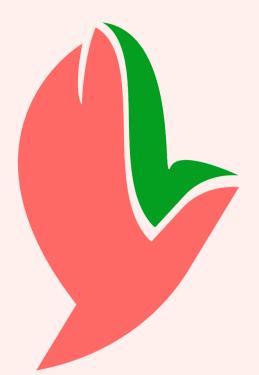
Journey December 12





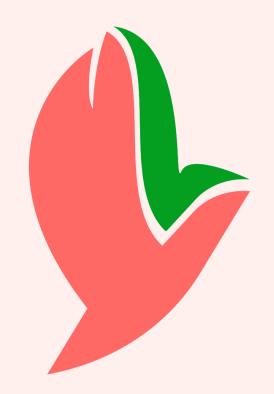
Path December 13





Supply Additions your life to Supply uwith abundance December 14





Possess Trust that you Possess the necessary skills & talents

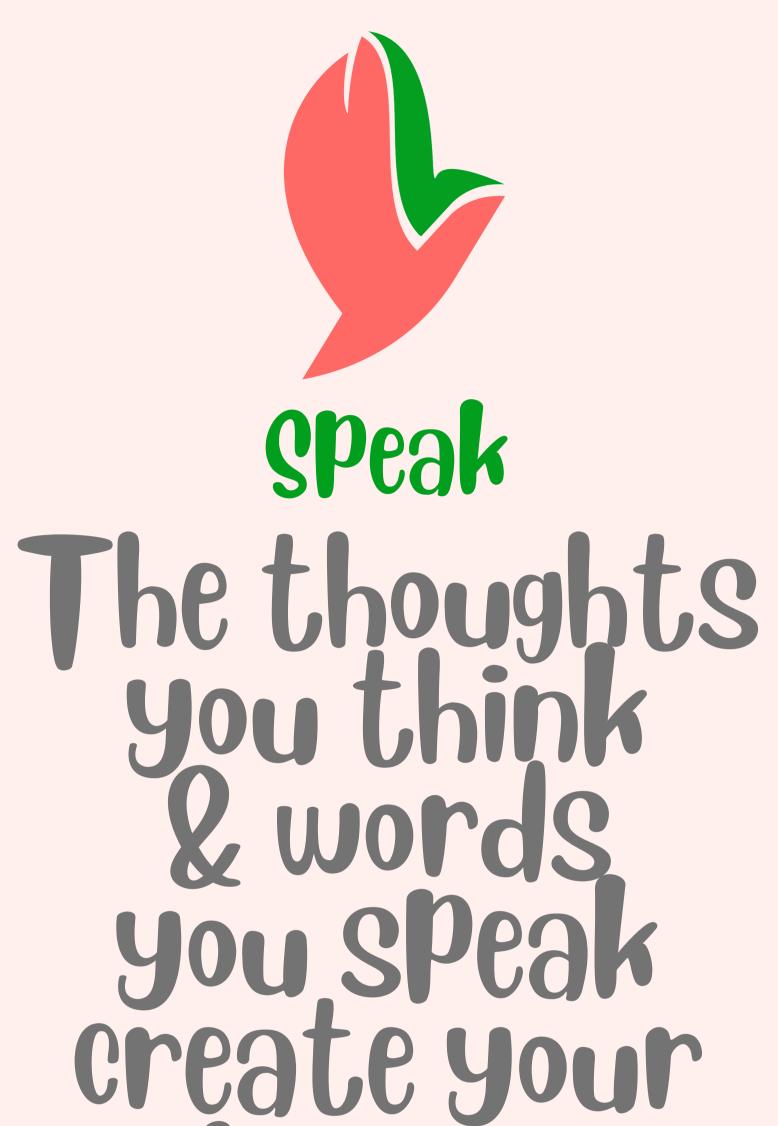
You need December 15





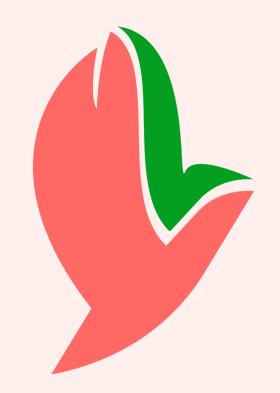
gratitude December 16





experiences December 17

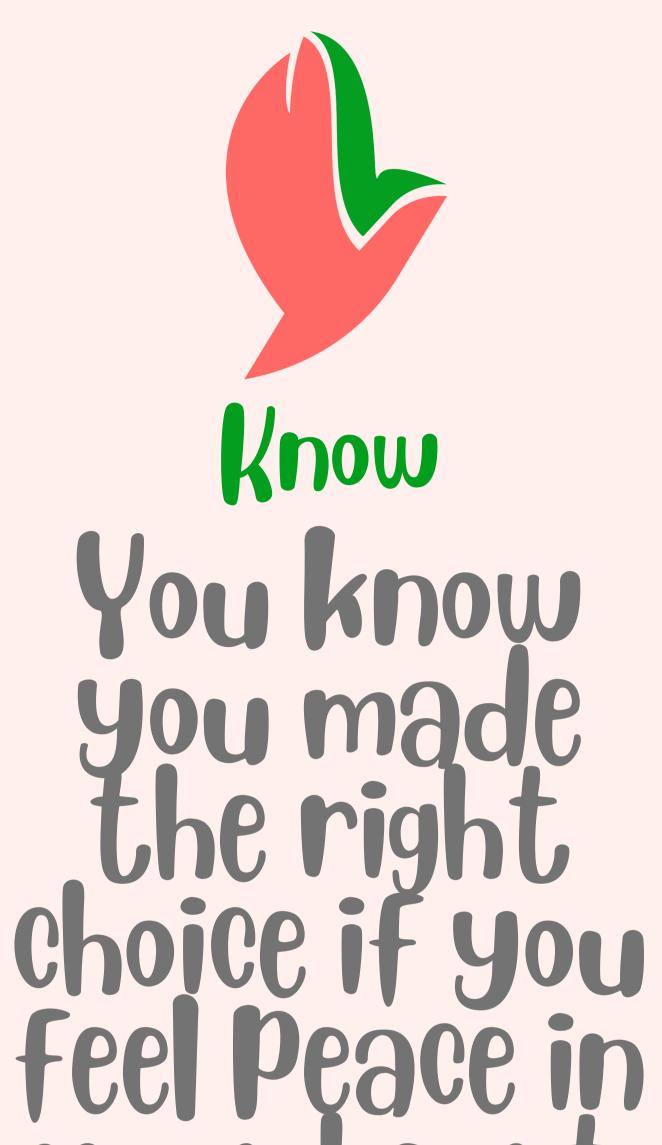




Course Stay on your course of change to see Positive

outcomes December 18





Your heart December 19





Your life December 20





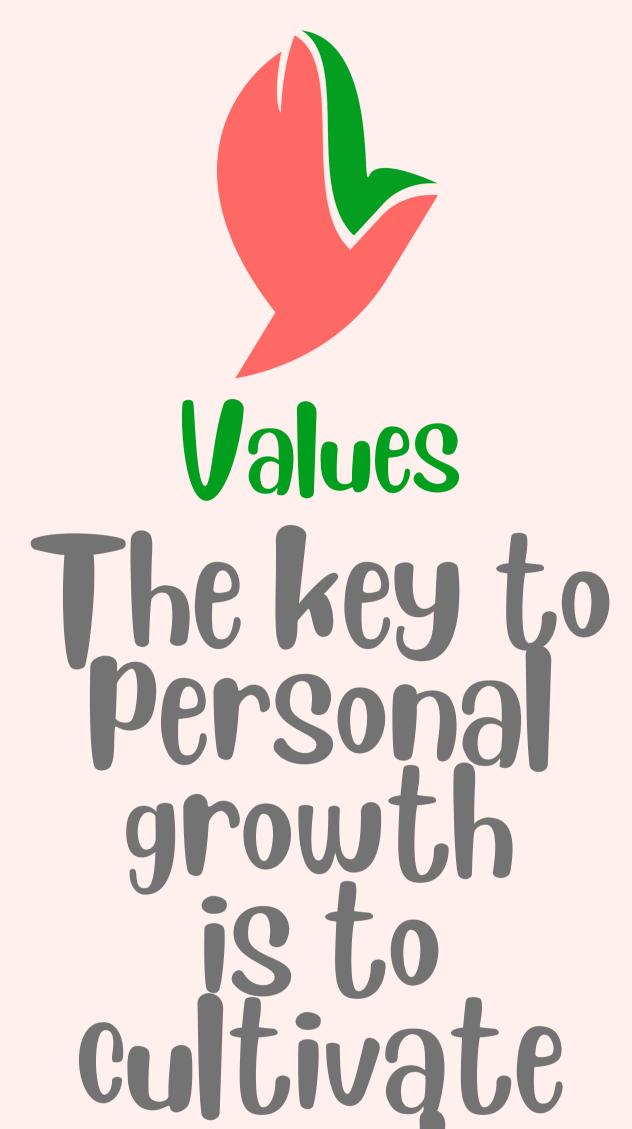
Your own way December 21





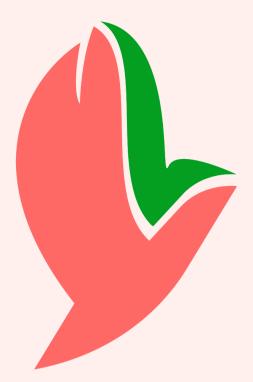
Your Call December 22





Your values December 23





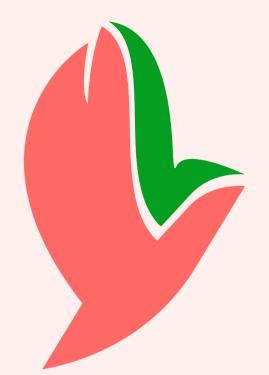
Energy Live in alignment with the energy of giving & receiving December 24





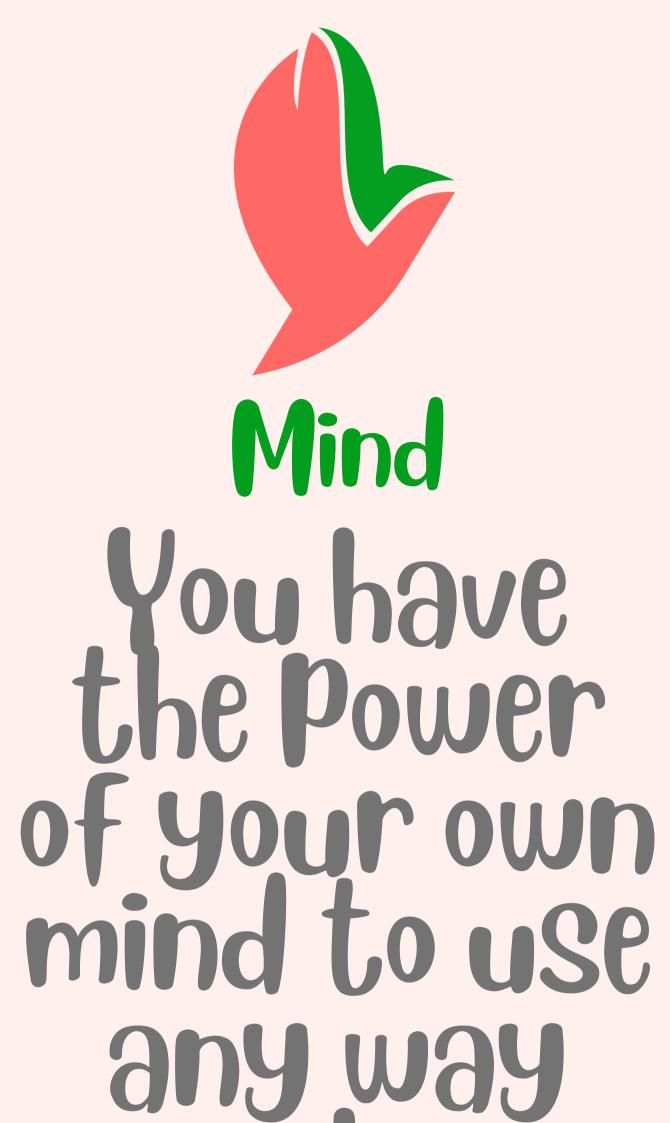
Success December 25





Appreciate When you appreciate what you have it preciates in value to you December 26





You ChooSe December 27





will receive December 28





For You December 29





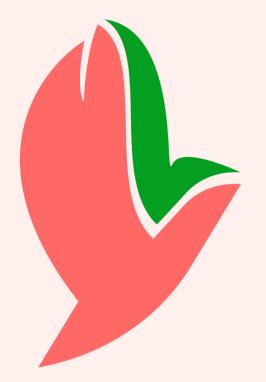
Peace of mind December 30





in Your life December 31





Happy New Year

