



Twitter HashTag
#goodenergy

The Good Energy Movement

A Handy Guide to creating Good Energy in our world.

May 2009

[Http://www.GoodEnergyMovement.com](http://www.GoodEnergyMovement.com)

Twitter: #goodenergy (Good Energy Movement)

Twitter: #GED999 (Good Energy Day)

Twitter: #GEM (Good Energy Movement Leader Communication)



Twitter: #GED999

The Good Energy Movement is happening right now all over the world. However, on September 9, 2009 at 9:09 am at Albany State University in Albany Georgia a celebration of Good Energy will take place.

- **We will play “The World Game”**
- **Watch**
- **Speakers.....**
- **Other stuff**

Need more on the actual event:

The Prime Directive

This movement is about ordinary Good People of Earth doing extraordinary things in their own lives.

It's about

- **Love**
- **Peace**
- **Happiness**
- **Well-Being**
- **Creativity**
- **Freedom**
- **Gratitude**

It's about you and your inner greatness and simply allowing it to show in your every day life.

So how can you do and ordinary thing like live your life in a great and grand way?

Remember, there is not a thing too small, that it can't be done in a great way.

- **Smile at everyone**
- **Express Love for everyone**
- **Be easy with yourself and others**
- **Approach life with a childlike wonderment**

- **Know that you are perfect manifestation of love and harmony**
- **Know that you are powerfully creative in your ability to shape your world.**
- **And for crying out loud turn off the media pipeline into your life and take back your mind. In other words, turn off the TV!**

Reclaim these brain cycles and fill them with Good Energy and allow yourself to take action on the inspired thoughts that come to you.

What can I do?

- 1. Sign up for email alert and Good Energy Resources at <http://www.GoodEnergyMovement.com>**
- 2. Get a Twitter account. If you are the first in your area to proclaim that you are creator of good energy, go get an account on Twitter (<http://www.Twitter.com>) under the name of:**

GoodEnergyXX (where the XX is the abbreviation for your state or area of the world.

You may also claim the 01,02,03 versions of the name or whatever version of GoodEnergy_____you can create. Get creative!

3. Tweet up a storm about Good Energy and Good Energy Day using the hashtag #goodenergy

Just include the text #goodenergy in your Twitter posts. It helps people find us.

ReTweet other GoodEnergy leaders Tweets.

3. Join the Facebook group GOOD ENERGY DAY 09/09/09 and post everything you can find about Good Energy. (<http://www.FaceBook.com>)

The Greatest thing you can do to promote and foster good energy is go out in your world and create it!

Here are some easy fun ways to create your own Good Energy Movement:

Create a Good Energy Mastermind Group.

Dedicate at least 1 hour a week to talking to at least two other people via regularly scheduled mastermind group about how to make the world a better place through the active spreading of Good Energy in all of it's forms.

Create R.A.G.E. (Random Acts of Good Energy) in my life on a daily basis.

Say "I love you" to one more person today than you did yesterday.

Say "Thank you" to one more person today than you did yesterday.

Smile.

Feel Gratitude for as many things in your life as you can.

Meditate on everything good in your life.

Embrace a future that is filled with possibility.

Recognize that the Good Energy Movement not just observing and recognizing Good Energy but actively creating it in your life.

Good Energy Movement Resources

Create Good Energy

The Good Energy Movement

[Http://www.GoodEnergyMovement.com](http://www.GoodEnergyMovement.com)

Clean water for all.

Clear your mind

Dr Joe Vitale – Zero limits and the ancient Hawaiian practice of Ho'oponopono

<http://www.ZeroLimits.com>

Get in a Mastermind Group

Kim Burney Masterminds

<http://www.believinginmiracles.com/html/mastermind.html>

Create more Love in your life

Harmonic Thought – Love Energy Routine

<http://www.HarmonicThought.com>

Wage Peace

The Global Peace Project

<http://www.GlobalPeaceProject.com>

Please forward this document to everyone. Please help us spread Good Energy throughout our world! Now.