

# Energy Blocks

"Insanity: doing the same thing over and over again and expecting different results." ~ Albert Einstein

"Problems cannot be solved with the same mindset that created them." ~ Albert Einstein

As I wrote in my article "Levels of Energy", Level 6 is high to very high anabolic energy and is associated with the core thought of synthesis. Synthesis in this context is the blending away of the illusion of individuality. Instead, it is the ability to see the whole, the big picture, and not just its parts. People expressing Level 6 energy see everyone and everything as a part of themselves.

Level 6 is where our intuition and our ESP abilities come alive. Visionaries, creative geniuses, and brilliant and conscious leaders, in all aspects of life, utilize this Level of energy and use it to create new and exciting innovations and variations for all of our benefit.

Clearly Albert Einstein had a lot of Level 6 energy, and all of us can increase our Level 6 energy!

As a quick review there are two types of energy: anabolic and catabolic. Anabolic energy describes energy that is expanding, healing, constructive, fueling, and growth oriented. Anabolic energy helps to move us forward and to achieve long-term, positive, successful results, and is useful in leading others in the same direction. Using anabolic energy allows us to be more aware and conscious of what is going on around us and to have a more complete view of the situation, which makes it much easier to come up with solutions and innovations.

On the other hand catabolic energy is resisting, draining, and contracting energy. Even though it provides us with an energetic boost to deal with what we perceive to be a stressful situation, catabolic energy also acts like a blinder through which we see only a limited view of a situation, thus reducing the number of choices available to us. Although there are some short-term benefits, in the long run, catabolic energy imparts physical, emotional, and mental tolls that are potentially destructive to us, to all those around us, and to our organization.

Energy blocks are the obstacles that prevent us from accessing our highest anabolic energy. They create catabolic energy and diminish who we are in our role as a leader. They block the flow of our true powerful and creative abilities. They hold us back, slow us down, and limit our ability to assist those around us in gaining access to their own success. There are five types of Energy Blocks. **Anything you are not achieving is due to one or more of these five energy blocks.**

The five types of Energy Blocks are:

- Outer Blocks
- Limiting Beliefs
- Assumptions
- Interpretations
- Gremlins

### **Outer Blocks**

Outer (or external) blocks are those things outside of us and perhaps out of our control. Economic conditions are an example of an outer block. Poor economic conditions may limit the availability of resources needed to complete a specific project. Another possibility is a leader may have to delay or cancel the launch of a new business venture if economic conditions are negatively impacting their company. How we feel about these external factors can create catabolic energy within us.

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### **Inner Blocks**

The other four blocks are Inner Blocks, which are those blocks produced within us. They disrupt and distract us from our success. They can be beliefs we have about our world and our environment, ways in which we apply and integrate our past experiences into the present moment, interpretations we create about events and people, or that inner critic (gremlin) that derails our attempts to achieve and accomplish our goals. By looking at these inner blocks carefully and objectively, we can release the hold they have on us along with the catabolic energy attached to them, and become more successful.

### **Limiting Beliefs**

Limiting beliefs hold us back from success. If we do not believe something is possible, we are not likely to even attempt it. Even if we do attempt it, we won't devote much energy to achieving that goal.

Limiting beliefs are general beliefs about life, our environment, our situation, and the people in our life that we accept as true (often without any inspection) and that limit us in some way(s). Some typical limiting beliefs are: successful people are lucky, success takes hard work, success is all about making money, and you have to be in the right place at the right time to succeed.

### **Assumptions**

Assumptions are an expectation that because something has happened in the past, (to you or those around you) it will happen again. They are more personal than limiting beliefs and usually have more catabolic energy associated with them than limiting beliefs. Assumptions are debilitating to businesses, groups, and individuals because, based on past experience, when we believe we already "know" something won't work, we typically do not even consider it a possibility. Even if we do try it, we might move in a counter-productive direction. Some typical assumptions are: I will never be good at math, I will never be truly successful, and I have always had to work very hard to get ahead, so I always will.

### **Interpretations**

Interpretations are opinions and judgments that you create about an event, situation, person, or experience. When you interpret something you decide that your viewpoint is the only one that is true. The result is you will not be aware of another point of view and you will take certain actions that may lead to wasting a lot of time or money. Holding onto interpretations may feel easier and potentially less risky so we often do not challenge our interpretations. However, letting them go opens us to greater opportunities and experiences. Some typical interpretations are: He does not like me, they do not respect me, my daughter is just plain lazy, and she doesn't care about the family.

### **Gremlins**

Gremlins are the energy blocks with the most emotional charge attached to them. They are the inner critic we all have. Each gremlin is highly personal and rooted deeply inside of us. The gremlin's debilitating message bubbles up in many forms: "I am not smart enough", "I am not experienced

enough", "I am too old", "I am not good looking enough", etc. The bottom line message is always "I am not good enough to cut it."

### **Success**

Energy blocks create catabolic energy and diminish who we are in life and in our role as a leader. If we are not achieving any of our goals, it is because at least one of the energy blocks in is our way.

Removing these blocks allows for the flow of our true powerful and creative abilities. Removing these blocks will propel us forward, speed up our own success, and increase our ability to assist those around us.