



kindness

through the lens of the

energy bank

method™

GIVING FROM A PLACE OF FULLNESS.

by Alison Canavan

Kindness is one of the most misunderstood energies we carry in today's world. We speak about it as if it is always soft, always giving, always good and always accommodating, but from the perspective of the Energy Bank Method, kindness is far more nuanced than that. I created The Energy Bank Method to teach people about energy and frequency because learning the language of your own energy is the single most important thing you can do for your mental, physical and emotional health. When I look at energy, I ask if it is expansive or contractive? True kindness is an energy that expands us. However, false kindness, or kindness rooted in fear and people pleasing, can quietly drain us.

One of the biggest distinctions I have learned both personally and through working with clients is the difference between kindness and people-pleasing. They can look similar from the outside, but energetically, they come from very different places.

People-pleasing is often kindness with an invisible contract attached. It says, If I do this, maybe I will be liked. Maybe I will be safe. Maybe I will avoid conflict, or perhaps I will get my needs met. It usually comes from a place of contraction, a subtle

fear of disappointing others or being misunderstood. And when we operate from this space, our Energy Bank leaks. We overextend. We say yes when our body is saying no. We give from depletion rather than overflow.

True kindness, however, is grounded. It is honest. It has boundaries. It doesn't abandon the self in order to care for others. In fact, real kindness begins with self-respect because when we honour our own energy, what we offer others comes from a place of fullness. It feels light rather than heavy. Expansive rather than exhausting. It also comes with no strings attached, and when we are giving or being kind just because we feel called to, then we have zero expectations.

From an Energy Bank perspective, this is an important question to ask yourself:

Does this act of kindness expand my energy or contract it?

If you feel resentment afterwards, if you feel drained or unseen, that is information. Your energy is telling you that something was out of alignment. Kindness should not leave you feeling empty. Genuine kindness creates connection, not depletion.

One of the most powerful shifts we can make is to redefine kindness as truth expressed with care. Sometimes the kindest thing we

can say is no. Sometimes the most loving act is stepping back, allowing someone else to grow through their own process, or holding a boundary that protects the relationship rather than erodes it.

When we begin to spend, save, and invest our energy consciously, we realize that kindness is actually an investment energy. It multiplies when it is authentic. It raises the frequency of our relationships and creates safety, not because we are endlessly giving, but because we are fully present.

I often say that energy is the currency of your life. Where you place it matters. If you are constantly spending your energy trying to keep everyone comfortable, you are withdrawing from your own future wellbeing. But when kindness comes from clarity, alignment, and self-awareness, it becomes one of the greatest energy amplifiers we have.

So perhaps the invitation today is simple: Practice kindness that includes you.

Choose the kind of kindness that leaves you more connected to yourself, not less. The kind that feels steady, clear, and quietly powerful. Because when kindness is rooted in truth, it doesn't just help others, it expands the energy of everyone involved.

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