

Levels of Energy

In the last fifty years, since the work of Albert Einstein, physics has been telling us that matter as we know it is in reality just another form of energy. The atoms we thought were solid are actually made up of "particles" that are vibrations. Material objects are actually bundles of vibrating energies, and a great deal less solid than we normally think.

There is growing proof that the mystics have been correct for all these years, and we do have "subtle bodies" made up of energy patterns within and around our physical bodies. These subtle energy bodies function as a template for the growth and development of our physical bodies. The various energy bodies are much less dense than the physical body, and thus are much more easily affected by the forms of energy we call emotions and thoughts.

Modern science is telling us that energy is everything and everything is energy. There are many forms of energy, such as kinetic, potential, nuclear, electromagnetic, gravitational, etc. In the context of this article energy refers to a combination of physical, emotional, mental/psychological, and spiritual energy. Another way of saying this is energy is about the way you present yourself in and to the world.

Energy in this context is the potential people have for success in life. Our potential output (the results we can achieve) is based on our level of consciousness. Consciousness is the level of our self-awareness, how fully we realize our true self, and the level of our self-image. The higher our level of consciousness, the more energy we have, and the more productive, peaceful, powerful and healthy we are. Our Personal Energy is made up of an electromagnetic field, our energy centers (aka chakras), the emotional, mental and astral bodies, our brain and nervous system, and a whole lot more!

People are made up not only of individual cells, but also of thoughts, emotions, beliefs, attitudes, behaviors and more. Each of these has an energetic force. For all practical purposes 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.

There can be a catabolic or an anabolic energy in a single cell, an organ of the body, a system of the body (such as the circulatory or nervous system), the entire body, a thought, an attitude, an emotion, etc.

Our physical bodies are energy systems. This energy system is self-governed and is greatly affected by our thoughts. The body always seeks to maintain its energy system to keep it in the anabolic (healthy) range. However, every thought we have affects this system and catabolic (unhealthy) thoughts and actions produce less than desirable results in the body.

R. K. Ebert, PhD, the former Director of Clinical Neuropsychological Services at Temple University Hospital wrote:

“Catabolic energy fields result from the individual’s alignment with beliefs, values, principles, etc., that are in opposition to the Truth.

Each thought contributes a specific energy pattern to the energy field of our being. There are no idle thoughts. All thoughts have an energetic consequence. It is only a question of how our thoughts will affect us energetically. All thoughts create in their own likeness. Catabolic energy injures, anabolic energy heals.

In this reality every individual possesses a characteristic Level of Consciousness that frames, or limits, both the perception of and the response to external reality.”

There are seven levels of energy (consciousness) and at any given moment we are somewhere within these seven levels. Our current state of consciousness is composed of our existing energetic framework, which encompasses every thought, feeling, and emotion we have had today, as well as all of our recent actions. It also includes every feeling, thought, and emotion we have ever experienced, plus every action we have taken in our life. Our energetic level is noted as our Average (the combined values of the energy of each thought we have) Resonating (how our energy vibrates, attracts and repels) Level of Energy.

The higher levels of energy are anabolic and constructive while the lower levels are catabolic and destructive. Our average level of energy determines our success. The more anabolic energy we have, the better we will do. Our self-perception (which creates our concept of the world around us) is based on our energetic level. This energetic level determines what we attract and what is reflected back to us. Many studies prove that higher Average Resonating Levels (ARL) of energy are associated with higher levels of satisfaction in the areas of personal development, finances, achievement, health, relationships, and more.

The Law of Attraction is the concept that like attracts like. In other words, based on our current energy level, we attract whatever matches that level, no matter whether we want to or not. That does not mean that people always want what they attract. Our thoughts govern our feelings and emotions, and our emotions and feelings shape our actions. Based on what we think and feel about ourselves and the people around us, we create our world.

Thoughts and feelings such as non judgment and joy raise our average energy level, while victimization and anger lower it. Our current state of consciousness is composed of our existing energetic structure, which includes every thought, emotion, and feeling we have had today, as well as our recent actions. We are more successful when we make choices from knowledge, intuition, passion and power, rather than from fear, worry and doubt.

Operating from a higher energy level has real advantages:

- Higher consciousness enables us to balance all areas of our life
- We can break through our limiting beliefs, our fears, and any other blocks
- We feel much better mentally, emotionally, and physically

Successful people have a certain energy about them that is one of their most valuable resources. In a survey of some of the most successful people, all of them put energy in their top three on the scale of requirements for success. In addition, when pressed, almost all of them placed internal energy above physical energy in terms of critical attributes.

Bruce D Schneider wrote an excellent book called "Energy Leadership" that describes the seven levels of energy as follows:

Level 1 Energy

This lowest level of energy is catabolic. If we have any energy in this level, we are a victim to (at the effect of) certain events, thoughts, beliefs, emotions, and perceptions that hold us back from success. Level 1 energy includes thoughts and feelings of guilt, fear, worry, self-doubt, and low self-esteem (in general or in any particular aspect of life).

When we operate from a Level 1 perspective, we feel as though we have a lack of choice or options. At the level we feel trapped by certain circumstances or believe we are, in some way, at the effect of what happens around us. Level 1 energy can result in avoidance of situations or difficult issues, and also in trouble making decisions because we feel helpless to make a difference. Emotionally, Level 1 energy feels bad, and the amount of desire, engagement, and action for life is very low.

We all experience Level 1 energy at times, and in some aspects of our lives, and this are normal. Normal, however, does not mean required. With the help of a good coach, you can remove what is no longer working for you or desired by you, and replace it with more of what you really want.

Level 2 Energy

Level 2 energy is also catabolic. Level 2 energy is the predominant energy in the workplace and in life in general. It is characterized by conflict and has the core emotion of anger. This energy contains thinking of frustration, struggle, resistance, antagonism, and defiance.

Everything, from a Level 2 perspective, tends to be viewed as black or white, good or bad, right or wrong. These judgments result in limiting our options because the full scope of available possibilities is not apparent to us when we operate with this energy. At Level 2 we typically come from a win/lose frame of reference. There are certain aspects of life where this may actually be the case. Most of the time, however, there are much healthier and more powerful ways to achieve successful results.

Many leaders have Level 2 energy, and they are usually unhappy and often unhealthy. They manage by control, force, or coercion. They can get caught up in focusing on "what is wrong", "what is broken", and potentially, "who or what is to blame". The initial results may look successful, but this way of leading others and organizations will ultimately fail because the effort required to live and act with constant catabolic energy will drain them and all those around them.

Level 3 Energy

This is the first level of anabolic energy. At this level we take responsibility for our thoughts, emotions, and actions, and know that what we think and feel is up to us, not others.

The focus of Level 3 energy is on winning, through achieving our goals and meeting our own agenda, first and foremost. The difference between this and winning at Level 2 is that the intention when we operate from a Level 3 perspective is to have the other person win as well, but only after securing the win for ourselves.

People who have a lot of Level 3 energy are experts at justification and rationalization. They usually motivate themselves and others by finding ways to forgive, cope, tolerate, release, compromise, and explain away stress, resentment, disappointments, and other burdens in order to encourage cooperation and productivity.

Level 4 Energy

Level 4 energy is moderately anabolic, and the core thought associated with it is concern for others. It is the level of giving, caring, helping and supporting. This energy looks and feels very selfless because the focus of action at this level is to work so that others win and succeed.

When we operate at Level 4 we take little or nothing personally because we are more able to see things objectively.

When we are in Level 4 energy we feel that a true win for us is achieved when the other person wins first.

Leaders with Level 4 energy have a great deal of compassion for others. They are inspired to serve those around them. They often promote teamwork, collaboration, and loyalty. This is a very high level of energy, when can lead to great success.

Level 5 Energy

Level 5 energy is moderate to high anabolic energy and all of the greatest leaders in all walks of life express a lot of this energy. Leaders expressing Level 5 energy have many choices available to them as they "play the game of life" because they have a wide-ranging, highly conscious view of situations.

Level 5 energy reconciles right and wrong, and good and bad so that nothing is judged one way or the other. When we are living in Level 5 energy we see everything as an opportunity. In other words rather than just making "lemonade out of lemons", we are genuinely equally as thrilled by the things that do not go as we had planned as we are by the things that do. The foundational thoughts of this energy level are on reconciling and accepting differences, rather than identifying them and focusing on how to change them.

The intention associated with Level 5 energy is predominately "We all win or we don't play". Many people advocate this idea, but few actually walk the talk. Leaders with this energy are powerful, calm, confident, entrepreneurial-minded, and feel a sense of inner peace and fulfillment. They live with the belief that they do choose their life experience, and they are in control of their lives.

Level 6 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.

At Level 6 there is a sense of connection with everyone and everything which creates the perspective "We always win". This point of view means no one really ever loses and everything that happens has purpose and value. By taking a long rather than a short view of life and the events in our lives, a purpose can be found in everything that occurs. Level 6 energy brings an enduring sense of satisfaction, pleasure, and joy.

Level 7 Energy

Level 7 is the highest level of anabolic energy and is characterized by non-judgment, completely objective thinking, and fearlessness. The master of this level can access and use any of the lower levels at will.

Using Level 7 energy, leaders are able to view their world and their organizations with complete objectivity. When we are expressing this level of energy we understand that "Winning and losing are illusions", and that those are just terms that humans created to help us play the game of life by the rules we also created. No human can express Level 7 energy all the time, and with practice, everyone can learn to access it.

People who access this level of energy are the most powerful people in the world. They consciously create their life experience and they are participants and observers simultaneously.

Summary

In short people in Level 1 energy perceive only the problems that stem from victim consciousness and miss the solutions. People in Level 2 energy are into conflict and defiance, with fear, anger and anxiety. Level 2 is all about control, specifically attempting to control others. A sense of entitlement stems from Level 2 energy. Level 3 is all about cooperation, forgiveness and taking responsibility. They still judge others as inadequate, but they don't focus on blame and anger. There is acceptance of the way others are and they shift the focus onto themselves. Level 4 energy feels like concern: we consider the welfare of others before our own. Our object is to serve others in the very best way we can. However, we can feel frustrated and drained if we are unable to help others get "better". We are also still in a lot of judgment since we are seeing other people as having "problems". With Level 5 energy we release much of the judging and are able to see the judgments for what they really are: reflections of our own mind and most importantly, reflections of our past. The driving force behind Level 5 energy is opportunity, and people at Level 5 tell themselves that there must be a purpose for anything that happens. At Level 6 no choices are needed. We experience all situations in life not as good or bad, but only as situations. There is little, if any, need to make judgments about oneself, others, or life's occurrences. Thus we encounter an ongoing joy within ourselves for no "reason" at all. We can still feel the pain associated with everyday living, but we don't judge that pain. At Level 7 the three-dimensional world that we think we know and see becomes obscure and indefinable. Our creative ability is constant and does not require an

opportunity to present itself. We experience no judgments. Level 7 is passion for all of life's experiences equally, without judging them.

This scale is a measure of catabolic vs. anabolic energy, fear, and judgment. Level 1 has 100% catabolic energy, 100% fear, and total judgment. Level 7 has 100% anabolic energy and no fear or judgment. In all situations we will still have a variety of thoughts, and those thoughts may come from various levels of energy. What we are concerned with is the core thought. The true measure of our energy is based on our core beliefs.

A great analogy for the seven levels is WHITE LIGHT, which is made up of all of the colors. Our true self is Level 7, and at any given moment we can express ourselves at any level. Remember, there are advantages and disadvantages to every level of conscious energy, even if some of them are only short term.

Keep something very important in mind. Based on your A.R.L., you will either attract or repel challenges. Your energy level determines not only how you see challenges, but also, your level actually influences whether or not certain challenges are even presented to you. Like energy attracts like energy. The higher you can raise your overall energy level, the more likely you are to be successful.

If you are interested in what your Average Resonating Level of Energy is and how you can raise it to be more successful, contact me at 541-400-9940 or mgm00056@earthlink.net