

The background of the cover is a photograph of a sunset over the ocean. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. The sky is a mix of blue and orange, with some scattered clouds. On the left side, there is a dark silhouette of a cliff or coastline. On the right side, a small boat is visible on the water.

Goodology®

Personal Development
Through Good

Bernie Fallon

Goodology:
Personal Development Through Good

by
Bernie Fallon

EBOOK EDITION

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Preface

A woman returned my smile asking, “What are you smiling at?” I didn’t know. It just happens when I walk by another person. And so, the question arises in a book’s preface, ‘why did I write this book?’

The reason for this book comes from the energy that inspired that smile.

For as long as I can remember, I have wanted to do good. I was a sixteen year old working in a grocery store being nice to the senior citizens. I wanted to make them feel safe and supported. I was an eighteen year old little league baseball coach. I wanted the kids to feel encouraged and inspired.

When I bought my first lottery ticket at the age of eighteen, the jackpot was 1.2 million. I thought (okay naively) that it’s a lot of money for just one person. How could I make that grow into a larger sum to help more people?

Graduating from college was interesting because I was caught up in the buzz of landing a job and a salary. I loved to work. I showed an ability to work long hours and care about the quality of my work. I was offered a nice promotion within a few months at my first job, but instead I decided on getting into business for myself, a distributorship in the automotive industry serving Western Connecticut.

It was then that I had a lot of time to plan my life and dream. Deeper desires began to become conscious. When I boiled things done at the age of twenty-five I realized that I wanted to do good. Although I loved the work in certain career options, it was not the grand vision. I really didn’t see *careers* for myself, I saw people. I saw need, emotion and hope. I wanted people to have everything they wanted in their lives. How could I help? How could I be of service? How could I make people’s lives better?

It was my energy inside of me that I wanted to follow. But it was not easy because there was no path to follow.

I just pursued good. I felt there were enough doctors and lawyers. I wanted to create something that wasn't made up of the preexisting learned labels. As far as employment goes, I felt that you could do good *through* a job, like in a customer service job. But, I didn't want the product I was associated with to do harm. If an ingredient in diet cola showed to be unhealthy for human consumption, then I didn't want to be involved. If another product was shown to cause cancer, I could not connect with earning a paycheck from that.

I wondered how people could earn a paycheck from producing a product that harms. I was running out of industries to be involved in. When I looked at it, industries served companies and not people. I didn't want to put my energy into toward things unproductive and hurtful. I became angry at that. Ah ha.

Now I was onto something. I learned anger and I learned frustration. I remember that feeling clearly. I wanted to know what *that* energy was also. This energy was different, a massive block inside of me. That energy could disappear for a while, then reappear without notice. I sensed that my success would match this level of energy within me. Yes, I was onto something. But it was not laid out in words.

On one hand the thrill, happiness and appreciation I had when I saw someone smile and enjoy their life was my inspiration and drive. But as good as I *wanted* to be, I knew that there was a force holding me back deep inside that I could barely see. That force was dictating the amount of success that I would have, ultimately directing traffic.

Through college and after college I *consumed* a lot to feed that pain whether it was eating, drinking or drugs. I would run baseball camps being positive all day, then drink at night.

At the same, there were other pains occurred. When I was nineteen years old after basketball practice on my college team, I was in a major car accident that nearly took my life. There was a shattered knee cap, a femur that looked like confetti and a split hip. The leg was moments from being amputated. Worse were the internal injuries. There was a lacerated liver and spleen. There were broken ribs and the hundreds of stitches throughout my face and head.

Three doctors worked on me simultaneously. Miraculously, I was out of the hospital in just six weeks. The funny part about this accident is that it was like stumbling. You brush yourself off and get up. An incident happens; you deal with it and move on. The accident was little more than that. There was nothing heroic about it. I had the benefit of youth, healing and attitude. Within about six months I was walking. Six months later, I ran a 10k road race with the doctor who repaired my leg.

Physical pain from the accident did nag at me. But through this, I really began to see that there was no pain greater than the pain I felt inside. There was no pain greater than that which I had created seeing an abused or neglected child. I saw starving children in another country or poverty in the USA. The physical pain from the car accident was not greater than seeing someone picked on, taken advantage of or even down on their luck.

I wanted to see fairness, and happiness. I wanted to understand the energy.

Everywhere I looked, I wanted to help. I watched a daytime TV talk show many years ago (Jenny Jones or Sally Jessy Raphael) which had an overweight nine year old girl on. She was sweet. She was an angel from Atlanta, GA talking in her southern accent about how she was picked on during and after school. When she got home she would cry until dinner time. While

she was on stage telling her story, she began to cry through her words. It was painful to watch as she continued telling her story.

Suddenly, as she was crying while telling her painful story, the lights brightened and upbeat music began to play. Richard Simmons came out dancing smiling and hugging the girl. Her tears turned from those of sadness to tears of happiness and safety because Richard was there to save the day. The immediate feeling is to do something to help her. I mean just to be supportive for a hug and tell her that everything is okay.

As nice as this scene was, I felt that the issue with the young girl would not be resolved because there were deeper energies steering the ship. This was around twenty years ago. It was no secret then that kids got picked on then. It is no secret that kids get picked on now. Now that I think about it, I remember my Grandmother telling me that she was picked on in school for being overweight! My Grandmother was born in 1910. Advance one-hundred years, the USA Today on May 3, 2010 wrote a story, "Chubby kids get bullied more often." Have we experienced growth?

Self-help programs or new books would come on the scene and initiate hope. But, the results didn't happen. If I didn't have success in these programs then how could it happen for others who I wanted to help? I knew the self-help programs worked for some people because the advertising said so. I knew the issue was within me. How could I effectively help others when while I *honestly* had powerless moments?

I let my business dissolve when I was twenty-seven, but I studied everything I could get my hands on. My first area was personal health and nutrition. I studied Natural Hygiene, lived the principles and loved it. Still, through all of my study, I learned that people were driven by something other than knowing the proper foods to eat.

I realized that changing diets was nice and could create energy but the solution was deeper. The second area I studied environmental health thinking that good environmental choices would support positive health choices. An intellectual and rational argument didn't have a lot of impact as I saw people still driving gas guzzlers, eating fast food burgers. People were feeding a furnace inside.

The morning televisions today are the same as they were twenty years ago, different books, same material. I moved to Phoenix, AZ. I could barely afford to pay the bills yet I was giving homeless people money on the streets. Before I knew it, I was housing and supporting homeless people employing them in my house painting business.

When I began studying spiritual health things changed because I saw that the solution began with energy within me. Success happened quickly and naturally. I began to have great success in business as a corporate trainer and then owning a grocery store. Things were effortless. It was all coming together for one reason. It was because I allowed it. I allowed my energy inside of me to flow.

As much as I wanted to help people, I realized that the drive for that came from within me. I was matching a feeling within myself. If we were going to solve emotional problems, weight problems, environmental problems or any problem, we would have to understand the furnace inside that we were feeding.

When I connected with that, life became more effortless. Opportunities were more plentiful and saying yes to those opportunities was a breeze. Every single one of us has the same possibility of connection. We will open up that current is through the flow of the most plentiful currency, kindness, goodness, compassion and love.

How to use this book

Goodology is an exercise. Many people physically exercise to keep their body in shape. Movement is good. Caring for one's self is good. It's not always the sustainable answer depending on the driving reasons for the activity. A person can have rippled muscles but still act like a dingbat. They say if you give someone coffee to sober them up, you have a wide awake drunk. The issue is still inside no matter how you paint it on the outside.

The exercise of good *is* energy movement within you. Continually doing that makes you stronger and more connected with your greatest power. The issue is that our energy is very compressed.

For that reason, I use repetition at times and you'll see that points are intertwined because through living, our energy is so compressed within us that we fall back into our own defense mechanisms batting away anything that may be deeply empowering. We may take something in intellectually, but not get the movement in our life that we desire because it doesn't get inside of us. Much of our previous learning has created meaning. That meaning is not always a correct foundation on which to build. For those reasons, take your time and feel your own energy throughout reading the book.

Did you ever have someone finish your sentence like they knew what you were going to say? But, they really didn't and the conversation went in a different direction. There are a few instances where that might apply in this book. You may think you know where I am going with a point, but it may not be the direction that I am heading. I try not to use familiar words and phrases from popular books so you don't think you are going down a certain path.

I do believe that any healing modality that you have tried or self-help technique, should work better when using the principles in this book.

Just take in the information and feel your movement inside. There are light stories and examples that you can relate to. The Introduction has some detail and depth because I want you to begin to see your energetic insides from the start. The greater the depth at which we study this frontier within us, the more rewarding it will be.

Each chapter begins with a short one-hundred forty character mini-burst of information. The concepts of Goodology are simple so that each of us can do it. No one has more or less skill or ability to see these solutions which simply came from listening to my insides. We are all good.

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Introduction

Inside you, a hidden mass of energy goes unused. This book will help you locate it, open it up, and get it flowing. It is from that flow that good things happen in your life.

Imagine that you use one hundred building blocks to power yourself. The sum total of all of your accomplishments will be about equal to those one hundred building blocks. You can place these blocks in any form or shape that you want, construct anything that your creativity will allow. You can devise and learn new strategies for molding and using these building blocks in your life. Still, you only have those original one hundred blocks to use.

But what if you had more than a hundred blocks? What if you had one hundred-fifty? Can you imagine how different your life would be, if you had that much more power working for you?

What if you had two hundred blocks? Three hundred? Imagine if you had a thousand or even more... What would you do with that much more power? What *could* you do?

This book will help you locate that energy within and get it flowing, so that you can add to the building blocks of your life. We want to find the unused, stale, and sludgy energy inside us and get it flowing again.

We do that through understanding *good*.

What is good? Giving a cocaine addict some cocaine could be perceived as good and the addict would thank you. But, is it *really* good? You could buy someone a beer at the bar. That might be good. But is it the most good that you could do? You could give the beer drinker a ride home if he's had a few too many. That would definitely be good.

You could buy someone a chocolate cake. It's good, but how good? You could do something good for your neighbor when he is sick, maybe mow his lawn as a surprise. You could smile at a child. You could smile at an older person. It's all good. But what is the depth of good? What is *really* going to rock the planet?

There is a force inside us that we can locate and adjust, which will increase our natural outflow of energy. Doing good for yourself and making a stronger you is our starting point. The rest naturally unfolds. That being said, if we are going to truly understand good, we need to understand where "bad" (aka, a problem) comes from.

Then, if we understand the origin of that which might not appear good and eliminate it, what's left?

The rest is, well... all good.

We want to locate the disconnect within, which is the origin of negativity. This is also truly the source of all that is good. Everyone experiences stumbling blocks, problems, and challenges. If you don't specifically locate and understand a problem, you will have difficulty solving it.

I watch people read books and go to seminars, full of hope that they might find answers. I watch them leave these seminars, motivated and encouraged, clutching all the DVDs and workbooks they bought there. Yet, even after making this small stride forward, they generally revert to their original search for answers. Maybe they give up before they even finish reading those books they bought at the seminar.

The truth is, they never had a chance. Why is that?

Together, we are going to look at a power and a mechanism within ourselves. We'll look at this internal operating system – the one we can't really see – and make it real. We are going to find it, play with it, poke at it, study it, and understand it. Then we are going to turn it loose and

let it flow. That, in turn, will increase the effects of every seminar that you've ever attended and every book that you've ever read. It will increase the available power you have, with which you live your life.

The energetic flow that drives you moves in an unseen manner and *you* control it, however subtly. In our lives, we sometimes make it seen and felt, but then, just as quickly, we hide it. We must find ways to identify it, to reconnect with it, and set it flowing again. Goodology (good-**ol**-uh-jee) is simply the study of good. You will find that its power lies in the very essence of its simplicity. It is gentle depth. Goodology will empower you in ways that you have not seen before. It strengthens in two ways:

1. It increases your personal power by helping you reclaim unused power within yourself.
2. It leaves a byproduct of a kinder, gentler, more peaceful world.

The material in this book may be the opposite of many things that you believe or that you have learned before.

Each day, we sift through an abundance of information that comes at us. At first, the new ideas of Goodology may feel a bit like we are going against the grain. You may feel some confusion due to the many other philosophies, books, or ideas that you have already experienced.

So for now, try to suspend what you think you know. Let's take Goodology one step at a time. I want to ask that you go through this book to the end, so that you can grasp the nature of your true and real power.

Once you realize that this power is within you, you will begin to truly appreciate the flow of your energy. Once you come face to face with the good energy inside, it will be put to work in your life without effort. Things happen automatically. Opportunities emerge. All you have to do is say yes to these opportunities.

Taking a look at the issues

The way we currently use our energy at times seems as ineffective as if we tried to run a vacuum cleaner without plugging it into the electric socket. Or think of it this way... stopping short of connecting with your good energy would be like knowing that you have roaches in your kitchen and doing nothing about it.

What if you did discover roaches in your kitchen? Would your solution to the roaches be to close the cabinet doors? Would it be to build a new floor or maybe new walls? Would you pretend that they were not roaches at all, or visualize that they just went away? Would affirmations clear them out?

No matter which of these tools you use, that nest of roaches would still be there, always underneath you. The nest reproduces and these insects sneak through the tiny cracks of the wall you built. Before you know it, they take over your life.

We must find a way to actually get rid of the nest itself, to uncover the real root of the problem.

The order in which you solve a problem with Goodology may be opposite from what you are used to, but don't be afraid. Don't resist it.

Think of it like a big mass of energy sitting inside you. Every bit of this energy is all good and all powerful but sometimes, because you perceive that you must protect yourself, you

suppress your energy to fairly evaluate your surroundings. You press back unconsciously in fear, causing your energy to slow down. That happens as an internal process. Soon, you are full of this slow-moving energy, which becomes like sludge inside.

Even when it's sludge, your energy is still moving inside you a little. You still have the ability to examine it and evaluate it, but that doesn't mean you are using that energy. The energy is creating limits and you certainly are not using it to the extent that you are could be.

Sometimes that unused energy sends out messages that may be unattractive... like cockroaches. Nevertheless, this energy is still all good and all powerful, particularly when it is flowing freely.

Let's say the energy is just idly at rest within you. Remember, the reason your energy goes unused is that you are pressing it back in fear. Eventually that pressing back becomes an involuntary reaction within you that cuts off much of your energy. This process runs in the background of your life, and only pokes you when it wants to be noticed or when it believes it needs to keep you safe.

You must understand this process and you must face the problems that slow your flow of energy, if you are to live in a way that is connected with your great power. There is a mass of energy sitting there inside, just waiting for you.

Once you understand the mechanics of a problem, you are more apt to be successful in solving it. In this book, we will discuss our own internal "operating systems" and how to solve the problems that come from having too much slowly moving energy (sludge) inside.

In our lives, our head is not usually the one directing traffic. Our head is simply listening to what our energy tells it.

Live with an absence of fear

Living with an absence of fear is important, and it certainly sounds good. But, if we don't understand what the makeup of fear really is, then solving the problem and living fearlessly will not be quick to occur.

For now, think of fear as your own slow moving energy within you. This slow energy inside exists as a result of trying to keep yourself safe. It protects you and you, in turn, abide by its direction. On top of that protection, you continue to build a wall. On top of that wall, you build judgments, reactions, images, facades and a host of other defense mechanisms. You begin vigorously to defend yourself in this way, the way that you have systematically created.

Buried, separated and suppressed, layers deep, lies your energy.

Our human instincts protect us against anything we perceive to be a threat. Threats can take a variety of forms, many of which may appear less like threats in our civilized society. Instead, they may just appear bothersome. The smell of someone's perfume, the nicer car next to you at the traffic light, or the woman at the party with bigger cleavage than yours are things that may inspire an antagonistic response. But, interestingly, you make these judgments naturally, from the same source of energy that you would if you were defending yourself from a tiger! Is that really necessary?

The energy inside of you is in a constant state of defense. It is ever on the lookout for the need to protect you, and it does not hesitate to attack when it feels threatened. You suspend your energy so it becomes unavailable for day-to-day purposes. Over time, this suspended state suppresses and compresses your energy. A pattern has developed, and now you go on with your life, limping along, not being all that you can truly be.

Let's reconnect and recapture this pool of energy that is sitting unused. Nothing will change until we get to the core of this energy. If we don't allow ourselves to become aware of this repressed energy, if we do not face it, we will never be able to bring about the positive change we desire in our lives. Nothing happens until we uncover our power and get to the core of our energy.

I think Goodology will appeal to you, and make perfect sense from the start. I want to get to the heart of the material right away, so you can have the whole book to work with your energy, to practice and increase your power. Sprinkled throughout the chapters are simple exercises for you to try. Pause, be patient, and feel the meaning of the examples.

I really want you to understand that there is precious energy within you going unused. We are going to locate your unused energy and get it flowing again. We will do this by adjusting our inner energetic pattern. Every step of the way, you will begin to expand. The key is locating the energy within and knowing that energy is intelligent, infinite, joyous, and exciting.

This book will help you to recapture that unused power right now.

Energy Overview

All energy is good. Your energy is good. This good energy flow is the same as happiness, joy, excitement, and every other positive emotion. Laughter and smiles, for example, allow us to visually observe positive energy flow. If you don't feel and experience these energies regularly, then you are resisting the flow somewhere inside of you. We can find that flow.

Resistance can be felt as anger, denial, doubt, dislike, hate, disapproval, judgment, and many other negative emotions. Resistance is hidden deep inside you, but it gets raised up in different scenarios. We will locate that resistance inside and turn it back into positive, good energy.

Let's look at one example of resistance. The *dislike* of something originates from resisted energy. This is a perfect opportunity to trace back to your own power within. Dislike comes from discomfort, displeasure, or distaste within you. Your mind reads those feelings and labels the responsible object or event in a way that avoids it. Better yet, the specific feeling of dislike may be the energy source for a variety of negative manifestations in your life. In addressing this, we can take out multiple birds with one stone, so to speak.

By addressing one simple emotion, dislike, we can begin immediately to experience healing, happiness, and increased peace. In doing so, you will drastically increase your power to attract good. If you strengthen your energy flow, you can experience life with less frustration, grief, and sadness. The ultimate goal is for you to allow joy and excitement to permeate your life. You won't accomplish this until you locate your energy within and connect with it.

So, we will begin now to locate your good energy.

All the energy in the world is good.

Let's repeat this phrase. *All the energy in the world is good.* Any negative, real or perceived, is simply resistance to that good. When you experience an emotion that you label as anger (or doubt, dislike, frustration, etc.), that is simply an independent feeling of energy in your body that is being resisted. The energy originates as good energy, but the built-up and lingering compression within you becomes resistance that you put a negative label on.

Think on the following descriptions of another person: inconsiderate, annoying, big jerk. These and countless other feelings originate within us, then we put a label on them. Our labels are what they are, but what if the original feeling was not there?

Imagine that there are pins, needles, and pokers inside you, designed to alert you to danger. Also inside you is a kind of drab discomfort. It's not enough that you have your normal fear responses, which keep you safe; you set up even more alerts that you don't really need. These aren't the alerts that warn you when there is some kind of danger. Instead, they squeeze your power source.

Let's face it... You aren't really in danger when you see someone with a more expensive car or revealing cleavage. Yet your body begins to react as though you were, and your energy compresses.

We learn to protect this network of reactions under lock and key. These feelings are personal and unique to each of us, and they have the power to blindside us without warning. We keep these responses boxed up deep inside, carefully guarded, because we have each been hit in the ribs (at least metaphorically) when we weren't expecting it. The shock of the gut-punch is something we never want to feel again, so we perfect our internal defenses against it, ever on the watch for potential danger.

I don't attend too many seminars, but in those I have attended, I see some similarities. Most people who attend self-help seminars absorb the information in through their head, get really motivated, then go home and make a peanut butter and jelly sandwich.

They hoped for change, they planned that change, but really... they just returned to their normal routines. Granted, not everyone does this, but life almost immediately returns to normal for most people.

So why do we do this? Why do we fail at making those changes we so desire to make? It's because there is a much greater force within us that is driving the bus.

We fail because there is other energy that drives us, and that energy is much stronger than the new training we learned in a seminar. Mind-stimulating information has been taken in, but we have taken it in from the top down. We don't allow the information to get much past our shoulders, because the energy driving us is stronger than what we have learned. Real transformation takes place from the bottom up.

Traditional teaching strategies assume that you have an energetic system in place to support new knowledge. If you set ten goals for your business in the coming year, conventional thinking assumes that you will work diligently toward those goals and not sabotage your own success. Actually setting goals will only take you so far, however, if you are unable to connect to that inner energy required to make those goals become reality. Your goal setting may actually be feeding a negative energy within you (for example, having the goal to buy a shiny new red Corvette *just* to please the girls or to cover up a perceived weakness).

Our goal is to discover what the *real* energetic response is within you right now. That energy remains the same no matter what scenarios take place around you. Until you can change the energy within, your inability to achieve external results will continue to frustrate you. When we are able to reach down into that energy core, we can connect with our true power and finally begin to realize our goals.

Again, the energy inside you has only become negative because you have resisted it and you have put a label on it. The ongoing resistance of energy compresses our own life-force energy, and this restricts our power significantly. We must specifically locate each bit of negative energy within ourselves and get it flowing again.

So, how do we accomplish this? First, we must locate the paths that lead back to our energy stoppage. It's simpler than you might think. Those paths begin with simple labels like dislike, apprehension, annoyance, doubt, blame, anger, or denial.

The good news is that we don't have to go far to work on these issues, nor do we need to spend a lot of money. Granted, sometimes locating the blockages inside may be a challenge, simply because we have built so many layers of labels, evaluations, judgments, and beliefs on top of them. To make matters a bit more challenging, the energy inside tends to be slippery and elusive. After all, we have set up these internal energy patterns for protection.

So, protect you it will, sometimes at all costs.

In our life, we constantly suppress that energy, rationing it like a limited resource. We portion it and guard it and mete it out like it's going to run out tomorrow. Or, we get bunged up over something simple like a woman who shows off her cleavage in a party dress or a man who shows off his nice car by gunning it at the stop light. These things may irk us, but do we *really* understand why?

Positive affirmations can be useful because they synergistically connect with what you are at your core. They match truths. Before affirmations or any other tool can help us, however, we need to look at the entire set up. There is a mass of energy that exists without being touched. So, if a positive affirmation coincidentally touches it, we may notice.. But, as long as the mass of energy goes untouched, there is little effect.

Listen to the following statement: "I am stupid." What do self-help books tell us about this statement? Typically they tell us that this is a negative affirmation. Common reasoning tells us not to say such things, because it sends a message to your subconscious that you are stupid.

No, of course you're not stupid, but you already knew that deep down inside.

The line of reasoning sounds pretty good. In fact, you may dazzle a listener if you utter that statement with conviction. Let me rephrase the statement. "Don't say that you're stupid because you are sending a message to your subconscious that you are stupid." But what if I tell you that your subconscious is unaffected by the utterance of "I'm stupid?" What if I tell you that you are virtually unfazed by this, and that you will go unchanged by *any* comments that you make?

It's true, you know. Your utterances actually have little power to affect your massively powerful subconscious.

Granted, you might aggravate or agitate the energy within. You might say, "I'm so stupid," and your energy within might get a little stirred up. It might even get a little bit riled. This can maybe even inspire a "bad feeling" inside you, but that bad feeling was already there.

As we will learn, it is *you* that packages the message and sends it to your insides to inspire that bad feeling. *You* are in control of the process, you control the mechanics and you control the operating system.

It is not the statement of "I'm stupid" that makes you feel bad, but the fact that you stir up your energy by expressing it. Soon enough, your energy will settle right back in where it was.

So, while you aggravate it and it feels uncomfortable for a time, nothing really happens. Nothing changes.

Think about it this way. You are constantly reading the energy within your body. Your energy might be sludgy, stale, and uncomfortable. If you were to say (and genuinely believe) the phrase, "I am stupid," this is nothing more than the label you use to define your energy.

You are defining your energy virtually every moment of your life. You see and feel slowly moving energy, and you label it. Your energy didn't start out with labels or meanings, it

was just flowing. But over time, you feel it, you evaluate it, you define it, and you label it. Despite those labels, it is still just your energy and it is still simply flowing. The question is, how is it flowing?

When you read your energy, you don't see words. You see only energy. At any given moment, you might observe slow energy versus quick energy, or powerful energy versus non-powerful energy. When you read your own energy, do you think you might see any of these?

- Connected energy versus non-connected energy
- Flowing energy versus compressed energy
- Painful energy versus non-painful energy
- Sludgy energy versus non-sludgy energy
- Hazy energy versus non-hazy energy

In whatever way you see your own energy, you read it and then you attach a label.

Sometimes I hear people say, "My Dad used to tell me that I was stupid, so, that's why I say it." This certainly does happen, and, you can use affirmations, visualizations and any number of other techniques to try to change the label. Still, the energy and compression pattern that you have stays there, deep inside. It is a sludgy energy and it creates an environment that will continue to drive lethargic behavior. Your labels and reactions will remain consistent with sludgy energy until you find a way to change the energy.

***If your energy was flowing
freely, positively, joyously and with excitement,
then what types of labels
do you think you would attach?***

These new labels might say, "I can" or "I want to" or "I would be delighted to." You would say, "Yes!" and you would mean it. This would happen effortlessly and without interruption.

Our whole world of negativity is based on caution and interruption of this flow of energy. Our habit has been to pause, evaluate, and label our world negatively.

We *can* reverse this pattern.

If you feel bad (or stupid or ugly or let down), it's because you have set an energetic system within you that slows your energy. You have honestly put a label on it for your own protection but, despite your best internal intentions, the label is not serving your best interests and – more importantly -- nor is your energy.

You evaluate situations. You create labels and make decisions based on your observation of your own energy. The statement, "You are stupid," is utterly benign until it hits your internal energy. If someone else says, "You are stupid," the consequence is completely dictated by you.

If your energy is smooth, flowing and happy inside, the statement will have no effect on you whatsoever. It simply can't affect you because there is nothing similar inside you for it to attach to.

If a negative statement has nothing to attach to inside, you will likely just smile or laugh. It's just a statement, simple words. It only has meaning if it finds its way in and connects with

something inside you. If your energy is uncomfortable, sludgy, or in constant attack mode, then a negative statement will find its way in and stir that up. Only then might your label might come back and respond in kind to the statement, causing you to respond negatively.

If you feel apprehensive about something, notice your energy. The apprehension exists independently and previously of whatever action or outer event brought on the feeling. When the event arises, you become apprehensive only once it connects to the slowly moving energy within you.

Now, if the energy within you was moving quickly and flowing smoothly, what do you believe would happen? You would never become apprehensive. You would just flow smoothly through the process, because the apprehension would never have the chance to gain a foothold inside.

You label your energy. Your feelings and your actions are dictated only by your energy within and the labels *you* give it.

So, what we have learned thus far is that each of us has a hidden mass of energy deep inside us, most of which is currently unused. Fortunately, some of that energy is coming through for you even now. The path is already there. We will locate the area where your energy has become slowed, reconnect with it, and then we will set your flow of energy free. If we don't locate that energy, if we react without making contact with it, we will simply be operating with those original one hundred building blocks... or less.

We got a little deep here in the introduction, so let's lighten it up a little bit. We will gradually progress toward a positive, energetic whole. We will spend two chapters talking about positive energy, happy images and the topic of "good."

Section One

The Moving Substance of Which We Are Made

Chapter 1 See Good

In Short

The more you see good, the more you ignite your positive energy. It is synergy with the substance of which we are made.

Recently, at a convenience store near my home in Phoenix, I noticed a young girl waiting patiently near the checkout counter. She was maybe twelve years old, with long dark hair. I imagined that she was possibly from a nearby Native American community and probably just came for a ride with her dad to get gas.

In this girl, I saw great energy flow. I saw appreciation, respect, and patience. She looked pretty and shy and sweet and very focused one thing... her purchase!

The girl stayed more than five feet back from the counter, even though there was only one customer in front of her. Just in case someone needed to walk through that area, she gave them plenty of space. I noticed the respect she had for her experience in the store and the respect she had for the other customers. She had her drink in one hand and two dollars in the other while she waited in line.

Maybe, before she entered the store, she had that moment of excitement knowing she could go buy something new. Maybe she asked her father if she could get something from the store. She had that moment of hopefulness and anticipation of how Dad would respond to her request. Her dad's positive response was met by sweetness and thankfulness. I was thankful that Dad said "yes," so that I could see her in this moment. She would journey into the store by herself, seeing all the products for sale and looking at the bright colors, before she chose her drink.

She was gentle and took great care that her experience stayed special. I took a moment to wonder what went through her mind when deciding what to choose for her drink. Coke? Pepsi? Orange juice? Iced Tea? What would she decide on? She had all the options in the world, and the choice was all hers.

I grabbed my beverage and got in line behind her. Funny thing, I stood about five feet back while she made her transaction. I guess I unconsciously followed the example she set for me, with her pure and truthful energy. She inspired those same qualities in me.

I wished for a moment that I could be the cashier. I wanted the chance to say something nice to her, because she was so appreciative of her purchase. She was excited and thrilled, just to be able to buy a can of Arizona Iced Tea. She was filled with a good feeling.

Arizona Iced Teas are only 99 cents but she gave the cashier two dollars and began walking toward the door. “Wait, you have change,” the cashier called out to her. She even got a dollar back, that she could give back to her dad. She was proud. She acted like the whole experience was no big deal, but her expressions of energy showed how beautiful it was for her.

Her emotions and expressions of energy were flowing and beautiful. Before she entered the store, she had excitement, anticipation, and hope to give herself something new. It would make her feel deserving and special. She was perhaps a little bit humble when she may have thought, “Oops, I gave you a dollar too much. Hey, I’m new at this, but I don’t want to appear new. I’m just happy to have my drink.”

I hope she enjoyed her drink and had a great ride home, with a smile on her face.

I love people, and I love to see great emotions like this. The positive feeling, appreciation, and smile I get when I see something like this shows me how my own energy can flow.

What do you have in your life that allows your energy to flow? This young lady had a precious, beautiful energy flowing through her. I hope she can maintain it forever. It gave me a good feeling of energy flow. It’s good energy. Good energy becomes great energy when you can pass it along to others around you.

If you’re asking what energy is, this example is just the tip of the iceberg. Energy flows powerfully and uncontrollably. Energy is good. Energy is powerful. Good energy is everywhere! The more we appreciate it and notice good energy, the more it flows. We don’t even realize what a rush we can experience from it.

It takes a lot of our own effort and our own energy to suppress this flow. In fact, it takes massive effort. We must learn how to stop pushing the energy back and get into positive flows. If we did that, how much energy could we free up?

Let’s be patient. We’ll get there. Meanwhile examples of positive energy flow are everywhere.

One day, a girl about seven years old came into my business, a small grocery store on the east coast. She immediately looked down at the floor, looking for change for some reason. But she didn’t find any change on the floor.

I said to her, “You know, if you look in that candy section over there, a lot of times the customers drop their change by accident. If you look, maybe you can find some.” The little girl got excited and immediately began looking. She went through the Twix bars, the Mounds and the Almond Joys. Meanwhile, her dad was over pouring himself a cup of coffee, and she looked over to check on him. While she turned away, I quickly sprinkled some coins into the candy boxes.

She turned back and resumed looking through the candy. She found a dime and her eyes lit up! Then she found a quarter. She smiled so brightly and looked up at me. Her eyes reflected the most beautiful excitement and I was able to share in her joy.

This is such a beautiful example of good energy. This is true energy flow. Excitement is good energy flow, with no hidden meaning. I could literally almost see the energy flow through the child's excitement. There was no blame, there was no anger. There was nothing but happiness and positive energy flow.

Good energy is a flow and it can be an exhilarating rush. It's right there. Let's grab it!

One final story deals with a bright smile. My brother volunteered me as a coach for one of his baseball teams. He has scout teams which involve kids ages 12 to 18. All of these kids will go on to play college ball, many will play minor league ball and there could even be a major leaguer or two in there. These kids are talented and driven to excel.

My group was made up of 12-14 year olds. Most of the time the kids are serious and focused on the game. They support the pitcher, the hitter and their teammates from the bench. But they're kids.

At thirteen years old, it's pretty hard to be serious all the time, but I really hadn't seen Justin smile before. He was a catcher and focused on the game.

When the team was on defense and Justin was not in the game, he put a wet white towel under his hat. At 106 degrees in Phoenix, you can do things like that. And you should do things like that! He was looking to the left at his teammates with a white towel hanging under his hat to his ears. To them it just looked funny and he got some laughs. They got silly for a moment. When he turned to me, I saw him; his teeth were as white as the towel and his smile was as bright as the Phoenix sun.

For that moment, Justin's smile was flowing energy through his body. He couldn't pull it back even though he was looking at *the coach*. It was pure energy. Look at that smile. He was glowing for a moment. There was "no" negative energy in his body. It was healthy.

Be silly. Appreciate silly. Laugh. Appreciate laughter. Justin's smile had nothing to do with a TV sitcom sex joke. It was nothing that would make him feel older or younger. It was pure energy and purely nice to see. It was in the moment. *That* is healthy.

See the Energy - Compassionate World

Our world is acting with more compassion. I believe the reason is because we have all begun chipping away at our sludge inside. The resulting natural outflow pours that positive energy out into the world. Have you noticed people increasingly doing more good acts? People all over the globe are connecting with their energy within.

We are universally expanding our power and uncovering more of our good energy.

Tapping into our internal energy brings out the good inside of us and creates positive acts of good in the world. The deeper we dig, the more we release our good energy.

As the story unfolds, we uncover the good inside, and that inevitably leads to good outside.

It is natural for people to want to do good things. Churches, community, and neighbors are there and glad to help when needed. This has been happening in the world for as long as we've been here.

There are so many companies and people doing good things in our world right now.

After all, it is our essential nature to do good and to be good. That is because we *are* good. It is us through and through.

There are companies like Tom's Shoes, which donates a pair of shoes to underprivileged children for each pair they sell. Tom's is spreading that good feeling of giving and hope. How much excitement does a child in a third world country feel when they get something new?

I am interested in helping orphans. I enjoy seeing a hungry child eat. Their eyes light up when they receive a gift, or get something new. You can see the appreciation on their faces. They feel the value of the gift and it's so sweet. You see life flow. You see beauty.

There are thousands of orphanages in the world, and many organizations that help orphans. Fifty years ago, there weren't nearly as many. You wonder how there can be so many babies that are not cared for. This provides inspiration to get to work on this, and on many other problems.

Spreading our good energy into the world is certainly a start.

The Red Cross, Doctors Without Borders, and hospice organizations all exemplify caring. These organizations and the people who work there are in touch with the great energy of compassion within, and they don't ignore it. An earthquake in Haiti drew love and support from every corner of the world. The peoples of the world are coming forward to help, bringing forth their hearts, their financial support, their time and dedication to the cause.

This positive outflow of good energy has the power to transform a tragedy into a positive, global experience.

We show that we care. We are good. It is our energy and we are tapping into it. This is really our greatest power, and it has the ability to connect all of us. So, if we are tapping into more of our good energy, how would you feel about the following statements?

- All of your energy is good.
- All of the energy in the world is good.

Goodology is not a "wishful thinking" type of philosophy. But, (cue the dark, melancholy music) Goodology does recognize that there is also sadness in the world. If you are realistic (and if you watch or read the news, or listen to talk radio) you might have to say, "Hang on. Let's be honest here. Our country is at war, and the world is going to hell in a hand basket."

Is everything the way that you want it to be in the world or do you truly want the world to be a better place?

Think about your life. Perhaps there is much that you need and desire. Think about the things that you want. Think about your family. Think about the future. Think about the past if you want to, but think about our world and the part you play in it

Maybe you even want to make a list of your own thoughts about this. Is the world all good? If not, what in our world is bad? What can you think of that is bad? How could your good energy work to change those things?

What flashes in your mind when you think about the direction our world is taking? Once the words *politics* and *government* get into the conversation, your energy may start to fizzle.

That's normal. It is easy to become deflated when you read the news. This may make you feel unable to change the world, because so many things need to be changed, but you shouldn't lose hope.

It seems like every day the first five headlines on my online news are all bad. There are stories of violence and war. We are trying to find solutions with tanks and guns and fighting.

But what about our own smaller, personal wars, where anger runs rampant? What about abusive spouses? What about child abuse or children abandoned in alleys?

There are so many large, global issues. What about environmental problems, climate change, the global economic condition? In the United States we are dealing with economic crisis and the border battle with Mexico that has gone on for years.

What about television? What kinds of messages do we see on TV? Reporters who feed their egos before reporting the news? Where is our focus? If we are going to be honest, we have to recognize that there are problems.

The evening news begins with “Good evening,” and then they detail all the reasons why it isn’t such a good evening.

Plenty of negative events and activities go on in our world every day. You could say these all come from negative energy but it all depends on where you focus. If you stop focusing on abuse, does it cease to exist? Nope. It’s still there. The world is going to rotate as it rotates. It is what it is. What can change are our reactions to it.

Through understanding and adjusting our reactions, we can increase peace.

The more we notice and work on our reaction, the more we try to view the world as gentle, positive, and loving, the more we can begin to contribute our own positive energy to the cause.

We are going to work on shifting our focus to our good energy within. We need to combine our good energy with these causes and understand what we each contribute to the negative events of our world.

Our greatest power is our own connection with our own positive energy. This connection can be made by you and only you. When each one of us takes control of our energy within, negative issues outside of us begin to dissolve. When we understand how to increase the building blocks that we have to work with, when we can continually connect with our good flowing energy. *Then* we can help the healing processes to begin, individually and globally.

So, we can see that our world is acting with more compassion, because more and more of us are connecting with the good energy within us. We are beginning to expand our power and use more of what we have on the inside. The more we dig deep, the more good we uncover. That good, as a natural outflow, leaves behind it good acts.

As the story of Goodology unfolds, we will discover the good inside you, which will lead to good outside you, around you, throughout your life.

So why is that?

We are comprised of energy and all energy is good. We have established that. It cannot, by its very nature, be negative. We are doing more good because we are becoming more fully who we are. This clear connection to our insides pours out more of our power and goodness. So, we show that we care by doing good things as often as we can.

Sometimes though, we lash out in anger. Sometimes we get upset. Sometimes we are sad. Sometimes we act in revenge. Sometimes we overeat or drink too much. Some of us seek the feeling that drugs give us.

These behaviors are proof that we are resisting our energy. The more that energy is resisted, the more it turns away from positive flow and the larger the trapped mass becomes.

Do we really even know how much power we can have? Do we stay comfortably in the status quo?

Those top five news headlines we talked about earlier are bad because they are “news.” It’s not “news” for us to be consistent with our flow. We don’t read headlines about things that naturally take place every day, such as: “Fish Swims with Current.” It is not “news” for the sun to come up. It is not “news” for us to breathe or for our blood to flow. These things happen automatically.

Good happens with a flow. Negativity does not. Good happens every day, all around us. If we go with this good flow, we will overpower all else that is out there and live more effortlessly.

The answer to improving your life is going with the greatest and most powerful flow. It’s riding the wave of our own positive energy.

Certainly, we don’t want to become too caught up in the flow of the negative headlines, but don’t worry too much about it. Clearly these are problems that we will address, but we must first make a distinction. There are actions and there is energy. These are two different entities, and Goodology shows us how to separate them. Actions are finite and measureable. Energy is infinite.

*We are doing more good because we are
becoming more fully who we are.
We have become more connected with our insides.
Good is a natural outflow.*

We are getting deeper and deeper inside of ourselves. The depth of Goodology is already starting to happen. Our world is becoming more intelligent and connected. We are eliminating barriers more quickly. We are becoming less a society of, “I can’t do that” or “you can’t do that.” We know that we can. Our willingness to give of ourselves taps into good energy and power.

Having increased good energy and power comes from the willingness to give.

Every one of us uses the same kind of energy to motor ourselves. We are going to pinpoint the location of resistance and reconnect with it. If we feel anger, then we know there is resistance to that good energy. If we blame, that comes from a slower moving energy inside. When we are judgmental, we are reacting from a slowly moving energy within. These energies do not exist when higher powered energy is flowing. Even if we dislike someone or something, that comes from a resistance inside. At best, our energy is neutral in that case.

So, let’s discuss the real energy that we have flowing through us.

If we feel anger, it comes from suppressed energy inside. If we feel frustration, it is lack of access to that beautiful flowing energy. When we connect using no resistance, the frustration is gone. Suddenly you have more available power.

All of your energy is good. Once you adjust more of your energy to good, your automatic attraction increases. It’s like adding more fuel. You ask yourself if you can do this.

You answer, yes, you can. Do you have the power to do this? Yes, you do. Anyone can do this.

The resistance we have inside us is a very small part of who we are. If you catch the wave of the most powerful energy, then your power will increase and your life will improve.

The energy of good will always win.

Chapter 2

What is Good?

In Short

Ride the wave. Good is the most abundant energy, flowing and moving - a positive charge.

In describing our world, we use the word “good” more than any other. It is the most frequently used adjective in the English language. Good just might be the most abundant element on the planet. We hope for good. We are good. The flow of good energy supersedes all.

What is good? For our purposes, it is that which we like. Good is agreeable. If you eat an orange, someone might say that it's good for you. If you pay your bills on time, you might have good credit. You use good grammar. The weather outside is good today. If you are good at your job, you might get a good review.

Good has a very wide range. What else is good?

Excellent is good, great is good, even neutral is good. It's all good. People are good. Products are good. Acts are good, like doing someone a favor or doing a good deed. Charity is good. Being capable is good.

Let's turn it around slightly.

Good can also be that which doesn't hurt you, right? Let's think about it. Good can be that which does not cause you pain. If you eat an orange, it is not going to hurt you, so you might conclude that it's good for you. If you pay your bills on time, you are not hurting yourself or your credit. So that's good too, right? If you are good at your job, you are not risking losing your job or being reprimanded by the boss.

So is this what truly qualifies as good? Are those things that don't “ruffle your feathers” inherently good? Can we say then, that the first stage of good is anything that doesn't stir up negative emotion or consequence?

Let's work with that for the moment.

Before we say that the absence of negative thought or action is good, let's look at the “official” definition of good (at least according to Webster). Just read the words below and think about the concepts for a moment. If you do feel a negative emotion while reading the definition, take special notice of it, because this is exactly what will empower you later.

Good

–adjective

1. morally excellent; virtuous; righteous; pious: a good man.

2. satisfactory in quality, quantity, or degree: a good teacher; good health.
3. of high quality; excellent.

What do you notice about these first three dictionary definitions? There is not a lot of negativity in them, is there? Nothing there upsets the apple cart. Now, let's look at some additional definitions of good and what kind of feel we get from them.

4. Right; proper; fit: It is good that you are here. His credentials are good.
5. Well-behaved: a good child.
6. A good man is someone who is morally excellent, righteous and pious.

So again, can we say that which doesn't cause disturbance is good? There is a smooth flow in these definitions of good. Continue to scan over the rest of these definitions and see how you react to them.

- Good can be something satisfactory in quality, degree, or quantity, like someone in good health or a good teacher.
- Good can be something of high quality.
- Good can be valid or correct. His license is good.
- A well behaved child can be good. A good kid.
- You can do a good deed.
- Your account can be in good standing, or you can have a good name.
- If you are educated or refined, it can be said that you have a good background.
- You can have good credit.
- It can be not fake, as in this hundred dollar bill is good.
- You have good judgment or have good, solid reasoning.
- You can be reliable and dependable and give good advice.
- Fresh fruit is good for you.
- When your skin is radiant, one can say that you have good skin.
- Not rotten or spoiled when you sniff the milk - it is still good.
- It can be good news.
- Someone can be in good spirits.
- You can feel good after surgery.
- Did you have a good time? Yup, I had a good time.
- You can refer to someone's physique by saying he or she has a good body.
- Someone that is close to you can be a good friend.
- You can have a sufficient amount by saying it's a good amount or a good supply.
- Something is satisfactory for a purpose, as in it's a good day for fishing.
- He is competent at his job. He's a good manager.
- Well done – a good job.
- Good manners.

- Good English.
- Someone wears their good Sunday clothes or a good suit to the office.
- Full or extensive, as in it's a good day's trek away.
- Fairly large, as in to say a good amount.
- Good weather can be free of clouds and rain.
- Moral righteousness could be a power for good.
- What good will that work do?
- What is the common good?
- Goods – could be something positive or that adds value to your life.
- Regarding kindness, you could say to do good.

Good is also a word used in situations where you feel safe. Feeling good often goes hand in hand with feeling safe. This can be physical safety, but it might also be emotional safety. Good is often used in this context when referring to people, as in “He’s a good guy.” This means that person appears to be someone who would not do anything that would harm me. I feel safe around him. Maybe he even makes me laugh.

How many things in life have we put the label of “good” on? Everything from the moral and ethical to the physical and emotional may be labeled as good. From the time we are very young, we are taught about good. Think back to the messages you received as a young child. Cinderella was good; her evil stepmother was, by contrast, bad. Go back further. The fight between good and evil originated in the Bible and that story has carried on through the centuries and even to today. You see the battle of good and evil everywhere, including in literature, on television, in film, and even in cartoons. Good not only spans every theology, good is also found in every language and culture around the world.

We are often taught that if something is not good, it is automatically bad. Is this necessarily an absolute truth? If something is not good, is it bad by default? I don’t believe that’s true. It is easy to label something as bad. It is too easy to label another person as bad without truly understanding what drives that person.

No person is bad. There may be bad acts, just like there are bad oranges. Sometimes it takes too much effort to delve into the problems we encounter, so we take the easy way out and label a person or a situation as bad.

We toss a label on it and move on. This way, we don't get dirty and muddy. We hide because we don't really want to dig into the real problem. We do this because we might have trouble identifying or acknowledging it. Maybe we don’t have the energy to explore it, or we don’t have the desire. Or maybe we fear the problem.

When we rush to judgment this way, we pass up a valuable opportunity to grow. If we take the time, make the effort, and actually get our hands dirty, only then do we find the place where power, strength, and ability are stored. This is where we find those extra building blocks we talked about earlier. This is how we increase the size of our fuel tank and fill it all the way up. This is how we “break down the walls” of our compressed energy, so that it flows infinitely through us.

And so we arrive at the critical distinction in Goodology. Yes, we embrace all that is good. But... we must recognize, know, and embrace every inch of ourselves, even those parts that we may perceive as bad.

Only here can expansion begin. This is the place where real personal development happens. This is the source of true growth. It may hurt to explore this place and you may be afraid or unwilling to take this critical first step. Until you do however, you will never begin the true process of expansion of and contact with your energy.

Remember all those people we talked about that attend self-help seminars? They leave the class all jazzed up and full of new information. What they don't realize is that they have taken the information in through their head and put it through their many filters. It's a kind of "shoulders up" absorption. The participant in that seminar or reader of that book is motivated for a little while, but then quickly returns to the reality of their life. We discussed this, but now we've arrived at the explanation for why that happens. This happens because they don't ever go deep within to uncover the root of their issues.

This is where Goodology wants to be. This is where Goodology can take you.

The flow of your energy is all good, everything is fluffy and rosy ... until you hit resistance inside. Something only becomes "not good" when your energy suppresses what is. As a result, you experience a feeling within that is a disturbance in your own energy. Your natural energy flow is good and without label. Your labels can only be negative when the vibration of the energy becomes slower than normal, maybe more uncomfortable than normal, as a result of a label. Likewise, a negative label can result when you perceive a disturbance in your energy.

Typically the labels that we attach to this disturbed energy are anger, blame, regret, and others like these

The way you react to any situation depends on how your energy is flowing at that moment. If you are tired and are asked to run ten miles, you might resist. If you are working at your desk and a stack of papers falls off, what happens? It depends on how your energy feels. If your energy is disturbed, compressed, and aggravated, you might feel great frustration and become even upset or bothered. If you sensed no disturbance inside, you wouldn't get upset. Instead, you would just pick the papers up and go on.

Perhaps you are thinking to yourself, "Isn't it my view of the falling papers that matters?" Your "view" of anything is a mental function. I think this is a good time to point out that your views, your mental functions, are the direct result of your feelings. So, is it your *feelings* about the papers falling that matters? That doesn't quite get us there either. Really, it's flow and compression of *your own energy* in response to the situation that matters.

Adjusting this flow changes your view.

Every person and every moment is unique. The way you react to any situation depends entirely on how you feel about your own internal energy in that moment.

One day, you can roll with the punches that life throws you. The papers fall, you pick them up, keep whistling, and get back to work. Another day, perhaps you have experienced several frustrating incidents in a row, feeling the effect of those incidents in one place. Even if these incidents were unrelated, your internal frustration increases, your energy flow slows way down, and you get pissed off at the papers falling!

How is *your* energy flowing?

As we saw from the example above, the difference in your reactions to life depend on your energy flow. When a situation arises, the way we read our own energy flow determines how we will react. Let's revisit this group of statements:

- Slow energy versus quick energy.
- Powerful energy versus non-powerful energy.
- Connected energy versus non-connected energy.
- Flowing energy versus compressed energy.
- Painful energy versus non-painful energy.

Until you put a label on the energy, "it is what it is." The energy is good, first and foremost, but when the energy is resisted it slows, allowing opportunity for a negative label. When you have a bad reaction to an unimportant event (papers falling off the desk), the negative label that pops up can help you identify a substantial opportunity for growth within. Heck, a couple of pieces of paper just fell. There are much bigger problems in the world, but you react with strong anger or frustration. When you recognize your frustration, you have just identified a gem! You have identified an area where you can increase your power. From there, our goal is to take that slow-moving energy and speed it up!

When the energy is flowing, the labels change. The situations change.

What about anger? What about greed? What about doubt? Blame? They are all opportunities. And, as you know, it's all good energy. It is *your* energy. It is just a different vibration of your energy, a different flow. Your energy is moving a bit more slowly, thus gets a different label. A problem that we have is that when we feel the energy of blame, for example, we buy into it. We compress it more and create a blame scenario.

But, the energy is good. The energy is power. Emotions like anger, doubt, and blame give us the opportunity to see where our power can be increased. These are the energies that lead to introspection, giving us the opportunity to locate already existing, slow-moving energy. The very worst parts of you and/or your energy are "good".

It would be irresponsible of us to explore personal development without reconnecting with the unused energy within. That unused energy is deep inside us. We avoid it, we suppress it, we deny it, yet we can still locate it, fairly easily.

The first thing we must to do is simply acknowledge that the unused energy is in there. If your energy is not flowing through you positively, then there is a problem that needs to be addressed. We simply need to identify that problem, and then we can move toward a solution.

Let's try for a moment to focus on that part of your energy that *does* get stirred up when the papers fall off your desk. The energy that we want to bring into play here is that energy that does not feel "good," or that we may not label as good. The energy and feelings that we view as problems, disruptions, or disturbances is precisely the energy that we want to embrace.

So everything good, according to the dictionary, is that which does not cause disturbance. Everything good according to Goodology®, on the other hand, is all of the previous good *and* everything else. It's *all* good. Once we locate and embrace the resistance within, we also locate where our source for increased power is.

Positive stories are good because they create positive feelings, and this matches what we are inside. These stories are a significant part of our growth through this process of Goodology.

The problem lies in the fact that our feelings invariably seem to return to a normal set point, keeping our lives right where they are.

We attract what we feel and create our labels and lives based on our inner feelings and energy. We attract to the level of energy that we hold on to. Energy is good. Someday, just look at the amount of times the word “good” is used to describe and evaluate something.

In our journey, we will begin to understand and feel how our energy flows. Once we do that, we will have a better command of our own power of attraction. Our best we can be comes from locating the already existing stale energy within and turning it back into positive, quickly moving energy.

Chapter 3

The Word Current

In Short

Turn the water on full blast. Blow air through a duct. Open up the chute. Clear away resistance - negativity.

Think about currents. Consistent in all currents is movement and flow. Picture a current of energy. Good energy current flows uninterrupted. Picture your current of energy as flowing and vibrant. Picture your good energy current uninterrupted. Look at the power that flowing current has.

It's all one energy current, flowing in a positive direction. Within us, any place we identify a bad flow of energy (or even just a slow flow of energy) is where we need to connect, to increase the flow of that current.

Electricity

Imagine the current of electricity. This type of current flows as an electrical charge, passing through the wires that power your home. If there is a disconnection in that power, particularly in times of extreme weather, repairing that connection becomes an immediate need. Everything stops (or at least slows substantially), and all efforts are focused on that one task until the issue gets resolved.

If you were cooking with your electric stove at the time of the outage, suddenly you are not cooking anymore, and are instead searching for a solution to the power outage. If you flip the breakers and the power comes back on, the current begins to flow again. Any time the current is disrupted, it requires attention.

If the electricity stops working in your house, you find a way to get it flowing again. Electricity is still electricity at either end of the spectrum. We need to treat our energy flow the same way, as it continues to dim. If electricity flow slows (as in a brown-out), our labels of that electricity would change. Our performance would change as we adapted our lives to the slower electrical current. If the electricity began flowing madly, then our world would become bright and we would adapt our lives to that as well.

Water

Now imagine a current of water. Water beautifully flows with its own pace and power. A stream could meander through a field, or a river could thunder through a canyon. The water is powerful enough to create its own path. The point is, it flows. But what if a dam is built? Assuming the dam is sound, then that obstruction will immediately inhibit the flow of water.

Let's use water for a moment, as a metaphor for our energy. If a dam has been built within you, it will obstruct your energy flow. If your energy has encountered an obstruction, you must identify it. Locate it. Then chip away at it so that the energy, like unleashed water, begins flowing powerfully once again. If there is a kink in the hose, locate the kink, untangle the hose, and let the water flow.

Flowing water is powerful and beautiful to see. The strength of flowing water can take out anything in its way. It can shape its environment over time. The flow of water is vital to communities, which are built around it.

The more your energy flows, the more you influence those around you, and the more power you have to be positive and who you are. If water is obstructed, there is a diminished flow, which inhibits life in the community that relied on that water source. If your energy flow is diminished, imagine the impact on you and those around you.

Water takes a different form when it is not flowing. It becomes stagnant and it becomes sludgy. It may even develop a layer of scum on top, which becomes a breeding ground for diseases. Water that flows is cleansing. It is refreshing, healthy, and beautiful.

So are you, when your energy flows.

Air

What about air currents? Air is the most basic flow we need to survive. When air flows without restriction, we can take deep breaths and enjoy good health as a result. When air flow is restricted, it becomes difficult to breathe. The result is great discomfort and significant danger to your health. Your cells can't receive the nourishment they need. Having less oxygen flow in your brain can make you light headed or even make you pass out. Even stagnant air can be unhealthy.

If there is a restriction in the flow of air, we must identify the obstruction and immediately clear it, or it can snuff out our lives. When would we do this? NOW. The obstruction turns into an immediate need, because air flow is critical to our well-being and lives.

Like air, it's critical that we increase the flow of our energy "now." Stagnant air can be unhealthy. So can stagnant energy. When our energy flow stops, it gets a label and appears to be something else. In a case like this, you might stop and make a judgment that comes as a result of evaluation. Many judgments are an indication that your energy is becoming stagnant. We can be empowered by increasing energy flow.

Blood

Blood also flows in a current. Blood cleanses and nourishes the body all hours of the day and night. Flowing blood supplies oxygen to our cells, moves waste through our body, heals our wounds, and more.

What happens when blood flow slows or even stops? You are compromised. Your heart and brain cells begin to die of starvation. You might even have a stroke without sufficient oxygen and blood getting to the brain. Obviously, decreased blood flow inhibits your body's ability to function. Compare your energy that also flows and cleanses increasingly when unrestricted.

Now

Here's one more kind of current we must discuss, and that is the current that means this very moment, or *now*. The present, in the now, currently... *The* time to reconnect with your energy is now. It's the only time.

Whatever events that may have happened in the past, the suppression of your energy is current. It is *now*.

When we are not current with our current – so to speak – we are living with less power of attraction. Whether or not you live your life in the “now moment,” every one of your feelings and actions will be based on the way you feel inside at that moment.

If you crave a cocktail, that happens in your “now moment.” If your inside energy causes you pain, your solution might be to feed it with liquor. This is happening in the now moment.

This is *your* now moment. It is *your* current.

If we locate that energy and get that current flowing again, things will begin to happen automatically and effortlessly. When that happens, instead of craving a drink, you might choose instead to take a nice bike ride. That becomes your now moment. It is automatic and it happens because you adjusted your energy flow.

Each time the flow of air, water, blood, or electricity is interrupted, action takes place. Movement happens to increase the flow, so that the element can do its job. When water stops flowing, it's not necessarily a bad thing. But when we suppress and cut off our energy flow, things build up. Often it's judgment, denial, blame, or a host of other negative feelings that result and hold you back.

Let's get our energy back to flowing and cleansing.

We are paying attention to our energy in the now moment just like we would to a lack of oxygen. When our energy is disrupted, *we pay attention to it*.

1. Our driving force is this current
2. The greater it flows, the more power we feel

Love and fear are the same energy. It is all one energy current flowing massively on one end and squeezed on the other. You will need to carefully evaluate whatever issues you have that relate to love and/or fear. Just remember not to stay there and camp out so long that you decide to hide out there.

Movement

The end of this paragraph is a different “now moment” than the beginning. The last point about the current now moment is that, similar to all the other currents discussed here, it is continually moving. When your energy is moving similarly, your options and opportunities change.

Currency

Did we forget to talk about another kind of current, or currency?

Money is currency. I saved this for last because we get quite charged up when it comes to money and, well, charging people for things. This originates from a limitation within us, a feeling of resisted energy. In a store, you often see people comparing items and seeking out the

lower price. Which one is cheaper? This is a reaction from their available energy within and their view of it.

Money can be one of the easiest ways to locate stale energy within you. This can be a transforming element. Remember that we want our energy inside to be flowing and vibrant. Our feelings about money can often show us where our inside energy is stagnant. Then we can get to work.

Have you ever noticed someone become upset if they are charged the wrong price for something? If an item is marked as \$1.95 but the clerk accidentally rings the item as \$4.95, the customer sees this and becomes irate. Perhaps the customer even begins a heated argument with the cashier. It was a simple mistake but it caused an overreaction of anger, which resulted from restricted energy flow.

Energy Flow

Turn the switch on and leave it on. Trust in the beauty of your flow. Let it go, let it flow.

We are dealing with some of your greatest fears here, and it can be very easy just to let things settle back in place. Remember that, as the water flows, it cleanses and it expands.

Eventually the water becomes a permanent, expansive flow. If you can allow yourself to do that with your energy, you will begin to see a change.

We will begin to specifically locate your disruptions of flow. We will come to better understand the mechanisms that power us underneath, and then we will open up the flow. Your energy is constricted. We must open up our bandwidth, so to speak. It's like bandwidth on a computer connection.

Next, we'll look at different flows of love, hues or offspring of love, real life familiar energies which expand the current.

Chapter 4

Energy Flow

In Short

*The highest energies in your life are moving and flowing, thus healing and cleansing.
Notice your energy flow. Is it flowing or slowing?*

There are times when your energy flows with little resistance. This shows you that you have the ability to reconnect and increase power. Observe the flow of your energy. Don't try to change the world, but just see how your energy flows in the following situations.

Take a moment to notice *your own flow of energy* with the random feelings that are listed here.

Where does it begin? Where does it flow?

Smile – This is the expression that shows good energy movement within. What is happening with your energy within when you smile? When you really smile, your energy is flowing and it is powerful.

Care – If you care for someone else, you are sending out love, attention, and good will toward another person. If you care for yourself, you are feeling love, attention, and good will for yourself. You respect other people and you respect yourself.

Excitement – This is similar to laughter in energy flow. How does it feel when you are excited about something? The energy is flowing. You are giddy. It's sweet. You want to move. Notice this energy flow. It goes all the way through you. It gives you a buzz. It can make you smile.

Appreciation – This is a nice energy flow. You can enjoy or appreciate art or a ball game. There's a chance that it could be a form of judgment, because you are evaluating or measuring your enjoyment of something. Don't do that. Just let it flow and let it go.

Movement – This is what positive energy is about. The more positive the energy, the more it moves.

Respect – I love this energy. You show high regard for someone or something. You show esteem for something or someone. You give them your appreciation for the person that they are. As a human being – because you are human being -- I respect you.

Joyfulness – This is exuberance. Your heart is open. These are the types of energy that are similar to our own powerful energy within. Notice how these energies flow and feel. It is beauty. It is flowing. Let it go. Let it flow.

Grace – This is another energy that I love. Grace is the influence and spirit of God operating within us. This is power. This is beauty. This is love. This is a beautiful, delicate energy. It is divine influence. It is elegance and beauty in movement or expression.

Growth – This is uninhibited flow. Many of us are looking for growth and expansion. If our energy is flowing freely within, that is where growth happens. If you put a roof over a tree, it inhibits the tree's growth. If you take the roof away, the tree is allowed to flow and grow.

Giving – This is a great example of finding stale energy inside. Giving is flowing. You are giving it away. When you do this, you are not holding onto your energy. You unconsciously know that there is an infinite supply of energy. When you hang on to it, you restrict. When you give, you flow and expand. The more you act this way, the more good manifests in your life. The more you give it away, the more it replenishes, and the more you enjoy and attract things in your life. Your body is flow. Your life is flow. The more you give away, the more you increase and activate your flow.

Now this is not to say that you have to actually give away things like money. However, if you can picture yourself giving away money, you might feel a twinge of pain. When you locate that energy and allow it to flow, you have increased power. Just picture yourself giving freely to others. Give love. Give happiness. Give thanks. Give energy. Give adoration and respect. Just give!

Forgiveness – Forgiveness can be difficult because you are taking something that is real and painful *inside of you* and trying to admit that it isn't. It seems like lying and you don't like to lie. If you hold a grudge, you are holding your energy inside. Your energy is independent of an outside action. Forgiveness is simply locating that energy which flows within you. This proves that you are releasing attachment to another person, for example. In forgiveness, you free *yourself* of that bind on your energy.

Think of forgiveness in this light also. When you hold onto your energy, it is real and measureable. This is the boom that makes life worth living. Wallowing, strangely, can make you feel alive. Trusting to release that energy, you will free yourself.

Independent – Your energy flow is independent and separate from the activities going on that you label. Separate the two. When you increase your strength within, notice your energy and detach from the outside event. Just notice your power. It is independent and flowing. When you do this, you increase your energy inside and more is automatically attracted to you.

Separation – This is similar to our forgiveness example, but with the added component of independence. A woman whose ex-husband hasn't paid child support or visited his children for years is bitter. The bitterness exists inside independently of the ex-husband. If she can separate her energy from the ex-husband and let go, she will know her energy within. Bathe in your energy. Let it flow. When you separate and live wholly in your own energy, you become more powerful and forgiveness becomes automatic.

Laughter – Look at the flow of laughter. This is your highest energy. When you are laughing hard, the energy is flowing. Negative thoughts don't appear. They are dissolved and powerless. There is no negative slowly moving energy. It's flowing and it's flowing freely and powerfully. Giggling is a flow of energy. It's good!

Babies laughing - Go on You Tube and watch babies laughing. You will smile. Look at the energy of dogs and puppies. Some are one hundred miles per hour smiling like a Maltese, and other dogs are peaceful and positive like a yellow Lab. The energy is happy and flowing. Our energy is the same. Locate your own resistance within and let it flow in these ways.

Love and send love - I am constantly sending love out. I locate my energy within that may be stale, judgmental, or regretful. Then I connect with it, feel it and do a process that inspires flow and love. Becoming more whole is empowering in a real sense.

We want that energy to flow freely with your current to continually expand. So, begin to think of your energy flowing, fearlessly and happily. Your energy becomes an antenna for good. Your energy is an antenna for attraction. Keep sending out your good energy and increasing flow.

You could think of a smell in an old Looney Tunes cartoon. The aroma drifts along through the air until it passes by someone's nose. Through all that you have read so far, this energy is massively flowing through you.

There is enough material for you to increase and expand your energy flow. Live in this positive energy. Trust and have faith. Say yes to opportunity. Say yes to all of your hues of love inside.

But, we have to be honest and realize what happens is that, as soon as your energy begins to waft upward, it can be immediately squashed by your filling a need, making a judgment, blaming someone, or any other reason. As soon as your energy rises a quarter of an inch, you feel a bit out of balance and attempt to restore.

The only thing that separates us from love is our barriers. Specifically noticing, locating, and connecting with these resistances will empower us, leaving only love and its power behind. Knowing that "dislike" is really just love resisted, accept it and connect with it when you feel it. Only then can you give it away. As I have said, love and fear are one energy flow. When we notice, locate, and embrace the resistance, we are at the door to love.

We have talked about good energy flow and currency. Next, we will discover how they related to love and to fear. Throughout our lives we have heard, read, and felt our own perception of love. We have varied feelings about fear. I would like to discuss both so that we can have a similar understanding of these energies.

The two feelings, love and fear, are actually all one energy current. Love flows. Fear slows. Love is a continuous flow which warms and empowers. Fear interrupts that flow, evaluates it, compresses it, squeezes it, and critiques. Let's see how they affect each other in the greatest energy current...

Chapter 5

Love

In Short

Love is one energy flow. If you are not wholly love, then you have a resistance to it. Locate the resistance, turn up the love and experience all that is.

We've all heard it before. All love is self-love. So what's the problem? There is still frustration out there. There is still blame and regret out there. There is still anger. There is still hate and fear.

You hear that God is love and that God is everywhere. That would mean that love is everywhere. So then why are we not all happy? Simply put, we are feeding our negative energy to feel good in as many ways as we can.

Instead of feeling love, we are feeding our fears.

The more we feed these momentary impulses, the better we feel. We love it! But perpetuating these behaviors more firmly plants that negative energy within us, which in turn just attracts more of the same. Our definition of love has gotten a little out of balance.

Love as we see it is something that takes away pain or soothes the hurt we have inside. Love in our world is feeding the pain inside. It's feeding the sludge, which is only compressing our energy more. And worst of all, this has become our most desired state.

Never fear, it's still all good. We do this and we like it because it touches that area inside that doesn't get touched much, that dark area that we harbor within ourselves. It feels good to have this area touched. It allows us to see where the resistance exists. But, instead of actual love, it just gives us medicinal dosages of things we have come to view as love, such as attention, approval, and so on.

Let's try this. If you remove your resistance to love, then what is left? *Love and only love*. So, you can be the one to get started on this important change. Initiate love. Be the first to send love. This action breaks down the barriers inside us, and in our world. It gets that current flowing that we talked about. This is the kind of love that is going to dissolve wars and hate. Soon.

You might be saying, "Yeah, but I know this one guy who really *is* an idiot." That is a sure sign that you really need to increase your love and your flow. Respect everyone. Begin by respecting your energy within. Respect yourself.

You say, "No, but seriously, this guy is a *real idiot*. He's the definition of idiot." Stop and ask where this label is coming from. If you're honest, you will discover that this label is coming from your feeling inside.

If he is really an idiot, then let it be. First locate and love your own energy within. Send love out. Try not to be the one who labels him an idiot.

The *idiots* of the world are acting from their own fears within. They are pushed, driven, and goaded to act a certain way based on the sludge and the fear they have inside. Sometimes it comes out dorky. Sometimes they seem like a dufus. Appreciate them anyway. Sometimes they appear angry. Appreciate them anyway. When you locate your energy within and appreciate these people, you grow.

A way to increase your love is to give it. When you give, you unconsciously begin to realize that there is not a finite supply. You realize that you don't need to just "hang on." You can give and give, and that love will be instantly replenished. You can give without wanting to receive. When we take the scab off the temporary "fill," we allow air to flow into our wound (our resistance). When that healing energy connects with it, we become so much stronger.

When you locate your own resistance, you have connected with power.

Once you remove the resistance inside, all that is left is LOVE. If you attend a spiritual seminar, they will likely discuss love throughout the whole weekend. People want "unconditional love." Love is the answer. But people leave that seminar in the same condition that they entered. So, what's the problem? They never touch their resistance.

I am not here to define love, because there is no hard and fast definition of love. Love is the most abundant element on the planet. Love is everything. Love is the limited and the limitless. Definitions and examples of love are all around us.

We bathe in it daily. We touch it. It touches us. Love kisses us. It moves through us. It *is* us. Love is positive. Love is infinite power, infinite intelligence, infinite compassion, and infinite everything. But mostly love is infinite flow, the infinite current that is our energy.

Love is the slowly moving energy within you also. When you love this energy, you begin to grow. Move away from trying to intellectually understand what love is. Feel it. Let it flow through you. Give it away.

If we are not connected to love, then we have a resistance to it.

We need to specifically locate our resistance within and clear it. When we do that, the only thing left is love. Even a slight resistance proves this simple separation. When we continue to notice this and reconnect with it, we reconnect with love.

Through Goodology, we will specifically locate the energy within us, and come to recognize that it is good, non-threatening, and only love.

You can tell yourself that you love yourself all day long and it will have some effect. But if the sludge is still there, you'll either give up putting sticky notes on the bathroom mirror for yourself or you just won't feel the love.

Love is not a "thing," nor does it feed a specific part of us. We realize by now that we have to get out of our head and become whole. This is not an intellectual pursuit nor is this soap opera-type love. The flow of love is outward. It is unselfish and flowing toward other people or objects. It is all "yes" and all positive. There is not any "no" in love. Loving a child is a healthy energy flow. When you respect that, love is flowing positively.

The primary message here is to know the flow of love. Writing has filled up books defining love and unconditional love, but how often do we feel how it flows?

Let's go to the dictionary again! This is what we have:

Love/

–noun

1. a profoundly tender, passionate affection for another person.
2. a feeling of warm personal attachment or deep affection, as for a parent, child, or friend.
3. sexual passion or desire.
4. a person toward whom love is felt; beloved person; sweetheart.
5. (used in direct address as a term of endearment, affection, or the like): Would you like to see a movie, love?
6. a love affair; an intensely amorous incident; amour.
7. sexual intercourse; copulation.
8. a personification of sexual affection, as Eros or Cupid.
9. affectionate concern for the well-being of others: the love of one's neighbor.
10. strong predilection, enthusiasm, or liking for anything: her love of books.
11. the object or thing so liked, such as: The theater was her great love.
12. the benevolent affection of god for His creatures, or the reverent affection due from them to God.
13. Chiefly tennis. a score of zero; nothing.
14. a word formerly used in communications to represent the letter L.

Depending on how you perceive the definitions, most of the forms of love listed are not the freely flowing, all powerful love that is the subject of our discussion here. Isn't that amazing?

There are several forms of "soap opera" type love in those definitions. Passionate affection, personal attachment, sexual desire, a love affair, sexual intercourse, sexual affection, affection for others, and other forms of love are mentioned before God's Love: "the benevolent affection of God for His creatures, or the reverent affection due from them to God."

Love in our world is "feeding the pain inside." It's feeding the sludge. Unfortunately, this has become our most desired state. It's good because it touches a part inside of us that doesn't get touched much. It touches an area that we keep under lock and key and harbor within ourselves. It feels good to have this place touched, but that just gives us those medicinal dosages of love which are little more than just attention, approval, and so on.

To increase our health and wholeness, we must love people as God does. If someone acts like an idiot, we must move past that and love them. Remember, if they act like an idiot, this is *your* inside that is stirred up. It is your energy and your label. Perceiving them as an idiot allows you the opportunity to recognize where that label comes from. In turn, you can only grow and increase your strength.

The following is a difficult concept for some folks to handle, and it causes us to confront uncomfortable thoughts and ideas. A child molester has problems. Love him. Respect him. His acts are not good, but at a core level he is good. He began his life well, as we all did. We know his actions are not good, but we must love him anyway. How can we help? How can we love? How can we give this person more power? Love your own energy that stirs because of him. Hope for him. Wish good for him.

We are not going to move ahead as a society until we increase our energy flow and compassion. You say that you love everyone, but you draw the line at child molesters, right?

The child molester may have been seriously abused when he was a child, but that is not the reason you should love him. That is not the reason you should love yourself. Yes, being molested as a child certainly does not justify his actions or make his actions right, but he has lots

of compressed energy within. You are not approving or disapproving of acts but of energy and flow (or lack thereof).

Love your own energy within first, then send out love to people like these. It is like sending our prayer and hope for them to get better. Send love. The more love you send, especially in light of those actions that cause you pain, the more powerful *you* become.

Maybe you grew up in a safe environment with dad calling you “pal” and your mom saying, “I love you,” each day before you left for school. Some people didn’t. What about the baby that was tossed in the air and hit the ceiling? What about the baby that was dropped? What about the baby that was whipped before he was two years old?

What about the child who was called a worthless piece of crap daily while growing up? You feel for these kids, but, once they become an adult, why do we stop feeling for them? You say, “The adult should know better.” Let’s shift our feeling.

Inside of this adult is compressed energy that is the current within them. At some point, they are going to lash out. These are problems that are real. They can’t be suppressed or avoided. Energy is good. If we don’t embrace and love our own energy current, then we are living in the same energy as the criminal that we condemn.

Finally, let’s look at a couple of statements that you have heard which can lead to a let-down in the discussion of the word “love.”

- True love never fails

The idea that true love never fails might be an automatic let down for you because your sludge exists. You are honest and truthful with yourself and feel a broken connection within, so you say, “What do you mean, true love never fails? It failed me.”

“True love never fails,” are just words.

Flow is love. Letting go is love. Connecting with your deepest inside and flowing, that is love. It’s simple. You don’t have to work hard at it. You just need to connect inside and love that feeling within you. Send that feeling out again and again. It replenishes itself all the time.

You believe that love needs to come from the outside to connect with, calm, or heal your own hurt inside, but that’s the opposite of what’s true. The true love must come from within us. It comes from noticing, connecting with, and embracing our own sludge. We must be the one to initiate our own flow.

- Love is bliss and power

Sure, but if you are jam packed with sludge, compressed by obstructions, then this statement can be a serious letdown. We can make any statements we want to; it all can be said. But what does it really do for you? You are still holding on to your energy and resisting your power. So you cut off your power and use a small portion of it to understand the statement that says, “Love is bliss and power.” You go ooh and ah, thinking you are transforming, but nothing has happened except having some candy. The reason nothing has happened is that you still have the sludge within you.

I have a habit at night before I go to bed. I pick someone who I “don’t like,” or I pick someone who has done something that I don’t like. I send love to that person. I feel the energy that gets stirred within me when I think of him or her. If the term “scumbag” pops up, then I send love to him or her and realize that the only place the “scumbag” label (or any other label) comes from is within me. It is my responsibility to clear it, connect with it, and turn it into positive energy and love.

Section Two

Organizational Thoughts

Chapter 6

The Beauty of Problems

In Short

*Even the worst part of you is good. Denying this keeps you firmly implanted in your mud.
Embracing your worst expands your power.*

Would it be irresponsible of us to think happy, happy, happy all the time? The phrases, motivational sayings, and quotes sound so good. I mean, life is good, right? There are no problems, right? Well, let's examine these questions.

Have you heard of problems referred to as "issues" or "challenges?" We tend to avoid the word "problem," because the concept seems like a drag. The very word "problem" conjures up negativity, and we all believe that the idea is to transform our vocabulary to always be positive. Is this nothing more than a step toward avoidance? If anything, problems are opportunities.

Like many tools, transformational vocabulary can be very useful because the positive words can match your insides and inspire energy within you. We need to be careful; however, to make sure we address the entire, well, problem!

When we change labels (when the words change), the slowly moving energy that was the original inspiration for the negative label is still there.

I want to address negativity because it is really a part of our power. Negativity is part of us, and a literal source of power. Remember the word we are using, "negativity," is just a label. It's a label identifying the slow moving energy within you.

Under the concepts of Goodology, we want to seek out and connect with any negativity that we can find. Why? Because negativity is part of our energy (remember that all energy is good energy.) Avoiding it is not useful or helpful. If the word "problem" seems like a drag, then we need to locate that energy within us that is dragging us down. If any part of our energy is dragging us down in one area, you can be sure it is the real source of many other problem areas in life.

Countless problems and negative views originate from the stagnant energy within. I want us to embrace the problems, embrace the negativity and everything that comes with it. Love the problems, don't avoid them. We must love our sludge. When we can locate the energy of a problem and address the issue, not only do we take care of the problem at hand, we also knock out several other issues holding us back.

Corporate Essay

I once wrote a "Jerry Maguire" type essay called "The Beauty of Problems." (I worked with a large internet gift company at the time.) This essay discussed the benefits of seeing problems as opportunities, in order to improve company performance. I believed that each customer phone call detailing a problem was an opportunity for the company to improve in some way.

I didn't sign my name to the essay, but I dropped it into the company's suggestion box.

A little time passed, and I got the opportunity to fly to New York to work on a few projects for the company. I didn't do much while I was there, but I did meet many interesting people. One day, a company executive called me into his office to recognize me for the work I was doing. He wanted to support me and offer me guidance. As I talked with him, he pulled out a file and handed it to me. "Read this," he said. I looked at the title, "The Beauty of Problems."

I said, "Thank you," and smiled.

Now, most of this company's orders were delivered on schedule, but a certain percentage of them had problems. These problems ranged from non-delivery to quality issues, and even included the occasional delivery of the wrong product. Calls on the customer service line addressed these issues, but solutions to the problems typically cost the company money.

The company had options for solutions, of course. They could redeliver a new product, or they could offer the customer a refund. In addition to the cost of correcting a mistake, the company always gave the customer credit on a future purchase for their inconvenience.

Why not avoid these expenses and increase company image and strength? This could easily be accomplished by identifying the cause of each problem and eliminating it. The customer service line, even though it was perceived as an incoming hotline for problems, was a golden way to keep more profit for the company. Each call provided an opportunity to raise the company's bottom line, to increase business strength, and to enhance customer perception. My vision was to have all of the calls processed and put into a sorting bin, sort of a "problem elimination bin."

The company decided that it was time to honestly address each problem. And guess what... It worked. We left no room for excuses and no time for delays. We systematically eliminated one problem after another, creating as a result a stronger, more powerful business.

What I am suggesting is that we do the exact same thing with ourselves. We must view each problem we encounter as a golden opportunity to make ourselves stronger and more powerful, just as this company did.

Here are some examples.

- If you feel doubt, this is an opportunity to increase your power.

- Anytime you dislike something or someone is an opportunity to increase your power.
- If you feel judgment, this is an opportunity to increase your power.
- Anytime you feel anger, this is an opportunity to increase your own power.
- If you perceive someone is stupid or lazy, then this is opportunity.
- Even if you say, “it just rubs me the wrong way,” it is opportunity to increase your power.

Later in this book, we will work through some similar scenarios together. These situations will show you how you can increase your power by tracing your energy back to its source. We will learn how to develop a filter that can sense things inconsistent with the normal flow of energy.

Normal energy flow throughout our bodies is positive and good. Our highest energy state is joyousness, love, and laughter. This is our highest energy vibration. Anything that is not consistent with this “highest and best” energy should be noticed and put into a bin.

Don’t worry about what to do with the problems for now. To get started, all we want to do is notice those problems.

The negative, undesirable feelings in question can, with a little practice, be easily located within your body. Anger is not bad, it is simply opportunity. It is good, because anger is just your positive energy, bottled up and resisted. Guilt is not bad, it too is simply an opportunity. Blame is not bad, it’s opportunity, because it shows you where inside yourself you have limited power. Doubt is not bad. It’s good. It’s all good.

Do you see a pattern developing here? It’s definitely all good!

So, if we were to break the process down into some basic, logical steps, what might those steps look like? First, we need to admit that the system is not running as well as it should.

- We need to locate the problem and correctly identify it.
- We need to understand the cause of – and become intimate with – the problem.
- We need to shine a bright, clear light on that problem.
- We need solutions that are born from the real problem.
- We need to implement those solutions and diligently pursue their success.

Before we can do anything, we have to really understand the problem. We have to truly understand what anger is. If we don’t, we will never get to a correct solution. We have to really understand what regret is. We have to understand what love is. The dictionary may not provide us with the best understanding of how these things relate to our own lives and energy flow.

Lasik surgery, for example, is precise and effective. However, the procedure only became so after doctors could identify and understand all of the issues that related to the eye and its ability to see with precision and detail. Think of our process through Goodology in much the same way.

The language we use can certainly help us have more effective communication. For example, if I say the word “ego,” each of us might have a different perception of its meaning. The difference in our definitions may be very subtle, but it will still contribute to a more

ineffective conversation. If I say the word “fear,” different people might again have a different definition and meaning of that word. The same thing is true for the word “love.”

To communicate effectively, we must share at least similar definitions of our words. For this reason, I try not to use new age buzzwords. Each of us might have given different meanings to those terms, or even hearken back to another author who used them. For these reasons, Goodology won’t often use words like vibration, abundance, affirmation, or even subconscious.

People sometimes become defensive about the meaning of a word because they have heard it used by a wonderful speaker or author. However, problem solving cannot be effective if the word has a different meaning or if people are debating the meaning of a word.

I want the communication of the Goodology message to be as pure as possible. We all have the same raw materials to work with, and our goal is to reconnect with pure power and receive the messages our energy intended for us.

Chapter 7

Correctly identify the problem

In Short

Problem solving can be batting around balls that have nothing to do with the real issue underneath. Often we're in the wrong game.

We discussed previously the importance of correctly identifying a problem, in order to develop effective solutions. Perhaps the reason that affirmations or other self-help programs don't work for some people is that they never actually address the problem as we have laid it out here. They set you about working on a solution before ever really addressing the underlying problem.

If you don't correctly identify the problem, any solution you attempt will only gloss over the surface. You're just playing badminton at the tip of the iceberg.

It is very important to specifically locate the core issues causing the problem; otherwise your attempts at correction will not produce any results. You may think that you are producing results, but aren't you really only staying busy in their pursuit?

If you don't identify the problem within, you have but an illusion that you are making progress.

We talked earlier about the internet gift company that I worked with. This company staffs a call center with customer service agents. They train the agents to speak well and to be polite their customers. Customer phone calls must be handled with the proper protocol and within a certain time frame. But what if there were simply fewer problems in the first place? What if all of that energy went instead into identifying and eliminating problems?

How about our roach example from earlier? If you don't acknowledge that there is an infestation of roaches, if you don't find it and eliminate it, then the problem will never go away. You can stay busy designing a high tech computerized system that visualizes away the roaches. You can be proud of that accomplishment, but you still have not solved the problem.

Out of sight is *not* out of mind!

What if you had a giant stain on your ceiling? Perhaps you would call in a team of house painters come in to repair the stain. They cut out the stained bit of drywall on the ceiling, they replace it, and patch it all up. They sand it and paint it. When they have finished, your ceiling looks beautiful. You stand back and admire their work. They bask in the attention of your approval for a job well done. You all sing and dance like Charlie Brown, Lucy, and Linus. Hugs for everyone! You pay them and they leave.

What do you suppose happens next? As the painters are driving away from your house, it begins to rain. Within moments, the stain comes back because the leak in the roof that caused it in the first place was never fixed. You patched and painted over the problem and it looked

beautiful... for a moment. But if you never fix the real, underlying cause of the problem, it will always return.

If there is a stain coming through your ceiling, what is the problem?

Staying busy is not the same as problem-solving. Going through the motions is not problem-solving. Reading poetry is not problem-solving either, lovely as it may be. Sometimes you just have to get dirty. We need to specifically locate the issue causing the problem at its core, but we might have to really dig to get there. Only then might we have a better chance at finding the solution.

I suppose you could view it a bit like a root canal. If the dentist doesn't get to the core of the matter, then the problem will reoccur. We must work at correctly identifying the problem, even if it hurts a bit. We must not only understand the causes, we must get intimate with the causes. From there, the solutions will naturally begin to occur.

Sometimes we actually create a problem just so we can solve it. We create problems so we can bring in a hero. You have to identify the problem, embrace the problem, know the problem and love the problem, otherwise the hero cannot possibly save us.

In the personal growth world, many people believe that if you change your thoughts, your life will change accordingly. Is that really true? A self-growth expert utters this statement and receives oohs and ahhs from the crowd.

Really, if we change our thoughts, will our lives change? Thoughts are labels. They're everywhere. They are out in the air left and right. The problem is deeper than that.

Your thoughts are like a fresh pair of underwear. If you put on a fresh pair of underwear and soil them, you'll have to change them again. You can change labels all day but it may not last, because you haven't located the problem. The true and concrete knowledge is that your thoughts originate somewhere. Where is that?

Let's look at where our thoughts originate, on an energetic level. Let's start simply.

- When you are hungry, where does that thought originate? It does not originate in your head as a thought. Your head attaches a label to a signal from your belly.
- When you are thirsty, where does the thought originate? It starts inside of you also.
- When you realize that you need to use the restroom, that realization does not originate in your head, right?
- When you feel pain, where does it originate? When you feel pain, the feeling goes to your head and you make a determination about what hurts.

In every example above, we are labeling impulses in our body. We are feeling, quantifying, and taking action on the very flow of energy within ourselves.

So, when you feel anger, where does that thought originate? It comes from within, but the label ends up in your head. When you experience blame, that energy comes from inside of you before the label appears in your head. A flash of doubt is felt inside, then a label pops up in your head. Your thoughts are simply labels attached to those feelings. If you continue to shoot down the thoughts – or simply re-label them – the energy that generated the label will still exist. You don't make it go away by changing its name.

You know that game at the carnival where the ducks rotate around? You pick up a gun and shoot at them. You knock down a duck! Then the duck comes around again and it's still standing. Your thoughts are just like the crazy ducks. You can shoot down thoughts all day long. You can change your thoughts frequently. But still, the source that drives those thoughts is still there.

Our focus is to locate that source -- the energy within -- and get it flowing again. Doing so will help different labels begin to flow.

If your energy within you was flowing and vibrant, what kind of labels would you attach to your feelings? The labels would surely be much more positive. Truthfully, it doesn't matter what type of labels you would attach, you will just be happier and more vibrant, more alive. You will live "happy." You will live consistently with the substance of which you are made.

Your energy flow is intelligence, beauty, thoughtfulness, caring, happiness, love, appreciation. You don't have to *try* to be intelligent (or beautiful), you already are. When energy flows freely, with no resistance, labels are quite different than when it doesn't.

Accomplishment of tasks becomes effortless and enjoyable. The power of attraction opens up. Simply put, we will have less doubt, anger, blame, etc. when we allow more of our energy into our lives.

So, as I hope you can see from these examples, you can change your thoughts all day long, but your life will be the same until you locate the source of those thoughts and begin the change there. When you do, change becomes automatic.

To get to the source of the problem, we must understand exactly why our energy slows, where our energy slows, and how it slows.

The beauty of this approach is that there is just one issue on which to focus. We have one energy flow. Energy and focus will continually go into that one place, not the thousands of outward labels. It is a beautiful approach, but do remember that the energy is elusive and slippery. It can be hard to master and easy to avoid.

It will all be worth the effort though, when you recapture the power and intelligence that is available to you!

Interrupted flow of energy

Energy affected by fear interrupts the flow.

These interruptions become disturbances inside us, and those disturbances become needs that must be fed. These needs (moments of concern, apprehension, inadequacy, etc) are met by our parents, teachers, friends, and more as we are growing up. Sometimes needs (anxiousness, nervousness, shyness) are met with food when we are young. These become patterns. The energy inside becomes stale. The stale energy becomes compressed, slowly moving energy. We begin to match our outside world with the condition of our energy within.

When a disturbance arises in the future, these uncomfortable feelings ("needs") are met by TV, coffee, food, drugs, sex, and more.

We spend much of our lives trying to calm our disturbances inside. These needs become as great as our physiological needs. Our basic nutritive needs are air, water, sunshine, food, and so on. Often, however, these other needs disguise themselves as nutritive needs. Many people eat when they are not hungry, in an attempt to feed this energy inside.

These “needs” aren’t true needs however; they are simply resisted energy – discomfort within. In filling these needs, we do the same thing over and over, which only slows the energy even more.

We are not going to give the “resisted energy” a name or a buzzword, because this energy is simply the resisted version of your own beautiful energy flow. We have spent too much time already giving things labels.

I will say that until we locate and become intimate with this energy, our lives and the world will be pretty much the same. If we want to free the world from anger, denial, and hatred then we, individually, need to become one with our free flowing energy.

***If you want to change the quality of your life,
then you need to specifically locate and correctly
identify what is holding you back.***

Every step of the way, let's locate our energy inside. If you feel an impulse, notice it. If you feel a shock inside, notice it. Notice the flow of your energy. This way, we will locate our energy and eventually reconnect with it.

Right now, take a moment and try again to notice your energy.

CHAPTER 8

Honesty and Truthfulness

In Short

That you are judgmental is not wrong or right, it just is. Knowing your energy originated as love is the beginning of healing.

When was the last time you saw a celebrity interview saying they were clean from drugs and making a fresh start? It appeared on the surface that the celeb had his life under control with a new outlook. The celebrity may have been clean, attractive, and well-dressed on the surface but there is energy lurking underneath.

How soon did the celebrity go back to the old habits?

We live honestly with the level of sludge that we hold. We are going to react honestly and consistently with the amount of energy that we are holding. We automatically attract *specifically* to the level that our energy dictates. If our energy is thick and sludgy, then we will act consistently with thick, sludgy energy. We will feed that thick, sludgy energy, which means that we probably won't move, sitting on the couch with some potato chips and dip. If our energy is free and flowing, we will move with vibrancy and flow. We may want to go to the beach, go hiking, or play.

We will react honestly.

If we don't react honestly with our current energy flow, it is only using temporary power and it won't last. Before we get into techniques to expand out power, we need to understand honesty.

When discussing "currents" we mentioned that in the New Age and Spiritual movements, people discuss living in the "now moment." Sometimes the now moment is unpleasant. Your body hurts. You have no money. You need a drink.

Be honest. Don't deny the feeling. You are where you are.

Many of you are likely well versed in spiritual and self-development topics. Be careful not to hold definitions in place. Break free of old or outdated beliefs. Know that the speed of your energy determines how you act.

Open up and be honest with yourself. Don't live in prefab labels, live in *your* honesty. Your honesty is the path to your growth. You are the only one who really knows how you feel. If you have an ingrown hair in your belly button, no one knows it more than you. Your perceptions are your own. You may not even notice that you have an ingrown hair, similar to not noticing certain feelings within your body. But you are the sensor within your own body and you must strive to make yourself aware of your own feelings.

Who knows how you feel better than you? Who knows your aches and pains flow better than you? You are the only one that knows how you feel. It's your ball game. It's your power. It's your connection. The only way for you to increase power is through honesty within yourself.

You also know how your *energy* feels better than anyone else. If you feel prejudicial inside, then admit it (to yourself). If you have feelings of anger, admit it. If you think someone is an idiot, tell them!

Okay, I'm really just kidding about that last one. But if you do think someone is an idiot, then honestly notice and locate the feeling within *yourself*. The first step is honesty within you. There is nothing wrong with any of your problems. We have reactions that are based on something, that stem from some energy within. We must trace back the reactions and use those to empower ourselves.

You are in charge of your own empowerment. You open the doors to empowerment through the process of honesty. You have to admit the easy stuff, the obvious stuff, to notice your feelings in the beginning. You must start somewhere, but you must start, because there are gems beneath the surface that are waiting to come out.

I walked into a convenience store where a young woman was mopping the floor. A customer (yes, me) walked across her freshly mopped floor. The girl mumbled to herself, "asshole." She was reacting from her slowly moving energy within. It's her sludge. It's her reaction. It's her label.

An obese man drives by in an oversized Cadillac, which is sunk down on the driver side and spewing out exhaust like a John Candy movie. You notice the driver and you feel a twinge of disgust thinking that the driver is weak and a slob. Someone else might think, "I don't want to get like that, I better get back to the gym to lose some weight." Someone else thinks, "That guy reminds me of my uncle Jack," and laughs. Another person says, "There's Pastor John. He's such a good guy. I've seen him help so many people."

Each person had a disruption in their energy flow. On that disturbance, they put a label. The mopping lady's flow was interrupted. She accessed already existing energy within herself and her reaction was a negative comment. The comment is a label derived directly from her energy within.

Making change to happen in these scenarios is up to you.

Let's look at what happened with the people in our examples. The woman was mopping. She has her own energy current running underneath. She unconsciously and continuously suppresses it and goes to work, getting into her own zone. When that zone is interrupted, the fear-based energy appears. Ouch. This initiates her to make a reaction as if the guy harmed her. She reacts, "asshole."

Her process is unique to her. In doing her job, she is in a flow and she seals her energy for that job. When the customer walks on the floor, there is a disturbance to her flow. There is a disruption inside. Now, she touches her own energy that is lingering underneath. Her reaction from that energy is, "asshole."

You may have perceived that the driver of the car is weak because he could not control his compulsions to eat. Maybe you thought he was lazy because he didn't earn enough money to get a new car. The label you put on the driver was derived from inside of you. We need to honestly recognize the labels that we put on our feelings. More precisely these are labels connected to our energy. We are creating and labeling our world based on impulses from inside. Clearing these resistances leaves joy, intelligence and the unfolding of YOU – a greater you.

Look at the way the others reacted to the Cadillac driver. One person viewed the man as an inspiration to go to the gym. Another smiled and laughed because the man reminded them of a cherished relative. The third person actually knew the man in the car and knew him to be a person of good character.

Can you see how these labels might reflect a difference in energy flow inside each of these people?

You are in the same situation when you sit down on a bench and relax. Your flow is your own and unique to you. If a car drives by with a loud exhaust or rattling muffler, this may disturb you. Your energy is stirred up. You look at the man in the car and make judgments.

- These judgments come from your energy within, and have absolutely nothing to do with that man or his car.
- The more you make judgments, the more your energy is sealed within, more firmly planting you in your world.

To reconnect with power, you must be honest and understand that it is your own energy that creates your responses. Use this noticing of energy to reconnect and strengthen.

Now, you might say that you would never call someone an asshole if they stepped on your freshly mopped floor. What about when someone cuts you off in traffic? Have you never said “What the hell is this asshole doing?”

Really try to honestly evaluate how you feel. Be honest. There is no right or wrong. It is *your* energy, and denying it is not consistent with being honest.

When you make a judgment about a person, it comes from your energy within you. You create the judgment from your own weakness, which is your slowly moving or stubborn flow of energy.

The worst part of any person is good.

Your energy slows down in an evaluation mode or in a fear-based reactive mode. It is still your energy. It is still your flowing energy. It's still good. If we honestly feel and evaluate our energy within, then we can honestly and soundly experience growth.

To be able to increase your available energy, you must be honest with yourself because *you* are the only one who really knows how you feel.

You are truly the only one who can reclaim your power.

Let's say you see someone on the street and you make a judgment about them. Maybe you judge them based on race, weight, sexuality, or some other thing that you “aren't supposed” to be judgmental about. Notice your energy before you suppress that urge and just be honest with yourself for a moment. Don't be politically correct within your energy flow. You don't need to make your observation known to everyone – just yourself.

When you've been honest in identifying that judgment, only then can you begin to evaluate why it happened.

Once you've admitted your judgment to yourself, it's time to look inside. Be honest with yourself, knowing that your judgment came from a suppression of energy inside you that breeds such negativity. Is the person you judged threatening you? Are they approaching you with a baseball bat? If not, there is probably no good reason to fear.

Acknowledge that your judgments come from negative energy inside. Be honest, locate it, know it's there. Keep it to yourself but notice your energy flow. Notice the trigger that sends that thought out.

From there, you can follow a path that enables you to recapture your stale power underneath. It's a beautiful thing. You don't really even have to change your opinion of that person you judged. You just need to be honest.

You simply have to notice the energy underneath that prompted that thought.

You don't have to change your opinions of anyone you don't like, if you don't want to. Just be honest. Locate your energy. Soon, you will at least be accepting of them, which empowers you.

You should realize that, as you increase your power, those judgments and negative feelings will very likely begin to dissolve. If you get angry, notice it. Embrace it. Don't think of it as something bad. It is good energy that is resisted inside. In that moment you have a surge of power combined with pressure. A reaction happens. It is what it is.

It is power and beautiful energy, only resisted.

CHAPTER 9

Labels, Energy and Evaluation

In Short

A scab is temporary protection for a short time. It serves its purpose and disappears. Labels attached to your energy create limits.

Our energy is separate from the labels we attach to it. Many years ago, you set up a pattern inside to evaluate surroundings. This suppresses energy within you. It has now become a process for you. This process affects countless other things in your life, siphoning your energy.

We want to make sure that we are solving the true problem. The label that we attach to our energy is not the actual problem. Yes, we are making labels from our energy, but taking a laser and scanning down the label will not describe or solve the problem. The problem will reappear because the energy will still exist.

The label can become a scab over the energy. Energy is infinite and energy takes on many forms, but we want to be careful about limiting its flow.

If you have a feeling of lack inside, this is a label of your interrupted flow of energy. The disconnection or disturbance inside is what it is, but you label it as “lack.” Is it really lack? No, that is just a label you’ve given it. All of the negatives in your life are labels you have placed on your energy flow.

So, do we want to change the labels? Nope. That is what self-help does. We want to increase the energy because you are going to be honest with the energy that you feel. You will go with the flow confidently. You will automatically react.

If you have a feeling of inadequacy, this is a label you’ve put on your energy. Again, there is a disconnection or disturbance inside but this time you have labeled it “inadequacy.” This also is just a label. The energy is power. The energy is beauty. The energy *is* adequacy. It is just the flow may be interrupted.

If you dislike clowns, the image of clowns is your label of your energy within.

If you sense a dead spot or a black spot within you, perhaps you stop to feed that dead spot. You buy the colorful things and new things that work to feed into that spot, but it doesn’t actually make it better. There is only one way to deal with the dead spot. Go into the spot, connect with it, and stir it up. That is, get the energy moving.

When we start labeling out of habit, we have really separated ourselves from the problem, whatever it might be. When we barely touch our energy and just tag a person or situation with a label, we aren’t freeing our energy. We have many labels that just sit there, sealing up energy. These labels are not useful anymore. They need to be washed away.

A label is something that appears in our head as a tag, indicating what the flowing energy means to us. We evaluate the energy and come up with a label. We evaluate the speed of the

flow or the slowness of the flow and label it accordingly. Is it safe? Is it harmful? Is it good? Is it bad? It's all of those and none of those.

It is what it is.

Yes, it's useful for us to evaluate our energy, to see whether something is good or bad, or to see whether it's harmful or not. We evaluate energy. That is what we do. We label energy. That is how we live. As energy flows, we put a tag on it that attaches meaning. Our thoughts are labels to our energy. The key is always the energy flow. Most labels are sort of "fixed terms," related to the energy flow underneath.

You ask yourself those questions all the time. What does this all mean? What does my interpretation of this mean? What does your interpretation of this mean? How do I perceive this? Is this a threat?

Protestants, Catholics, the followers of virtually any organized faith, label their energy and beliefs. The faiths preach similar beautiful, "good" messages. The beauty of their energy underneath each person is very similar, but they can point to subtle differences in their beliefs. Historically, there even have been heated disagreements and arguments among those of different faiths.

We are attaching labels to our infinitely beautiful energy. We observe our energy to evaluate whether we can perform a task or not. Our world is an evaluation of our energy level. If our energy is not flowing and we are listless, then we may choose not to perform an act. If our flow of energy is powerful, then performing that task would be effortless. You would not even think about it, you would just act. Your action would be effortless.

We observe our energy and determine whether we "need" a cocktail. If our flow was smooth and uninterrupted, the need for that drink would not arise.

So, we have established that we label our energy. What else do we label?

Are we labeling the outside world? Nope. We are actually labeling *our impression* of the world. We are measuring, evaluating, and labeling how our energy is flowing in a certain moment and attaching the resulting labels to the world.

When we evaluate our energy flow, we suspend our energy. Then we put a label on it. Our energy is suspended and the labels keep changing. Often, we seek outside objects to match the energy like friends, career choices, or beer. That way, we can safely say, "See, I told you so," proving the energy correct.

Labels simply identify energy and your compression of it. Remember, a label is a just tag we use to identify energy flow. The compression becomes a familiar feeling. The label becomes attached, so the label becomes familiar too. Now, there is less thinking, less energy flow, and more labels.

Our labels actually become scabs.

The label is only a thing but if we think it is real, keep it in mind, then the energy gets more firmly planted in place because of it. We want energy to flow. The label has no power. There is no charge in the label, but we still let it exercise power over us as we suppress our energy.

The charge is in the energy. That is where the power is. The lack of power is in the labels.

So, here are the facts about our labels and our energy.

- A. You can change the label and it may come back. In fact, it probably will.
- B. You can change the label and still have the driving energy there.
- C. The label is not the power. The label is out there in the air, independent of the power underneath. The power is what really exists. The power remains, so it can be said that the sludge remains.

In a healing world, the scab exists for a moment in time to protect the wound. As the wound heals, the scab dissipates and vanishes. Our energy scabs remain constant, keeping the fortress intact. Our lives become automatic and predictable because we won't allow these scabs to go away.

When we take away these fixed labels and live in energy flow, we will be jumping from planet to planet. Healing for us has become shifting scabs, rather than getting rid of them. We re-label scabs, but the energy underneath is still the same. The label is not the issue. The label is benign. The issue is the energy underneath.

We can begin to see the energy by viewing the labels.

We develop labels and patterns. These help us move into simplicity in our lives, or so we perceive. But is it simplicity, or is it limitation? If there is sludge underneath and this sludge is uncomfortable, then it's easier for you to just hold the label on top and not feel the energy. Or maybe you feel the slightest twinge of the energy and then label it. And then you move on.

Changing labels is a little like playing volleyball with your labels. You appear to be busy but don't reach the real issue. You even appear to be having fun. But, you are not experiencing growth.

So, if the label is not power, then where is the power? We have to trace it back. We will use the labels that we have attached to our energy to see how our flow is.

People are not used to going inside, because attaching labels and feeding our needs is so easy. Let's take our time and follow a path back to the power inside.

You know, the distinctions made here are subtle but the magnitude is immense. The points and concepts are going to intertwine and overlap. We must continue to feel more deeply.

The way we view our surroundings is directly related to how we are feeling on the inside. If you feel powerful on the inside, you will have an attitude that tells you what you *can* do instead of what you *can't* do. As you begin to see the world in a different light, you will find that you engage with it in a very different way.

This is the beginning of long term change that will lead you into the life you have always wanted to live.

So, we need to release the labels. We have discussed at length the schools of thought that suggest that you change the labels. They say, "Change your thoughts, change your life."

***If you change your thoughts, your energy will still be the same.
The thought is a tag on the energy. When the energy itself is changed
and transformed, then your thoughts will transform automatically.***

On the contrary, it is unhelpful to us to change our labels. If we change labels, we will still be operating with the same amount of energy. That energy is made up of our greatest fears, so it sits, unmovable. Getting to the core is where your power is. Touching your impression is the layer before your unending power. Reconnect with that.

We label our impression. We continuously and sometimes repetitively label our impressions. Our lives build off our impressions. We want to notice and connect with the impression and leave the labels out in the air.

If we were able to just think a thought and have it manifest automatically, things would be good. If thoughts controlled our lives, things would be different. If life happened in our head, how would things be? Yes, this is a subtle distinction, but the impact is huge.

I have a thought that brings me a Mercedes. Well, where is it? We may need to evaluate personal development programs that say, "Change your thoughts, change your life."

If it were that easy, what would you do?

When you learn to just let energy flow and not label it, you will find that the things in your life that you need will be there. What about anger? What about greed? What about doubt? Blame? Each of these things is energy. Each is just flowing at a different rate of speed, each is a different flow of energy with a label.

If your energy is moving a bit more slowly, you will label it as potentially bad, and then you react in a way that is not positive. We must massively love our own energy flow.

The more we allow energy to flow as it will, the less those negative emotions appear and the more good things happen in our lives. All of the energy in the world is good, with a positive charge. Any perceived negative is a label that you put on the "resistance to that good."

It's all positive flow. It's just a matter of how you allow energy to flow through you. Accept it and go with the flow.

Essentially, we are evaluating our own energy flow inside; we are reacting to feelings, not the power behind them. If we label something as bad outside of us, the source of that label came from our inside. The flow of energy is whooshing through your body. Labels attach to emotions and feelings like a color chart in the paint store. There are hundreds of different emotions, each a different "hue" (or rate of speed), and with a slightly different feeling.

Jealousy, for example, has a pattern in your internal current, blame originates from a pattern and doubt has an area inside. They are not truly colors, but they are energy with different rates of speed and different labels on one energy flow. They are stored and triggered by our outside events.

Knowing this is one step in getting to the point where you can pick and choose how you want to feel, because really, it's all a choice when the raw materials are understood.

CHAPTER 10

Perceptions

In short

Limited perception is driven by internal triggers. The origin is not your brain. This perception is inspired by stale, protective energy in your body.

I once saw a toddler just beginning to walk. She was playing and practicing holding onto a chair at the airport. Mom was free for a moment to watch and admire her daughter. I sat there and appreciated the energy flow of a mother, who obviously so loved her baby. Seek out opportunities to observe moments of free and beautiful flow, and just isolate that feeling for a moment.

The baby wobbles. The baby may fall on her butt. Mom loves and smiles. She is lost in that feeling, just as it's an adventure for the baby lost in her own exploration of the world. It's cool to watch the baby wobble, experiment, and fall. In this moment, Mom's mind is on nothing else. Isolate the flow toward the baby. Take away the mom's hair, skin and bones, and what do you have?

You have pure love flowing. The core of the energy within all of us is the same. It is glowingly positive. We match.

I watched the mother smile at her child. She loves her baby. It bubbles within her. Look at the hope she has for the future of the baby. It is inspiring. It gives her strength because she loves her family and through that love, creates power to give and influence. She laughs. She gets something that she deserves. She enjoys that feeling. Sit with that for a moment. Take away everything including finances, housing, and even feeding.

Just look at the love of the child.

It is easier to see where our power comes from when we think about something like prejudice at this point. This woman looking at her baby is African American. Her energy and her hope are exactly the same as an Asian woman's or a Caucasian woman's or any other woman's in the world. It's beautiful. She is made up of energy, hope, and love.

We all are.

The child's mother is made up of the same energy that you are. If you perceive any differences between you and her and anyone else, that is created from energy fluctuations within you. Labels are made from that too.

We all flow with the same energy. It is beauty, and every one of us shares it.

So if we want to know where prejudice comes from, it is created through our own lenses, from a slight slowing of our beautiful flow of energy. For a while every day, focus on the energy. Let it flow. Let it be happy. Let it be positive. Send love toward another person. Begin deep within yourself. You have the same beauty within you as any other human being.

All human beings are beautiful. Any other perception that you have comes from a feeling within you that originated as fear. An African American woman loves her family, has hope, and is inspired. Her Latino friend is the same and so are you. Each is made up of love and beauty. She is a wonderful mom and has great visions for her children.

If you don't like some (or any) of them, the issue is within you. We will locate it and increase the power of your energy. We live in a civilized society. There is little reason to live defensively, but we build "industries" on top of our slowly moving energy. All of these labels come on top of simple twinges of fear. Let them go.

Moving forward in the next three chapters, we are going to talk about similar processes - perception, reaction and defense mechanisms.

- Perception is *reading* our energy within, which becomes our view through a statement or a thought.
- Reaction is *bouncing off* the energy within, which then becomes an action or a thought.
- Defense mechanisms *protect* the energy within, so you come up with statements, labels and thoughts that defend.

In all these cases, the energy stays implanted while you create, react to, and defend your world.

Perception is created inside of us. Perception is ours. It is created by you, by way of your filters. Your perception is neither right nor wrong. Notice the filters with which we create our lives.

A neighbor of mine once built a new house overlooking a river. He was very happy with his new house, believing it would be his home during his retirement years. His back yard and view of the river were lovely, but he had a complaint. He was disgusted when he looked at the other side of the river. Why? He could see a trailer park and he said it ruined his view. His perception of the trailer park was that it was disgusting. That was a view he created from within.

I liked the trailer park. I watched the people who lived there. I had many friends in the trailer park. I could see trees, water, kids playing. I could see life there.

We each perceive our own world. It's not real, it's our perception. Two people's perceptions of the same thing are usually different. Our world is a mirror of what is going on inside of us. Our perception determines what something is. The trailer park is what it is. The people in the trailer park are beautiful.

It is *your perception* that may not be so beautiful.

However you perceive it is good, as long as you notice the energy inside honestly. That is where your own sludge begins. If you see negativity, then you are bringing up slow moving energy and labeling it that way.

It is honesty within that will free you and empower you.

Let's say you see a kid on the street with baggy pants and what you might perceive as gang tattoos. For a moment, you cringe. It is a reaction. Remember that it's okay, it's just a reaction. It is not bad, it just is what it is. It is simply your own stored energy. It is a flash inside of protection. If we ignore it, we will never grow.

We must work on locating the energy within you that caused the judgment, and realize that it is just pent-up positive energy. The first step is honestly sensing your insides. It is what it is, so feel it and go with it.

So now, what if you happen to see that same kid in the baggy pants walk up to someone near you, smile, and politely say, “Thank you?” He has a sweet voice and he speaks respectfully. Now, do you still have the same perception of him? Do you feel your energy shift? Maybe now you think he is just a sweet kid in different attire. The twinge inside is a reaction. You can be startled or alerted to anything or anyone. Any sound can alert you. You are accessing something that exists within you. You are accessing your lens inside.

Perception is much more than simply understanding through the mind. It is more than cognition. We use all of our senses to perceive. Often there is a stimulus present to perceive, but there does not have to be.

It’s energy matching energy. It’s your perception. Here is an example of matching energy, but remember, it’s my own perception.

You may recall that I owned a small grocery store. In my store, a big part of the business was the deli. One weekend, I was working because an employee was out sick. It was early and I was tired. Two customers walked toward the deli. In an unnatural response for a business owner, I felt a twinge of, “Oh no, here comes more customers.”

It was a guy and a girl. She was about 5’8” tall and he was shorter, about 5’7”. He had a Los Angeles Lakers tank top on and he had tattoos. He wore a goatee and had a couple of earrings. He had a shaved head with these crazy sideburns and he was wearing lots of heavy gold jewelry around his neck.

The man stood behind the woman with sort of an apathetic attitude, creating a distance between him and the deli. I looked at him and thought, “Does he really need all those chains around his neck?” It appeared to me that he was acting too cool to be in the store.

She ordered. I was tired, but put on a happy face. As I made the sandwich, I thought to myself, “He can’t even order for himself?” She looked at him as though she was getting ready to ask him what he wanted. There was a pause. Why did she have to order for him? Then, she raised her hands and began speaking to him in sign language.

He was deaf. I felt like an idiot.

I created an entire scenario about this man from my own perception. I created everything I thought he was, then judged that perception without elaborating on his world and what life might be like for him.

We perceive energy. What we need to perceive is that everyone is good energy. Accept and love.

My perception of his energy was developed in that moment from an energy that I believed he emitted. From my impression, I created that perception my own way. It was my impression that he was standoffish. It was my impression that he was insecure. All of that may or may not be true, but it was just my creation.

Let’s play around with the following. We are going to look at perception in two ways. We’ll look out at the world and make an observation. Then we will look inside of ourselves, noticing where our perceptions come from.

For example, two people are looking at an oak tree. They are viewing the same tree, but from opposite sides.

She sees branches leaves and sunlight. He perceives shade.

She perceives beauty. He perceives pain because his son fell out of a tree at age eight. She perceives environmental peace. He says if that branch falls, it could knock someone on the head.

She is thankful that the tree is soaking up carbon dioxide. He wants it cut down because the tree is an eyesore.

Your perception of the world is your own. You see things through your own lens and filters. Your world is your creation. Notice how you create your perceptions. These people were each looking at a tree. The tree is what it is. If someone views it from the other side, it's the same tree, but they have a different view. If someone views it as the one that their kid fell out of, then they have a different view. If a developer looks at it, he too might have a different view.

These are the lenses by which we view our world, and through which we really want to take a look.

You'll notice the lenses are created from energy.

Imagine for a moment something that rubs you the wrong way. How about hearing fingernails on a chalk board, or seeing the hypodermic needle used for a shot? How does that make you feel? It is the feeling inside that makes you react and put a label on these things. You did not create it in your head. This feeling of displeasure can be located within your body. You can locate this feeling and remove it. The process leaves you with greater flowing energy and more power.

Sometimes I hear a baby crying and I think it is a beautiful healthy, sound. Another person might hear that sound and wince, like when a baby cries on an airplane. There are times when the baby's cry is so sweet. It's beautiful. The baby is exercising its vocal chords when it cries out the first birth cries.

We have different views of the same event. It is the same baby crying. Why do we view it differently? It is the perception of each person, but their filters take it in differently and evaluate how it matches their own chords and resonances.

When you make a decision, you evaluate your energy. The filter is the amount of energy flow currently being used in your body. One person will perceive something as a threat and another will roll with the punches. One person will perceive something as funny and another will not. One person will perceive another as an obnoxious asshole and another will admire his outspokenness.

You perceive your world. It's not real. It's your perception. Our world is a mirror of what is going on inside of us. Our perception determines what something is.

If we shift our views of the object that we perceive, then we are less likely to locate our energy and reconnect with it. If we change our "views," it's no different than changing our underwear or our labels. The source of the problem still exists. It is your impression that is restricting the flow.

Let's notice this. When you change your flow and increase your available energy, then the solutions are automatic.

We must always remember that it's in there, inside of us. Our perception is based on what is already inside. Happiness is already inside. People look at a trigger outside and say, "That made me unhappy." The trigger didn't make you unhappy, the unhappiness was already inside you. The outside event just triggered it. The agitation was already inside, the baby's cry just brought it to the surface.

An email comes to me saying, “Want happiness?” A person may think that happiness is outside of them, so they pursue it that way. Instead, they have to attract that happiness. Happiness is within. If we want our lives to be happy and joyful, we need to locate the area within us that is not happy or joyful.

Some days, spilling milk will not bother you. Other days, you will get upset and worked up if you spill milk. What is the difference? Not much, except the amount of suppressed fear that you feel. It shows you that the upset is already in there, inside of you.

When you get upset simply because you spill milk or drop something, other things have been working the energy up the surface. You have been stewing over something unrelated to the milk incident and you have already aggravated your energy. Then boom, you drop something, and you have a meltdown. It's in there, and your response to that determines your perceptions, your actions, and your life.

“Self-help” would have you change your responses. Goodology adjusts the energy inside.

It's all good energy. Locate it and let it flow.

CHAPTER 11

Reaction

In short

Reaction comes from a focal point. Does that sound like an infinite and flowing place?

I was once driving through Ohio when I realized that I was two lanes away from the exit I needed to get onto the highway. I crossed two lanes to get into the right lane, and I made it with plenty of space in front of a big truck. I looked in the rear view mirror and the truck driver was giving me the finger with a vengeance... double-fisted birds as a matter of fact.

Whatever I did in crossing two lanes of traffic startled him. It stirred up some energy inside of him and he reacted. That energy was already within him. Since I was the one that stirred it up, I was the asshole in his perception. He chased me for a mile, giving me the finger the entire way. He was pissed! Whether or not I came too close to him didn't matter. It is his inside reaction that governed his reactions.

We can speculate that other areas in his life have issues, such as his family life, or he could be hung over or there just could be a lot of anger inside. Boom. His reaction was based on startled and stirred up energy that was within him. Another driver might have been unaffected and kindly waved me in. Another might not have even noticed me, focused instead on getting to work. Still another might have been mildly upset.

The reaction I want to talk about is that which touches your energy and bounces, creating an outside event where we are moved to act. This reaction originates from something specific and finite within, that goes toward a specific focal point outward. Think of it like a ball bouncing off a wall. This is a targeted and useful tool toward a specific goal. Think of it as being sent in another direction like a ricochet. You spend a specific amount of energy to accomplish a desired task. I want a pencil. I move to pick up the pencil. You are hungry. You are moved to eat.

Reaction can allow us to see and connect with our energy within. Often your reactions bounce off the sludge inside you. This can be how we feed our "needs." Reaction holds your own energy down so that you can use a specific amount toward a focused outcome.

When you react, it doesn't sound like you are going in a direction that is of your choosing. It sounds like it is being dictated by something outside of you that is feeding a limitation within you. When you react, you are bouncing off your impression point inside. You push your energy down and react. You are using a fixed amount of energy for your task. You "know" what your outcome is.

When we feel pain, we react. We can be goaded into action. We can be filling a painful need within.

Reaction hits your inside and *boom*, you have reacted. It is akin to a defense mechanism. Let's locate where it hits you inside. This is a baseline for you. Let me use a baseball example.

One thing that I did well in baseball was to react. Playing third base, I would be diving and have the ball caught before I even knew I was doing it. It was pure reaction. That shows that reaction is power, specific power to achieve a specific result. That reaction does not help with much else. I wasn't reacting from pain. It was pure flow of energy.

You could say that the driver of a car had quick reactions to avoid a chipmunk when it crossed the road. That is reaction and it is reaction to potential danger.

There are other reactions that come from a feeling inside which can be painful. We are reacting from pain. Most of the time this pain is hidden deep within us, and it is difficult to uncover. Other times this pain is easy to see.

We are reacting from pain all day long. We feel hunger, we do something about it and we eat. We are tired, we sleep. We have thirst, we have something to drink. We fill our needs all day long. When we feel angry, we react.

Anger is a reaction. From what are we reacting? Look at the energy. From where are we reacting? Denial is a reaction. Look at your energy in denial. Your energy gets pushed down. Doubt is a reaction. There is a trigger inside that may compel you to react with caution. Notice your inside when you are reacting. Start simply. When you are hungry, you have a feeling inside. You eat. Then the feeling inside is gone.

Anger is the core of reaction. It is the already existing energy flow underneath. The reaction is the tennis ball. Anger is the wall. Reaction is good and necessary but, after the reaction is over, we have to move on with our lives. In the case of anger, we push down our energy and specifically muster enough force to lash out and "resolve" whatever issue is in front of us. Look at the path of the energy. It compresses for a specific purpose, leading to a lack of energy flow.

Denial is another place where you push down your energy. You make an evaluation that something isn't true. You are not letting that statement touch your insides. In the case of doubt, you evaluate energy within and you may determine that you don't have the power to perform. You are flashing down and sensing while your energy comes back with an impulse that indicates doubt.

Does reaction sound like planning? You are responding to an event. You are summoning energy to perform a task. It can be a great thing because many opportunities are presented to you. You have many chances to say yes to opportunity. But reaction offers more limited options than the open world.

Stand in front of a stone wall. This time the stone wall is *not* flat, with stones jutting out. Each stone is a different size with mortar holding it all together. Take a tennis ball and bounce it off this wall. How far does it go? It depends on how strong your arm is. Which way does it go? Who knows! The ball bounces in response to a surface that is not flat.

Reaction in this way can narrow your options. It doesn't involve planning and choosing your direction.

Turn around and face the other direction with the tennis ball. Face the same direction that the ball ended up traveling after it bounced off the wall. Now throw another ball in that direction. How far did that ball go? It will go much further because it didn't encounter the resistant surface of the stone wall. The ball will go the direction you throw it because it didn't hit a random surface and carom off wildly.

Your life will take a different path if you are the one in control.

The more energy we hold on to, the more diminished our reaction will be. The more of your energy that is stale and slowly moving, the more lethargic your reaction will be.

In a society of consumerism, we constantly seek. We feel a need and we will fill it. People don't allow themselves to have a need for very long before they do something about it. Feelings of hunger, for example, are not always a true need for food, but we don't wait too long before we eat when we feel that need.

Every one of our "needs" can be filled quickly. It is a direct response. What if we didn't have these "needs" inside? What if our energy was not asking to be "fed?" What if the energy inside was not so needy?

Some reaction is pure and some reaction is from pain. You'll notice that some fear is pure and powerful and unadulterated, while other fear is a reaction from stored pain. Sometimes our reactions can inspire positive results, but *originate from pain*.

Be good. Not because you experience pain. Not because you will gain something. People feel that you need to be hurt and you react to that hurt. Be good just to be good. There are enough situations in our life during which we will respond to unpleasant conditions. If something painful happens in your life, you respond accordingly.

Natalee Holloway was an American student visiting Aruba when she disappeared some years ago. She was never seen again. Natalee's mother, Beth, started a non-profit operation called the International Safe Travels Foundation in response to her daughter's disappearance. This foundation helps travelers plan their trips and return home safely. Is this a good organization? Yes, it's excellent. Would Beth Holloway rather have her daughter back? Of course. Can she rationalize her way out of it? I hope not.

We don't want to imagine the pain that Beth Holloway experienced, but try just for a moment to think about it if you can. Notice where the pain comes from and notice where the reaction comes from. The pain is inside. Her reaction to that pain inspired her to do something good.

The actor Jason Alexander's sister was diagnosed with scleroderma, so he became involved in charity work to research that cause. Is this a good organization? Of course. By becoming involved in this cause, Jason demonstrated a caring reaction that comes from a feeling inside. Would Jason Alexander be involved with scleroderma if his sister did not have the disease? Who really knows, but it's good either way.

The point here is that Jason Alexander had a reaction. He did not perceive that he had options. He reacted to the cause of his sister's disease, and this became his cause.

Mothers Against Drunk Driving (MADD) was founded after Candy Lightner's daughter was killed by a repeat drunk driving offender. Candy has reached a level of "success" by reacting from something painful inside. The thought that your innocent daughter was happily living her life before she got hit by a car is difficult to take. Candy's organization is a reaction to pain. She would still want her daughter back, even though she has helped so many people.

John Walsh is another good example. He lost his son, Adam, when the boy was five years old. Look at all of the good John Walsh has done in response. John has a TV show called, "American's Most Wanted," which has been a huge success in "taking criminals off the street." This shows his reactions and power that came from a tormented pain.

Each person in these examples entered these situations from pure innocence, experienced pure pain, and then they reacted from that pain.

These people have touched a source of power within themselves. We can touch the same source of power without having to experience the same level of pain. We don't need to live in

reaction to really *live*. We already experience pain in our lives, even if it's not the extreme kind these people faced. We have stored pain and that inspires us to react every single day.

If we can touch this pain and reconnect with it, our reactions will be pure and flowing. The point is that we don't need to wait until something terrible happens. John would give everything up to have his son back and to allow his son to grow as a normal healthy child.

Often tragedies help us sustain future life and advance the quality of our lives based on a fear inside. However, we can still accomplish this without tragedy.

Here's a hard question. If that never happened to John, would all the good that he has done still exist? We don't know. There is no real answer, but you see the point. We don't need to react all of the time. Let's release our negative energy as a starting point to growth and positive action. We must put forth love, support, and care as a primary way of our lives. We can't wait for pain.

The point of this exercise is to notice that reaction begins from pain inside. We are not looking at right or wrong, good or bad, or the "what-ifs." It happened. Each of these people did the best they could. They reacted. Look at the pain from which they react. We are reacting from this feeling with specific goals.

Two things happen here. One is that the world flows randomly. These people are making the best of their circumstances. "Reaction" is happening. Would Jason Alexander have had any interest in scleroderma if his sister had not been afflicted?

Don't "react," but *do* look for good. Find organizations out of the goodness of your heart. Don't wait to react. We have a whole world out there. We must flow in a positive direction. Flow with no resistance. Reaction comes from resistance. It's holding onto energy, something negative in your life.

Certainly, if you say that, "bad things are going to happen," then you are right. However, to have a world of good, we must open the good within us instead of continually reacting from painful, goading energy. We don't "need" to react only to bad things to make good things happen. Make yourself more powerful, then react.

One of the most extreme examples of reaction you will see took place on September 11th. People in the World Trade Center were trapped on a high floor. They were above where the plane hit. There were flames. You saw people who were so hot from the flames that they jumped out of the windows. Again, it was so hot that their only reaction to that pain was to jump from that height.

We must identify what we are reacting from. When you condemn someone, you are reacting from your own fear. You are making a statement as a reaction from your own energy inside. When you judge, you are reacting from your own fragmented energy.

When you buy into friends' negativity, what happens with your energy? If a friend makes an angry statement about another person, it stirs up anger within you. Then you agree. You are evaluating your inside, then you are pressing your energy down so that you can narrow your focus toward this end. It slows your energy because you have evaluated and commented. Your energy is the same, and not flowing like it should. You are pushing it down and playing in that arena.

You could be letting it flow but you are graduating to the wrong arenas. You could become more powerful, but you are playing in the mud with a friend. Your doubt, anger, blame, etc, is sitting on your energy and making that comment. What does it do? It allows you to live in your energy at that moment. But remember, this is what we want. Even if our energy is negative, we still want to feel it. That is an honest answer. We'll work more on this later.

It appears that you are controlled by outside influences, but you are actually controlled by your inside needs. You are serving your insides.

We want things to happen now. Why do we want it to happen “now?” It’s because the sludge is needy and whiny. Maybe this is the non-spiritual person’s “now moment.” That is a joke. You are probably more of a truthful spiritual person if you are noticing your energy rather than suppressing it and labeling goals. If you are reacting from sludge and pain within, you are living in your now moment. If the sludge and pain was not there, your choices would be more infinite and less in reaction to your pain.

That sludge that we are feeding is fear. It originates as our greatest fear and multiplies into various levels and feelings of fear. Those fears can be as extreme as the fear of hanging your head off of the Empire State Building to doubting that someone cares for you. We are holding onto these fears underneath. Before we talk about fear, we need to understand that these are all one energy current. There is one energy current flowing through us.

When you lash out and call someone an ass, you are reacting out of fear. When you condemn someone, you are reacting out of fear. This fear is inside of you. You are making an evaluation or a decision based on your own disturbance inside of you.

How about this? When you are disgusted by a child molester or a serial killer, you are reacting out of your own fear inside of you. Separate the outside from the inside vibration.

When you do that, you can locate *your* inside power and reconnect.

Chapter 12

Defense Mechanisms

In short

The process of protecting that gold gem within us is really inhibiting. It's facilitating a limited access to good energy.

What are we defending? How are we defending it?

We don't want hurt our sensitivity exposed within us. We defend that hurt, pain, and sensitivity. We build walls that separate us from that pain. A defense mechanism protects your insides from being hurt or aggravated. You build fortresses around your energy inside so that it won't get touched. We'll do a lot of things so that our sensitive inside energy is not touched. We protect it.

Dawn has beautiful red hair. She is probably about fifteen pounds heavier than she would like to be but she has her house in order, as far as we can see. She has a beautiful sweater draped over her shoulders. The quality of this sweater cannot be questioned. It is even draped in such a way that is fashionable. Her blouse is by the "right" designer. Her jeans are the correct jeans. She has the right shoes on. She is sure to walk in a way that commands respect.

Right down to her jewelry and makeup, Dawn's casual look cannot be penetrated. Dawn's look has every defensible angle from Vogue magazine. Dawn is an adult child of an alcoholic. She is unemployed at thirty-five, but she is going back to school because she has an eye for the arts. All of these facts could be defense mechanisms. These are layers that she puts up so that she doesn't touch her hurt inside. No one can penetrate that armor. Even if someone were to accuse her of not being fashion cool, she "knows" that she has the right stuff on.

It's revealing when Dawn sees her father and becomes aggravated with his every action. His breath smells, he does not have enough furniture, and his work ethic is questionable. She holds on to negativity associated with her dad and her upbringing. She is holding upset inside, but it is covered well on the outside. Seeing her father allows this energy to be aggravated within her.

Like Dawn, we all build walls, fortresses, and boxes. We have locks, keys, and lock boxes. Deep inside is a jewel that we protect and that is pain, hurt, sensitivity, and our own energy. We paint our world and ourselves with images, makeup, and tattoos. These are shields so that we don't feel the pain within.

You push down and react. You push down when you evaluate and make a label. Defense mechanisms protect. But what do they protect? There is a crown jewel within that is waiting to flow if you allow it. Defense mechanisms protect a sensitive area inside of you from being hurt. You build a shell around it.

Part of Brittany's job is to sweep the floor. She didn't do it last night. She is confronted by her boss, "Brittany, the floor was not swept last night. What happened?" Brittany immediately becomes defensive. If she admits that she didn't do something, then she admits her weakness and subjects herself to feeling her own pain. The boss knows that Brittany was outside, taking extra-long cigarette breaks, when she should have been sweeping. Brittany goes into defense mode by saying that she was busy with customers, the broom was broken, or the dog ate her homework. She says anything so not to feel her open wound inside and be honest about the situation.

Her wound inside exists independently of sweeping the floor or her boss's questions. The incident stirred that wound up. She built a defense so that she would not feel the hurt within. It was her reaction to this pain (or potential pain) that protects her.

If Brittany is honest with the situation and with her boss, then her feelings from within will flow. If she is defensive, then her energy is suppressed in reactive mode. Whether Brittany smoked too much, whether her boyfriend visited her at work, or whether she was just too tired to do it, it would be healthy for her if she admitted to the truth.

If Brittany says, "You are right, I apologize," this allows her energy to flow. If she says, "You are mistaken, I didn't do anything wrong," this creates resistance.

Brittany's energy is not related to the label. Brittany's energy exists within her. The labels are secondary. She has hurt regardless of sweeping the floor. The feeling within Brittany can be felt as weakness, hurt, or disconnect, but it will be there before and after these defense mechanisms. It will affect situations in the future and it has affected situations in the past. But it is in one spot and it is possible to locate.

Defense indicates that you are protecting something. What are you protecting? You are protecting a pain inside of you so that it doesn't come back to hurt you. You are holding onto this pain within you. On top you have built layers of defense mechanisms, so that the pain is not touched.

The paradox is that the pain within is your power. You are suppressing and avoiding something that will make you soar. Let's make a goal to release our defense mechanisms and get closer to our source of power.

We are going to take a moment to illustrate a point. I don't want to lose you here, but it's necessary and a little bit interesting to point this out.

Let's look at a few different kinds of defense mechanisms:

- Denial – This is disagreeing. It's saying that something which is true is actually false.
- Displacement – This is redirecting the label toward someone or something different.
- Intellectualization – This is bringing the argument into one's head, which may confuse your partner.
- Rationalization - This is justifying your action with false information.
- Regression – This is acting like a child.
- Sublimation – This is redirecting truth to deception.

It may be interesting and informative for you to learn these terms but, without getting to the core of the matter, you will experience little growth. There are even more terms, such as

projection, altruism, humor, and reaction formation. The more I teach you, the more this looks like a research project but, most importantly, the more you learn in your head. We have all developed this habit.

Learning certainly adds more information in your head, which often just provides you with more defense mechanisms. We are playing a game at the tip of the iceberg in this case. We are not penetrating any more deeply to the core of our energy and power. This may even give you a greater fortress of tools to use as defense, because the issue is at an energetic level. What happens is that you will continue to volley at the tip of the iceberg, replenishing the volleyballs we use to play.

Your head gets more crowded with information while your sludge and pain stay the same. You learn different forms of denial. It's common to seek more armor so that we don't have to feel the pain within. If you live in your head and in your labels, then you are far from the source of your power.

Let's continue with Brittany to illustrate the same energy that pushes out the labels and reactions. She goes into a coffee shop. She wants to have a happy exchange with the clerk, so Brittany smiles. The clerk does not smile back and is a bit harsh. Brittany's tone changes from a smile to mumbling to herself, "bitch."

Brittany's smile was an attempt to connect on a sweet level so that she could feel the warmth of someone else smiling at her. When she didn't get the return smile, the pain she was covering was left exposed. It's the same pain that existed underneath her defense mechanisms that we talked about above. This time it was being covered by a smile, and exposed by the lack of a smile.

For a time I wondered whether smiling was a defense mechanism for me. I think at times that it certainly was. In truth, I try to go inside and feel a positive energy, which I send out consistently and all day long. When you don't feel like getting into negative conversation or thought, a smile can direct the conversation in another way. However there are times when I look at someone and think they need a smile. Do they really need a smile? I have no way of knowing that for sure. The smile I give that person is for no other reason than to soothe energy within me because it was my perception that created that scenario.

Thus a smile can be a defense mechanism and a reaction. Even so, the defense mechanism doesn't define the energy. The energy is all powerful and the label is arbitrary and benign.

Let's pick on Brittany one more time. She has a job that pays her \$495 each week. She finds out that she can barely afford a new car. Nevertheless, she decides on a new Hummer. When she is behind the wheel of the Hummer, no one can touch her pain because she has built a fortress around it.

Her process is pushing down her energy and putting a flap over it so she cannot feel it. Then she comes out with statements, which are labels. If she feels that the boss buys these labels, then she will release her energy and open up again. In this way, we can use our defense mechanisms to trace back to our power.

The real reason Brittany drives an SUV is hers alone to know. My judgment of her or others who drive obscenely big SUVs is that they are "keeping up with the Joneses." But that is only "my" judgment based on my flow inside of me.

What do you make judgments about? Do you judge people who drink too much or are overweight or that drive flashy, expensive cars? What makes you angry? When a piece of paper falls on the floor, do you get irritated? When someone cuts you off in traffic, does it piss you

off? Pay attention to these things. Notice it and locate the source. Make a list of things that anger you, things you make judgments about. It's hard to just do it out of the blue, but if you can make the list, then you can begin to locate the feeling inside.

Defense mechanisms are seemingly endless. We do many things to prevent our pain from being felt. So whether it is denial, repression, sublimation, intellectualization, or suppression, the underlying issue is the same. Your energy is not flowing like it should, and removing defense mechanisms can help us free the flow.

Section Three

Obstruction to Flow

CHAPTER 13

Fear

In Short

Fear is love, but a component, a slowing. It's the preservation of life through which great energy flows. Like love, it can be exhilarating and no doubt powerful.

Fear can be evaluation and caution, but really it is a body state and a restriction or an adjustment of energy flow through your body. This is primary in our knowing and our progress, the understanding that your body changes and compresses with fear. At the same time, fear is love. Fear is power. Energy that is infinite and flowing is then shifted and focused to something real for us in this moment. But what is it?

We have talked at length about flow. Fear is resistance to that flow. Let's look at fear as one end of the energy current – the slower end. Fear is resisted or slowed stored energy that is compromising the overall free flow of your energy. In a fearful situation, your energy tenses, and compresses. This is our concern, the reflection of our insides.

What, really, is fear?

Is your greatest fear snakes? Is your greatest fear public speaking? Is your greatest fear intimacy? Is it cliff diving? Do you fear standing at the edge of a balcony on the 35th floor? For the purposes of this book, I don't want to consider these as fears. I would like to consider these as elements in your world that bring up a feeling within you.

In this world, how many fears could you have? What are the possibilities? You could have lots of fears if you look it that way, hundreds even. You could be afraid of snakes, intimacy, or monsters. You could be afraid of dying. You could fear chemistry or calculus. You could fear all of the above and more.

The unpleasant feelings inside of you, specifically, are fear. Fear is an adjustment in energy flow. Fear, really, is resistance to your power. It's resistance to your own flow of energy. It is resistance to love. Your fear is one energy stream that flows or ebbs. So instead of having many different fears outside of you, you have one feeling inside of you that is the starting point of all your fears. You attach many labels to that one feeling inside you, but it really is just one thing... fear.

- On one hand, the fear is powerful, adrenaline building, and powerful, which is something a thrill seeker might pay for. Feel this fear. It's intense.
- On another hand the fear is drab, seemingly permanent, and a drag, which is something that inhibits you in your life. Feel this fear. It's stuck, and hidden.

The first fear described above is a flowing intensity, pumping adrenaline. You will never lose this and it will always be there to protect you. Don't worry about it. That safety mechanism is not going anywhere. The second fear described above is layered fear that is afraid to be afraid. It is stuck inside of you "just in case" something happens. This is the one that you should lose, that you should set free.

This drab, awful fear is the slowly moving energy inside of you, the sludge. It must be freed and released!

Outside stimuli activate a response within you to act or react with the energy flow inside of you. The slow movement of your energy inside is your fear. It is the product of our own responses, and we must pay attention to it.

For a moment, look at the normal and healthy flow of energy is that of excitement, happiness, joy, laughter, and other positive emotion. Resistance to this energy decreases the speed of the flow and gets a "fear" label. You say to yourself, "Be careful."

We are coming closer to where transformation occurs. The answer is that you have *one fear*. That one fear inside creates your view of the world outside yourself. There may be different labels and intensities, but it is one energy flow. Each time you experience fear, something similar happens inside of you. Your experience is magnified and intensified when you walk toward the edge of the balcony, thirty-five floors up. You get a rush of energy. Some people may even start freaking out. Others may not. So, where is the fear?

The fear is inside of you, individually. You have a feeling that says, "I love this energy within me. I don't want to lose it. If I fall off this building, my body will not have this energy." This is a feeling for preservation of life. That preservation of life feeling gets compressed into sludge limiting many of your movements. This becomes your guide in life.

So what is the alternative reaction at thirty-five floors up? The alternative is just walking toward the edge normally, looking over at the big drop below, and admiring the view with a no-fear response. You could have appreciation, respect or awe but when what you see there is freaky, the same thing happens again. You have a fear response inside. Your energy slows so you can evaluate the situation from an instinctual level. It's an intense feeling.

I once came across a snake and my response was pretty much the same as when I looked over the edge of the balcony. A close call in traffic feels pretty much the same.

Whether you have a fear of heights or snakes or clowns, you don't spend your whole life consciously disarming each external fear that you encounter. That's what we do instinctually. We look at the object or the situation and we make ourselves comfortable with it. If we look inside, we can take out several fears with one reconnection and still not lose our automatic fear response.

If you see a snake by surprise and it startles you, you will experience that natural flow of energy. Instead of looking outside and seeing things that can stir up emotion (like traffic or lions or tigers or whatever), look inside and know that this energy is inside of you.

It's easier to have a handle on one thing inside of you than on a whole world of fears outside of you.

This is our starting point. Did you ever notice that when swimming, your fear response to a shark is about the same as when your leg touches seaweed?

If you see a snake or if you sense that a big spider is going to crawl up your leg, you may feel fear intensely. These are both versions of the same feeling. What if we didn't have these fears? We are afraid not to have these fears, so we hang on to them for our defense mechanisms. But if we didn't hold onto the fears, our lives would be pretty much just as safe.

If you see a snake, you walk away from it. The same is true with a spider. If we didn't have fears, we might get bit more daring and maybe even get closer. But since we do have fears and we react when we see a snake or a spider, there is no good reason to carry that fear with us in our daily life.

We'll react just fine the next time we see a snake and, with this experience, maybe we change future behavior so that we don't see that snake again.

Thus works the mechanism of our own internal protection system. But we also hold onto certain other unnecessary fears and disturbances, and this drags us down.

Fears are useful because they give us the adrenaline to keep us safe. When you are in a close call in traffic, you get that same rush of energy. You know you will feel the intense power that is flowing through you in these cases. These are healthy, natural responses of energy. These are not the fears that we need to be concerned about. Those are examples of the healthy flow of energy.

Thrill seekers pay money to experience these sensations. When you see the flashing lights of a police car behind you, your body tenses with a sensation of fear. A near auto accident brings up sensations of shock and dread. These are powerful body mechanisms, which will always be there to keep you safe. Feel these fears and *appreciate* their energy flow.

The fears to be concerned about are those that linger, and those that are irrational. These kinds of fears result from the physical compression of memories. For example, if you see that police car and believe that you are getting pulled over, or if a car cuts you off in traffic, there is a rush that goes along with your sensation. But, if you chase down the person that almost hit you and want to beat him with a stick, these are the feelings which we need to locate. You are reacting from compressed goading energy.

So, let's say that you start chasing down the car that cut you off. That impulse comes from a different kind of fear and reaction, which we will discuss in greater detail in a moment. At that point, you are reacting from negative stored energy that is hurtful to you inside. If you bump your head on the ceiling, it hurts. You say, "Ouch," and you experience pain. But, if you bump your head and then punch the ceiling as a result, there is hidden pressure inside.

For genuine, in-the-moment fears, like unexpectedly happening upon rattle snake, you will experience a rush of energy. It might shock or startle you and make you take a step back. Your fear and the resulting rush of energy will set your physiological systems in motion and you'll be ready to act.

Your body summons a great deal of energy in preparation for your response to danger. So, if you can grab the opportunity to notice it, you will find your energy slowing down, even in that rush that you experience. Some people describe it as feeling like time stands still.

Using the traffic example, if a car cuts you off and you almost have an accident, you might say that you had a really close call. Again, you will feel a similar rush of energy. This is intense. You feel the resulting rush long after the incident has ended.

As strange as it sounds, when we feel fear, we feel alive. We are feeling our own energy, saying, “Hey, wake up, and do something!” You get a great, sudden rush of power, for the sole purpose of making you take some action to keep yourself out of danger

We store the memories of these fears very deep inside of ourselves, but it is not impossible to locate them.

Look at the fear of something innocuous, like calculus. What is it, really?

It is not that your mind is incapable of doing calculus. Your energy inside has become bunged up, causing you to determine that the activity is too difficult for you. You put a label on that energy, deeming it something that you want to avoid. Your energy inside slows down, intercedes, and you make a decision not to act. That is a fear also, but this fear has been formed from energy that you have compressed inside.

It is that compression that ultimately becomes a memory, and that memory will cause you to move slowly in certain circumstances in the future. You want to believe that it’s there to keep you safe, so you store this uncomfortable feeling. But it only ends up making you move slowly and avoid circumstances where it doesn’t benefit you to do so.

I want to reiterate that *any* fear you have comes from a reaction of your energy inside. Our world has become so safe, our lives have become so routine, that we don’t often encounter any true fear. So, we stir up old latent energy and label that.

On top of these old fears, all others are built. Different triggers allow you to see the fear inside of you and the different labels that you have on this interruption of your flow inside.

It is easier to handle one fear inside of you than to try to take on the multitudes of fear outside of you. The great thing is that we have the ability to locate that fear. The distance to fear is very short. It is inside of us and it’s very basic.

The question is not, “what is it?” The question is, “where is it?”

Fear is located in what we can view as a subterranean part of our energy. Energy is flowing powerfully and intelligently. Fear is a disruption in that energy, or a disturbance of that energy flow.

Fear is nothing more than a slower flow of energy.

Fear is identifiable. Fear is actually measurable whereas love and peace are more freely flowing and thus harder to measure – and put a finger on. Perhaps this is why we seek fear and feel comfortable in the safety of fear, because of its limits and predictability.

Love is free flowing. Love is infinite. Love is all knowing. Love is energy flow.

Love and fear seem like opposites, but fear and love are one energy.

So if fear and love are one energy, what is the difference between them? Fear simply flows more slowly than love. *Love flows. Fear slows.* It is still one energy current, and fear is the same as love, yet they feel so different inside us. Fear seems like dead energy, but we know from quantum science that even a rock is moving energy.

It's oily sludge.

Fear is your energy moving backwards, sideways or crossways. When you experience fear, energy actually stalls for a moment, so you can evaluate the cause of that fear and react to it. In that moment, you are given energy in the form of adrenaline.

So, what if we look at fear another way?

Maybe fear can help you see the energy inside of yourself. Through fear, we can see the type of energy that we have been holding onto. How scared must a deer be when there is a

predator lurking? The deer must stay perfectly still. The deer's energy slows and calms, yet its heart rate goes up.

What about a raccoon that gets cornered? The raccoon feels the same kind of fear that the deer has. The raccoon's energy is curled up and prepared to react and lash out at the impending danger.

Some of us feel this energy and reaction in traffic. Our energy coils until we hit the painful sludge within, then we want to lash out.

So, to answer the question, "where is the fear?" It's right there. You just saw it, or felt it buried in the form of a reaction. When the moment of angst has passed, we don't release the fear back into our normal energy flow. We keep it deep within, just in case we need to remember it again. We don't want to touch that hot stove a second time, so we keep all of this energy buried. We keep making labels on top of that energy, and those labels are what allow us to push the fear back. As a result, we come to believe that calculus is frightening.

You can see how lack of energy flow affects intelligence.

Our fear stays curled up like a snake ready to attack. But in our daily lives, we don't need to attack. We really don't need to hold on to that energy to remember not to touch the hot stove.

At the hint of something we fear, we don't want to move toward calculus. We resist it. We are resisting that uncomfortable feeling within. We don't want to move to ask the woman out, so we retreat instead. We don't want to move toward getting a new job, so instead we just never get around to sending our resume.

We talked earlier about compression. Compression becomes an almost involuntary response in our lives and it creates the things we have been discussing. If you can locate your own compression triggers, then you will begin to tap into your true power.

The chances are excellent that we will, from time to time, see a snake or have a near miss in our car. These things happen, although they can be minimized through caution and care. Still, they will happen and we can feel a fear response inside when they do. The other kind of fear we experience – the perceived kind – prompts us to avoid feeling the stale energy within. Instead, we react away from it. We turn it into defense mechanisms. We label it and it evokes judgments. We rationalize and put our mind to figuring those ways to avoid it.

All the while, this energy inside is limiting you. This energy is putting you on a path where you awake in the morning, drink some coffee, go to work, go home, watch TV, and then do it all over again the next day. You become nothing more than a slave to your limited energy.

The key to becoming free is to notice the mechanics of your energy in these scenarios of perceived fear. You compress inside. It is you that is doing the compressing. It is *your* power. It is *your* process. Therefore, it is *you* that can un-compress.

The choice to free your power is completely with your grasp!

Chapter 14

Origin of Fear

In Short

Your greatest fear is at birth. All other fears revisit this. You internal reaction processes are formed before your brain. Know it and flow it.

So, we know that fears originate as a body state. The origin of fear places a stamp within your body as a memory. Just in case you forget, you have it set up so you poke yourself as a reminder. Conveniently enough, this stamp or impression is processed by you. This is your own process and it is unique to you.

You own and operate this internal mechanism.

The moment that fear becomes a part of you is when it becomes an issue. When fear becomes a thing, rather than simply an adrenaline flowing, excitement-filled reaction, is when it begins to cause trouble. Fear *should* be moving through you. Your fear responses are healthy and should be activated when needed. These are not, however, body sensations that are a “thing” to goad you all day long.

Fear has been with you since your birth. We know not to think of fear as inherently bad – just adjusted energy flow. From the womb to the delivery room, there is noise, an extreme change in temperature, lights, people, and trauma. The baby feels all of this. It's a shock. This is not intellectualized because the baby's brain will not be formed fully for several more years. So this fear becomes anchored inside of the body in the form of a shock.

The baby holds the shock in the body. The baby has a feeling which, if we were to put into words, might say, “I don't want to come to this place. This sucks.” The new place is more painful and disturbing than the old place. When a baby is born, its brain is about one-quarter developed, so that feeling of “this sucks” becomes the baby's operating system. It is only an “impression” of their energy held within.

By the age of three, the child's brain is 80 percent developed and by age five, it is 90 percent developed. So what does this mean? Many of a human being's “anchors,” which are based in feelings, are formed at the very beginning of our lives.

Still, specific labels don't come along until later. Associations come later too. All kinds of labels become attached to our energy as we grow, but at birth, the baby is in pure reaction mode, developing processes, patterns and memories. The baby has developed an operating system and defense mechanisms that are alive today.

When you fear something, notice what your energy does. It compresses. We cringe. We pull in. We cede. We are pulling back, perhaps ready to react, but our energy is not flowing the same as it was. Physiologically, we are not flowing. The issue is specifically within our body. The baby is helpless and cringes. Still the baby's energy is flowing and it's healthy. But there is a recorded twinge of resistance.

The baby is not strong yet. It does not have the power like a cornered raccoon might, ready to lash out. This pain is there and there is nothing that the baby can do about it – it just is. The baby's compression of energy combined with a lack of power to react could be the beginning of an association to that ceding feeling inside, an association with helplessness. It is a feeling first. That feeling exists independent of anything else.

For the newborn baby, the process of compression has begun. Even if you remove the loud noises and the bright lights, the compression still exists. It's true that the senses may begin to associate noises, smells and people with this pulling back inside, if the shock is remembered within and the process is developed. It is held there and repeated. There is no new fear, just this fear revisited. The process is revisited over and over, throughout our lives.

This is a subtle process – and one that most of us have no memory of – but it is our baseline. That feeling of pulling back began there and is still there. The shock is there. It is like darkness inside. Labels form from it. Meaning gets attached. It doesn't matter that this happened a long time ago, at birth. The energy from the experience is still in your body right now. The process is with you. It is the same energy with the same compression, same pattern. You can change the labels but the compression will still be the same. Thus, your life will still be the same.

You will always attract to the same level of your compression.

When we continually compress, we begin to build a sludgy environment within. That environment gets corresponding labels. It is there for us to connect with, but throughout our lives we continue to build upon this baseline fear. As we get older, we may stop and evaluate. As we grow, we begin to feel pains, which we associate to the baseline. We may get abused. This gets attached.

In every case, the feeling is with you today. The impression is still with you beneath the labels. This is where the power is.

If the doctor abuses the baby, there is nothing the baby can do except cringe and record the resistance. If parents abuse the baby, the baby's response will be to compress its energy even more. The baby may store this and pool up the energy, so they may react later in life, with a power reaction. It could be anger, blame, and more. If we wonder where the energy to lash out in anger comes from, here it is. By the same token, this is power and fuel that can be tapped and reclaimed.

But the feeling is still there. The baby grows around this resistance within. The feeling will get new labels through the growing process. Later, small children may fear the hot stove, water, loud noises, or whatever their particular childhood may bring. These fears live on top of the original fear. The stove becomes a label. The loud noise becomes a label. Water might become a label if the child experiences discomfort around water. The shock inside is the same process, a mechanical process that can be understood, illuminated and reversed.

The fear is a physiological response that exists within. We need to locate that response, to access our power. Our power shoots into and through our body. When we fear, the power is resisted. Natural energy flow is resisted. That is fear. It is upon this fear that labels form. Throughout our lives, different labels attach to this physiological response. But, no matter the label, the sludge exists within – the untapped power exists.

We live our lives avoiding feeling this feeling inside, because it is uncomfortable. Upon entering the world, the experience was uncomfortable. We think we are avoiding those fears on the outside, but we are really avoiding a simple twinge inside. This is the twinge that we seek to calm.

There is a resistance inside that redirects us. We move like robots through our lives, systematically going from one place to the next. The next day it's the same routine. It's a circle and that circle gets smaller each day. From below your arm pits to your butt is the area where you need to feel and allow flow to happen.

Later, when we attach a label to this that says, "I am right about this," you become right. You're right about this because it is *your* energy that you are feeling. You feel it, you label it. It's right to you. It is the response that you need in that moment. The energy buzz inside of you is real, it is great, and it must be taken care in this "now moment."

Our energy within is real and the fear is current.

This is important to understand when we talk about forgiveness. It is *our* inside which is compressed and hurt. It's hard to be honest with oneself and move toward forgiveness when we *still* have that hurt inside. The hurt preceded the label but it may have been stirred up by an event.

Fortunately, few of our labels are correct. These labels are benign objects hanging around, attached to your fear within. When you attach them to your feeling is when you give them power. But it is really the feeling that has the power and the energy. It is the feeling that is shooting out commands. It is the feeling that is "right". You know it. You feel it. You are right that you feel something.

You begin by taking away the label and allowing your energy to flow.

Chapter 15

Greatest Fear

In Short

When put up against your most frightening scenario, your movement is justifiably limited. But, this compressed scenario lives within you every day.

Your greatest fear is no more than your greatest feeling of resistance within your body and, because it is made up of fright, it needs to be addressed *immediately*. So, connecting the dots, your greatest fear is a resistance to your energy that has to be taken care of now. This is why you act *now* to fill your needs.

You are scared... alleviate it. You have a physical compression within or you have discomfort within... calm it. When there is alarm, you move to quiet the alarm and take care of that need. We'll see this play out when we talk about "needs."

For now, let's start thinking of it as a mechanical process, because it is. When a great fear arises, you compress and begin painting a picture that becomes vivid and real. It can even become kind of fun to paint this picture. All the while, your energy is being compressed and you are not connected with your power.

Our power and energy flow one way, with the intention of serving us and motoring us. Our fear and resistance flow the other way. The meeting of the two forms an impression on your insides. This is the baseline point of your reactions. But soon, it gets trampled on with new fears and experiences. The energy flow is one current, but your resistance stops it dead on entry.

The newborn baby seals off quite a bit of this energy, otherwise the fear would be no match for the natural power. Still, with the remaining power that you have available, you do manage to perform throughout your life. Growing up, you hear "no" so many times, but it is you that compresses. It's not the word "no" but your compression within that becomes important. Only *you* may associate that "no" with your parents or the stove; those people, those objects do not form those associations for you. That process of compression stays with you.

That's why we can't blame a parent (or anyone else) for an issue that is solely within us. It doesn't serve us or help us at all to blame someone else. We are the ones who set up the reaction within. I have heard that if you think you are becoming spiritually evolved, go hang around with your family to see just how spiritually evolved you *really* are. This is a kind of New Age humor, but this scenario is actually a great opportunity to notice your own internal mechanics.

If someone yelled at you when you were eight years old, it was you that reacted. You set up the resistance to it within yourself. Now, it must be you that releases it.

You bump into so many things that you continually revisit the pent up energy within. Not only are you revisiting old feelings, you are attaching more labels onto that energy.

This happens so much and so often that you just habitually push the energy down. The energy stays down, becoming stagnant. It is not dead, because energy is always moving, but it is moving slowly. You have heard that even a rock has moving energy within it. For your energy, initially it gets sludgy, then it can even harden.

This is your energy inside. This is potential power that is yours for the taking. Unfortunately, due to the stagnation of energy, you are solidly positioned in life and increasingly anchored. Our fears station us. We have such slow moving energy. The energy is compacted inside of us. It's like a rock sitting in there, but we don't even notice it anymore. It becomes who we are or something we drag around with us.

Our greatest fear is a constant reminder not to go too far. The pressure inside is uncomfortable, so you eat things to calm it. Or you drink to calm it. Or, you make labels, rationalize or seek attention to calm it. Still, despite your best efforts, it is there and it is not comfortable. Our lives and reactions are labels of this pressure inside ourselves. Bad things happen when the pressure builds.

In an ideal scenario, your energy flows normally and you feel a happy buzz all the time. But your energy is bunged up underneath and compressed, so you feel squeezed constantly. This pressure inside you forces you to act. Consequently, you feed this pain with all kinds of remedies.

Never fear, there are solutions. As you might guess by now, every solution involves freeing your own energy. You know how the flight attendant on a plane says, "In the unlikely event of a loss of cabin pressure, first secure your own oxygen mask before helping others with theirs?" Take care of yourself first. Increase your own energy and power. Only then will you be able to most effectively help others.

When you increase your power, you will start to notice many changes. When you find yourself in difficult or challenging situations, your labels will be pure. You won't cast out negative judgments. You will be understanding and compassionate.

If you don't like something, you are creating that from your own inside. It comes from your own sludge. It comes from a feeling inside that is discomfort. You don't like the way it feels, therefore you label the object as dislike.

If people wonder why the law of attraction does not work for them, they need to look honestly at the sludge inside. They are attracting what is there. When you get that sludge moving, you attract only and precisely that.

Your energy stops, then you evaluate it. You are honestly reading what you think is dead energy. You might want to write a screenplay but you think, "Why would I do that? The movie industry is dying." This label comes from your energy inside.

Until we connected with, understand, and clear our energy, we will have a tough time reaching our humanitarian goals. Our compressed greatest fear is associated with our own needs, so we take care of our needs before we take care of homeless children.

If we were going to change the world, our internal patterns and energy flow must change. We can watch starving children on TV, in a film, or even in person, but that won't change us. We may be moved emotionally, but no sooner than we change the channel, we will slip back into our patterns. We will go back to believing that the car we drive is important, the clothes we wear are important, or that gossiping with the neighbor is important.

This happens to us because our compressed desires are running our lives, even in this moment, right now...

Chapter 16

Filling Our Needs

In Short

Needs are made up of and associated with your greatest fear. Naturally you tend to it and seek to calm it immediately.

Let's revisit the energy of the smell flowing through the air in a Looney Tunes cartoon. It roams and wafts until it leads to the nose of the cartoon character. What if our energy was traveling through life making connections? It is... if we allow it. But, do we? The moment that the energy rises even a fraction of an inch, we stomp it down. Why? Because we are able to.

We live our lives satisfying our own needs *in this moment*. We feed our needs right away, but what are we really satisfying? We know that we need air. There is an abundant supply. We need water. There is a lot of that on our planet. We need shelter, food and sunshine. If you're reading this book, it's probably safe to say those needs are met for you, at least most of the time.

Those aren't the needs that cause problems. If we have a lack of air flow, it gets remedied or we will pass away. The same is true for water and food. But what about those "other" needs? We fill some of these other needs with the same urgency as our primal needs. Why do we do this? What do we seek? What are we trying to feed?

I attached my own labels to internal discomfort (sludge) many years ago. I began studying these *needs* when I repeatedly saw people buying gas guzzling SUVs while an energy crisis was forefront in the news. Later, even when the price of gas kept climbing, so did the sales of Hummers. That was interesting to me. So often we live richly while we know there is starvation and lack in the world. How could that happen?

We have set up scenarios that feed our own fears within.

However you slice it or diagram the point, the fact is that we are compelled to attend to these needs within us. These "needs" have the same draw as our life or death fears, hence the greatest fear and our need to attend to our perceived needs right now. Our needs must be connected with and calmed. We are only acting honestly with our energy as we perceive it needing balance. When we allow our energy to flow more, life happens automatically.

- Have you ever seen someone wear expensive clothes but not be able to afford food? What drives that person to buy clothes but not to feed themselves?
- What about the person who stays inside all day with the shades closed? Sunshine is a nutritive need for vitamin D and a positive disposition. Why isn't that person seeking the sun and warmth? What is driving them to stay inside?
- What about the person who drives an oversized SUV and watches a 60 inch plasma TV, but has enough credit card debt to last a lifetime as the result?

- Have you ever seen someone eat when they are not hungry? What about people judging an overweight person eating chocolate cake?

What are we feeding? We are feeding energy. It's a nervous energy. The moment our energy begins to free and waft upward, we squash it. It can even be painful, so we seek to calm it. It can control us and we all do it. Let's begin looking at energy and first soften our stance to be sure we are not making judgments about others.

Judgment

The first point that we need to make in this exercise is not to judge. If we do make judgments about others, we are acting with the same energy that they act with. We are not going to solve a problem with the same consciousness that created it. Let me point out something about needs.

My father enjoyed beer. It was about 1:00 in the afternoon at my business and my dad stopped by. He was stumbling a bit, which meant he had started drinking pretty early. He was a happy drunk in general, so there was no problem and it was nice to see him. However, a woman friend of mine approached on the street at about the same time. She looked at my dad with disgust. The look on her face seemed to say, "How can he live with such a lack of self-control?"

The woman was more than double her ideal weight, which could also be perceived as a lack of self-control. I observed her reaction, and noted to myself that both my father and the woman were feeding something inside them. They were (I was and all of us are) feeding the same thing – hurt, pain, or discomfort stored inside. They fed that pain with the item of their choice, which temporarily took away the uncomfortable feeling. The item that they choose fed their inside with the greatest degree of satisfaction for them. Continuous feeding of uncomfortable energy within leads to an outward manifestation. One is drunk and the other is overweight. They are the same. We are the same.

Energy exists within both of them right now, at this moment. It doesn't matter when or how it was formed. The energy is here right now. The patterns exist.

Each is beautiful energy to begin with. It is the substance from which we are made. The energy is flowing through them. But when the energy is resisted, they feel a bit of pain and discomfort. Then comes the feeding of the pain. Then comes the manifestation.

We are the same.

I bring this up because none of us is better or worse than someone else. We're all the same, energetically. We are all feeding discomfort.

As soon as we judge, we see the result of living in a weaker energy. If someone shops for clothes when we perceive that they should shop for food, let's not label. If someone drives a Hummer and spends a fortune on gas rather than helping unfortunate children, we must not label that either.

Locate your own energy. Empower yourself. Respect the other person. Let us understand that there is an issue within them that could be cleared for a more positive happy and healthy life. Judgment on our part comes from the same negative energy that the person uses to attract clothes when what they really need is food.

Let's look at our own energy throughout this chapter. We are feeding something more than what our biological disposition asks for. Casually feel your impulses when you are reading this book. Just notice.

The energy with which you make a judgment is the same as the energy with which you seek beer or food or designer clothes.

Notice

We're not going to do anything with these feelings yet, just feel them for now. For now, just notice. Later, we will begin to reconnect with this energy and reclaim unused power stored in our bodies.

Ever notice someone who seeks attention? What type of need are they filling? How about you? How does it feel to be paid attention to? How does it feel inside? What happens when that attention is taken away? Notice how that feels.

What is the reason you drink coffee? Energy? We drink and eat to match our energy level inside. We are "feeding" ourselves to match our energy inside.

What other needs are there? How do we feed this energy? What is the reason that you like attention? What is the reason you like to be appreciated? What is the reason that respect feels good? There is a message center from your insides to your head. There is a constant dialogue between your head and your needs inside. Your brain continually gets sent messages of what you "need".

What do we try to feed within ourselves? Let's locate specifically what we are feeding. The needs that we will inevitably find are made up of more than just physiological. Be honest, look at the obese person who is eating ice cream. What is that person feeding? The same thing I feed when I eat an ice cream. What is it?

- What is the reason you drink a beverage? Thirsty? Is that always the case? Are you bored? Do you have nervous energy? Do you need a pick-me-up? Are you really thirsty, or is there something else that you are feeding? Why do you drink soda? You want to change the way you feel. You adjust your energy.
- What is the reason you eat? Are you really hungry or is there something else that you are feeding? Do you feel like, if you eat, you will feel better? Do you want to change the way you feel? Fill your energy? Calm your nerves?
- What is the reason you smoke? Is it an addiction? Or is there something else that you are feeding? Is this energy related? Notice your insides. Notice your energy. Are you trying to calm your nerves?
- What are desires? Are you feeding your energy inside? Can you locate that energy inside?
- What is the reason you gossip? It becomes a need to evaluate people so that you can calm your own energy inside. Where does the "need" to gossip come from? Does any part of this feel like inadequacy inside?
- What is the reason you judge people? You are measuring your own energy inside to make that judgment.
- What is the reason you call people stupid? You are basing that on a feeling within yourself.
- Why do you like to shop? What is the feeling you get when you shop? Where is that feeling?
- Why do you like shoes? How do shoes make you feel?

- What is the reason you drive a big SUV? Do you really need that? Or are you feeding something inside? Does that SUV (or any car) make you feel different? Maybe it makes you feel powerful, or safe.
- What is the reason you like to see celebrities succeed? Is this flowing energy inside of you? What is the reason you like to see celebrities fail? Is this stale energy inside of you?

What if the nervous energy that preceded the filling of that need was not there? You hang onto this energy often so you can feed it. That is, you hang onto pain, so you can make yourself feel better. It's true.

Let's look at a few more examples. Feel your energy now when you read this. Then feel your energy when you are away from this book if you find yourself involved in one of life's activities, whether listed here or not.

Gossip – This is tweaking your energy inside. You activate slowly moving energy within you (that you could label as weak or lazy), then you begin to gossip about someone who didn't go to work for two days. That energy that was stirred up becomes calm as a result.

Shopping – New things brighten our lives. Don't stop shopping for new things. Just notice your insides. If you have an unnoticed dark area within you, then something new is a beautiful thing for you. This is especially true if you shop for things that you don't really need. Ironically, you are feeding a need. Inside of you there is stale energy. When you buy something new, you send a message down there that brightens up the energy. You feel good! You have fed your need but you have also now accumulated more sludge on top of it. You haven't gotten rid of your resistance.

Attention – You have energy within yourself that is slowly moving. This energy is stimulated with "notice" or "attention" or "approval" that you are doing the right thing. It makes you feel alive because it is stimulating you. Perhaps the approval need is that you are being a good boy or girl. This comes from a feeling within when you were a child and you got noticed for doing something. The connection was made and you continued to feed it all of these years.

Judgment – Your energy shoots up in defense, offering up a reason why a person has acted a certain way.

Time - What do we spend our time on? How do we determine to spend our time on these activities? If we really think about this, it is determined by our level of sludge. We want to notice our energy and our reasons for how we break down our time spent. Here are some simple examples of time consumption:

- If we are hungry, we eat. But, we also eat for reasons of nervousness, boredom, social reasons and more.
- If we are tired, we sleep. But, we also sleep for reasons of boredom or to get away from the world, which may be a way to avoid some disturbance inside you.
- We work. We do it to pay bills, because we enjoy the work, and to have money for our kids. We also work to get rich, keep up with the Joneses, to see a hot chick at the office, afford a car that will attract that hot chick, etc
- We have sex because we express love to our significant other or because we want to become a parent. We also have sex to release tension or gain approval.

- We are social and naturally gregarious. We also enjoy social interaction because we can gossip and judge.
- We exercise because we enjoy it. We also exercise because we fear looking out of shape, we have a skewed body image, or because we want to find a date.

What are we feeding? What are our drives? Put yourself in any of these scenarios and see how you feel. There is no right or wrong, only feeling. Notice your insides. In all of these scenarios, we are feeding something else inside of us. Let's begin to locate that energy or disturbance within. There are some other "needs," to which we need to pay attention.

You are feeding slowly moving energy.

Let's keep going deeper. What are we feeding? How much do we feed it? Are we just compacting our energy inside? There is another need that we feed. This has become an involuntary need like air, food, and water. We don't even notice that we are seeking it. We don't even notice that we are feeding it. We are feeding it all day long and it is a furnace within that keeps seeking fuel to keep the fire burning. We are feeding a mass of energy inside. This is an interruption in flow. We are burying that interruption in flow. We are giving it new life and creating something out of it. What once was an impulse is now a full-fledged industry inside of you.

Our world is feeding these needs. What if those perceived needs weren't there? What if the need to judge was not there? What if the need to seek approval was not there? What if the need to gossip was not there?

The answer is that we would really be able to live in a way that is consistent with what we think. These feelings inside drive and create our reality. These feelings create the thoughts that we have. If these feelings are full of positive, happy, and flowing emotions, then what would the outcome of your thoughts be? You would think with more intelligence from the true source, and you would encounter less resistance to creating anything and everything.

You would be concerned less with who is right and wrong and more about enjoying your happiness. Locating the disturbance or stale energy and living in the good energy outlined in the first five chapters of this book in the key to increasing the amount of building blocks with which you function.

Example

We are moving closer to connecting with the core of our energy within. Before we get deeper, realize that this process is difficult. You have years of compressed energy within you. Some people have less, some have more. The compressed energy is made up of great fear which limits mobility. It operates at a level that you just don't see intellectually.

Take your time. Understand the process may be difficult for some. Continue to locate your energy and love your energy within. Understand through this example.

Sam and Esther were starving, laying in the dirt in a village in Ghana. They both had polio and could not move their legs. Each of them could barely move because they were so hungry.

Sometimes we think we have it bad, but we don't. We create bad in our lives through the sludge that we carry. You have heard this a hundred times before, but, nothing will happen until you go in and get your energy moving. Where Sam and Esther were laying there was a circle in the dirt from where their toes dragged as they slowly moved in a circle.

Sam was six years old but barely the size of an infant. Esther was five and about the same size as Sam. Out of the bush appeared their eight year old sister named Jane. She was carrying water on her head, which she had to walk several miles to get. She had no food either, but she was still strong enough to bathe her siblings. Jane bathed her brother first. Sam cried. It was painful to watch.

Jane carried her brother to a blanket, dried him off and then began to bathe Esther. A film crew that was there brought some packages of peanut butter crackers. They gave a package to Jane. Naturally, she fed her brother and sister first. Only then did she have one for herself.

First you cry for Sam and Esther. Then you cry for Jane. Then you cry for the love and beauty of Jane's heart. Take this message from the story. Know that you have the same power and beauty that Jane has. Jane didn't complain. She did not regret. She did not blame her parents for not being there. She only showed energy flow, beauty and positive energy. She is love. She is caring. She is unafraid. She is responsible. She is not feeding negative energy.

Jane didn't wake up and prepare herself for a film crew coming in. She had no idea. She only went about her life, loved, supported and epitomized true beauty. She is the most beautiful girl in the world, with all her energy flowing. Let us all reconnect and look up to Jane. Let us model the beauty of Jane. Let us model the strength of Jane.

One year later, after some generous donations, Sam and Esther were stabilized, well fed, and their polio was being treated. Jane is in school, learning, but now smiling with an amazingly sweet smile of happiness.

If an eight year old in Africa can live in positive energy, through the pure hell of the conditions she must bear, what are we complaining about?

Now, we must be honest. While this story is touching and you should be moved by it, you *will* fall back into the energy flow which keeps you safe. It's not bad, it just is. Remember, our energy "is" our greatest fear compressed within us. We want to do good and change the world. We want to take and be the information we learn in the seminars, but the fear takes over because it immobilizes us that much. Continue to locate and love the energy within you because it is also your greatest power.

We have a handle on it. We know right where it is and right where it originates.

Chapter 17

Mother's Love and Feeding

In Short

Your internal pain has been soothed in the presence of an outside source since you were before your brain was formed. The connection is much deeper than intellect.

Mother's love relates to the fear you have inside, which we discussed above. This fear is a compression of your energy. It can become uncomfortable. When you fear as a child, Mom is there to calm your pain. You associate Mom with feeding that pain. So, we hang onto that pain so that we can get the expression of love or attention from Mom (or someone like her).

Some of our greatest desires involve feeding this pain within us. We need to identify those. When you remove these "feeds," you begin to allow your energy to flow.

What is actually being fed? We need to break down the processes within our body. The more we understand the components and our internal movements, the better we can solve the problem. We can live at the tip of the iceberg playing volleyball, but when we get down deeper is when we find some serious power.

Let's begin by talking more about a fear created and mother's love, which calms that fear.

When you have a fear, Mom is there to soothe it. This does a couple of things. Let's break it down. Your energy is disturbed inside. Your flow is interrupted and your body state adjusts in a fear response. It hurts. You feel pain inside. The connection is made with the love and care of an outside force... Mom. In the future if you were to seek attention, you would be feeding this feeling inside. You hang onto that pain so that you can receive love.

Notice the paradox. You hang onto energy that restricts you. You use this energy to set up things you desire. When you get involved in goal setting, your desires can be the very things restricting you. That is, a goal of a shiny new red convertible can feed a disturbance that might feel like inadequacy. We need to understand the processes underneath and reverse those processes. In a relationship, the love you receive can be feeding into your pain.

From the care of a mother's love, we feel pain and then we feed it. That attention calms our insides. This calms the pain for a moment, but then it begins to grow again. In reality, the pain isn't actually getting larger, but your compression is causing the pain to feel like it's growing within you. The compression is goading you inside. This repetitive process builds pain. It's easier for you to compress, have pain, then react to calm it.

This is a vicious cycle that will perpetuate until you find a way to undo the compression.

Chapter 18

Our Most Desired State

In Short

Instead of breathing, exercise or play, some of our greatest pleasures deal with subtly feeding and calming energy, keeping you anchored.

Your most desired state matches the way you choose to suppress your energy. It matches your compression level. That is, our most desired state feeds into limitation. We want to reverse that. Before you engage in some of these desired states, notice your energy.

I felt many years ago that it would be difficult to make changes in our world until we identified this energy within us. We seem to be compelled to fill these needs before anything else in our lives. We might be terribly moved by starving children but in a short matter of moments, we are whipping up that peanut butter and jelly sandwich and thinking about other things.

What do you enjoy most? If you really think about it, what does this joy offer you? Does it keep your energy flowing or is it consistent with suppression of your energy? Energy is continually flowing through you. It slows down based on the patterns that you have set up. We know the slowdown is internal and set up by you.

We *can* adjust these patterns.

Our most desired state can be watching TV. It's not the TV that makes us unmotivated, it's our internal patterns. Our most desired state can be gossiping with the neighbors. A highly desired state can be smoking cigarettes or smoking pot. You could enjoy sex or masturbation to excess. Unfortunately, many of the things we desire most can limit our energy flow.

More accurately, these habits match your energy flow. You seek these fixes because they are on a par with your internal energy level. You don't have to change your habits. First notice your energetic pattern.

In a world full of opportunity where we can go to the moon, travel to great locations, and love our neighbor, our most desired state is often drinking a glass of wine at home. Be honest. Is the best part of your day sleeping? Is it eating? Is it a drug? Is it mornings? Is it coffee in the morning? Is your most desired state gossip? Is it watching TV? Is it the safeness you feel in judgment?

Think of how these activities make you feel. Think of why you seek these activities. How does it feel inside right before you engage in an activity?

Our most desired state is the feeling when we feed these needs, so notice your feeling before. It's feeding discomfort. When we understand the mechanics underneath, then we can do

something to change it. We match our energy. When we learn how to adjust this internally, then our lives will adjust externally.

Have you noticed that when your energy buzzes up a little bit, you might knock it down by having some chips and French onion dip? When you eat fruit on an empty stomach, you may feel too much energy and freedom within, so you want to bring it back into your own known, comfortable balance by having more dense food.

One of the reasons weight loss is difficult is that we continually try to restore balance within, but we almost inevitably go back to our previous energetic level. Do you think that at this core is where weight loss should be addressed? When our energy begins to expand and flow more, we knock it down because of the discomfort of that flow. Each of us has a different tool that works for us to do that and these are our desired states.

Let's identify what truly are our most desired states.

The problem is that our most desired state has become feeding the sludge that is within us, like mother's love feeding pain. Sometimes our desires, ironically, feed the very thing that holds us back. Often we set goals that feed energy within ourselves in some way. If we feel inadequate in a certain way, a goal might appear to compensate for the negative feeling, like the red convertible. And even if we achieve the goal, we still have the slow moving energy within.

The goal feeds and reinforces the energy within, which in turn makes it difficult to achieve that goal. Impulses from the inside shoot up to give us ideas of what to do. Ironically, we are feeding something and anchoring something that holds us back. We set goals that feed our limitations. Consequently, the limitation grows while we keep striving for the goal. It compounds difficulty in accomplishing a task. The rock sitting inside of us gets bigger and heavier.

Our most desired state can be something that feeds our energy flow. This means something that we desire and "makes life worth living" for us actually suppresses our flow. Not all of your desired states do this, but many do. Playing sports is not a suppression of flow unless you are angry or apply energy resistant actions. Playing music is in flow. Loving your children is in flow. Learning can be flow.

We need to turn our lives into "easy" and into flow.

Unfortunately, our most desired state becomes feeding our slowly moving energy within. It's that list that I had before, food, drinking, drugs, sex, shopping, etc. It is the direct connection with the inside. It's been a pattern all of our lives, feeding that energy.

We want to switch our most desired state from feeding our energy to actually *flowing our energy*. We want our most desired state to be that which is consistent with increased flow. We want our most desired state to be like mining oil. As it is right now, our most desired state is feeding the sludge. When we allow it to come out and play, it's stirring up the sludge, playing with it. Watching scary movies, watching CSI, it's *safely* stirring it up.

In safety, you seal off your sludge. You seal off that resonant energy that buzzes you. Things are better. What can make you feel safe? If someone tells you that you are beautiful, how do you feel? If you drink coffee, that drug takes away the feeling.

There are many ways through which you feel safe. Understand what happens underneath. There is a shift of energy. There is movement. It is lateral movement. This movement simply calms the energy.

The difference is locating this energy and getting it flowing. What makes it still? What makes it flow? Are you filling needs? Are you expanding desires? What are you doing? Do you love? Do you hate? Are you compressing? Are you reacting? What are you doing?

“It exists.” It is down there. You can suppress it and carry it around, but eventually it will come out and show itself. Whether it’s in traffic, in a relationship, or at work, it *will* come out. That hazy energy within exists.

Sadly, our greatest joy is almost always filling a negative within us. What do we like? We like coffee, sex, food, gossip, shopping, and others. It is a feeling that we get from heroin. It could be sitting around gossiping about another. Or it’s the feeling that we get from a hot fudge sundae. Look for something that replicates the feeling of mother’s love. It may even be seeking support or assistance.

We hang onto this state of pain for pleasure. We know that Mom’s love soothed some pain inside. So, we hold onto that pain for the next time we want attention. Or, when the pain is aggravated, we can seek attention to soothe that pain. Is that strange? We hold onto pain so we can use it to make ourselves feel good.

Our most desired state is not breathing. It is not eating fruit. It is not helping others like Sam and Esther above. Only you know. It is a connection with this energy that will transform. We want to make our most desired state *flowing* this energy instead of slowing it. You can do it. Just locate your energy deep within.

For a while, feel what it would be like to have these simple desires. It could be loving your baby. It could be loving a spouse.

You can still enjoy the great desires in your life, but when you shift the balance by noticing your energetic pattern within, your outer world adjusts. Take your time and poke around inside of yourself for a while. That is what we will do next.

Section Four **Internal Mechanics**

CHAPTER 19 **Check-In and Sensor**

In Short

You package the message. You deliver the message. Your body responds honestly when you ask if you are able to take an action.

When you enter a situation or face a stimulus, you check your energy to see if it's safe to go ahead and undertake this task or event. This could be as simple as seeing a red light while driving, asking a woman out on a date, or preparing for a sales call. You evaluate internally. Is there harm out there?

You look for harm "out there" but really the harm is felt inside. Your whole body is at work. Until we use our whole body and *become* whole, we will have limitations in our lives. You know the path to your power inside.

You begin by taking in the stimulus through one of your senses. Your senses communicate it to your mind and you flash down to your insides. Then you come up with an answer.

It sounds simple, right? Some people have more baggage within, more sensors, and triggers inside. Some people hold more fear and, to them, every evaluation is serious. Everyone is a bit different, but one thing is the same for us all. *It is what it is.* Your starting point is where it is. This is who you are and where you must begin.

You are brutally honest with yourself only to the degree that the honesty is dictated by your sludge underneath. The reason that you are brutally honest is that you are checking in with your insides for safety reasons. You hold a life or death fear inside about whether it's okay to move ahead. That fear is serious, but its label is just enough to determine the needs of the situation. This is true even in simple circumstances.

For example:

- “Do I belong at this party? They are all dancing and I feel uncomfortable when I dance.” If you sense an uncomfortable feeling at your energetic level, your response will be, “No, I don’t belong here,” and you will resist having fun at the party.
- “Can I do this job?” If you evaluate your insides and sense weakness, your label could come out that your coworkers seem smarter than you or that the work load is too much, and then you will resist.

The answers to these questions can only come from your energy within. You read your energy. You evaluate your energy. Your energy might feel disrupted, thus your interpretation of that energy might cause you to be inhibited in your response. Your energy might be bunged up, so your response might be to feel overwhelmed.

You are going to read your energy and make a reaction in every situation.

Let’s turn it around. If your energy inside was full, flowing, and vibrant, how might you answer the questions above? What kind of labels do they get then?

- Do I belong at this party? Yes!
- Can I do this job? Yes!

You may think that you desire a certain result. The shy guy wants a girl, but when the girl approaches him, he will do anything to avoid the situation. The power underneath is keeping him away. The energy is danger. His stored energy underneath is a dark cloud of confusion and resistance.

Even at the grocery store checkout, when the clerk asks if you would like help carrying your bags, you look at the bags and evaluate. You flash down inside and ask yourself if you have the power to pick up these bags. You determine that you can do it. You carry your own bags and walk out of the store. You are brutally honest because you are coming up from you insides, which is simply a “nuts and bolts” objective.

The honesty you exercise when you determine to carry your own groceries from the store is more than just a statement from your brain. It happens so quickly that you may not even notice.

Leaving the grocery store, you approach your car in the parking lot. You see a person with a shaved head, tattoos, piercings, chains, etc. walking toward you. You flash inside to see if this feels safe. If your flash reveals a disturbance in your energy, you might come back with a judgment, “this person looks fishy.” But then you become relieved because he is walking with a child by his side. Now you feel safe.

We are flashing down all day long. When you flash down, the only evaluations that you bring up are your own.

Many of your reactions depend on how much fear you are holding inside. You have an energy current running underneath. You don’t see it. You can barely feel it. When you try to grab it, it is slippery and elusive. When you try to notice it, you’ll see that it is hard to pin down. Again, each person has a different amount of available energy. It is what it is. This is your beginning point.

Without being able to locate this energy current, improvement is marginal. This is where your power is stored. You have the opportunity to recapture it and reconnect with it.

Your internal safety meter is on serious “auto pilot,” offering you involuntary control. It is always there although you may not see it or feel it. It is controlling you and keeping you safe.

Back to the guy who sees a girl he likes. His energy flashes inside to evaluate how safe this encounter will be. He flashes down. There is an impulse inside. He senses a slowly moving energy which may be interpreted as a lack of confidence. He may experience the feeling of, “that which he doesn't have.” He puts the label outward, attaches it to the woman, and it becomes his reality. The mass of slow energy sits there for evaluation and safety. He concludes that he cannot have her. He keeps walking.

Change your thoughts!

In the situation described above, the guy might also conclude that he needs to “change his thoughts.” When he changes his thoughts to empowering ones, then he might think that he can have her. But that won't work because his new, empowered thoughts only live on the surface.

What he really needs to change is his energy.

The shy guy's energy will always overpower his thoughts and his life. It is not the woman he is afraid of, it's the energy inside him. This energy runs him.

If the energy you feel is lethargic and not powerful, then your actions will be consistent with that. The energy inside is separate from the meaning attached. This is a critical point for us to understand. The human mechanism is unique to each person. Our internal patterns are pretty consistent. Only our labels differ.

Sensor

When you evaluate any situation, your energy goes in to see how much power you have to accomplish a certain task. You might feel a twinge or a bit of resistance. That twinge feels uncomfortable, so you stop the flow. This is the point where you put a label on the object.

In a newspaper article, you may read about a bank robber who enters a bank with the intent to steal money. In the process and in his zest for this mission, he hurts a female teller. *Boom.* You flash inside of yourself and evaluate. You decide that he's a scumbag.

The label “scumbag” comes from your inside. It has little to do with the bank robber. It is your definition and your perception. He may indeed be a scumbag, or he may be a saint. He may be robbing the bank because his daughter has a rare disease, or because he has been laid off work and needs money for food. He may be robbing the bank because he observed a group of kids with cancer and wanted to help them. He may have a disease himself that will take his life soon and wanted to give a gift to the kids.

The point is that we can't know the real truth about the bank robber, and harming the teller was accidental.

Who knows what's true about this bank robber? It doesn't actually matter for our purposes. Whatever the labels we place on him don't really matter either. You can shift labels around all day long, but when you do that, you take the chance of getting wrapped up in the labels. You risk thinking that you have made a distinction and made progress but you haven't made any progress if you haven't connected with your energy underneath.

If you called the robber a scumbag, then you have to locate where that came from. When you do, you can get that energy flowing.

Having respect for people from all walks of life and having respect for people who perform all kinds of acts is important to our growth. Everyone acts from their own reasons, because they act from their own energy within. You and I are acting the same way. A

“scumbag” is acting in his *now moment* from his own fears, prompted and goaded into action. Sometimes they are in the midst of a defense mechanism before they even realize it.

We must realize this, acknowledge it, and respect it, if we are to get our own energy flowing within.

Internal Relationship

If we take this discussion a step further, you should evaluate your relationship with your energy and the connection between your brain and your energy flow. There is a buffer between your actions, your thoughts, and your energy. You preserve and keep the energy within you safe, because you *perceive* that it keeps you safe.

Every perception you have is formed that way.

Look at it this way. If someone insults you, who is the one doing the damage? You would traditionally think it is the person sending the insult who is causing the damage. Actually, it is *you* who is doing the damage in this case.

It is *you* that sends the message to your inside in response to an insult. It is *you* that feels pain inside as a result.

This brings up two things for us to discuss. You would not be feeling pain if you did not send the message to yourself to do so. If you avoided the insult or changed the meaning intellectually, then it would not travel down and hit your energy within. That would not help, however, because it is not honest, and only honesty will help our energy growth.

Someone on the street says, “Hey, jerkball” to you. Imagine the impact of that blast. But if you are deaf and don’t read lips, your response might likely be to smile and say, “Hi!” If you don’t allow that statement in, it will not bother you.

So what happens if you do hear the negative comment uttered about you, but this time you have no sludge inside. The situation is reversed but your response will still be to smile and say, “Hi!” Your energy is positive, free and flowing and you feel no hurt as a result

Let’s break it down even further. Someone calls you a “worthless piece of shit.” (Please understand that I use this phrase instead of a milder one because I *want* to stir up energy within you. If I’m not able to stir you up, then we won’t make much progress with this exercise.)

If you were to take the statement to heart, your brain would perceive the message. Then it would flash down to your body where the pain is inflicted. As a result, you receive the message that you are hurt. Your feeling inside is stirred up and this time it gets the label that you are a worthless piece of shit. That is where it hurts, inside. *That* is where the issue is.

1. The comment is perceived in the head.
2. You send the comment down to flash and check in.
3. The comment touches or hits the stored painful energy.
4. You react with a label or action that is a reflection of that slowly moving energy.

The label will be your choice, but the hurt is already inside you. It is your mind that packages the statement and frames it the way it likes. Mind you, this all happens in an instant. You hear it and it flashes down quickly. You almost immediately feel pain.

You could frame it differently by thinking *that person* thinks I am a worthless piece of shit. That person is an idiot. In this case, you have quickly formed a reaction from your energy. This negative label does not help you either.

There is an already existing pain inside of you that allows this statement to affect you. If you don't have the crappy energy inside, then the statement, "worthless piece of shit" is benign to you. If your energy is flowing, beautiful and lovely, the statement means little or nothing at all. However, if you do have hurt, stale energy inside -- and you let the statement enter that area -- then you are the one stirring up the energy by allowing that statement in. You are ultimately aggravating that energy.

It is *your* mind that interprets the statement after all. Consequently, only *you* can adjust its meaning. Traditional self-help techniques might tell you to simply deny the statement is true. In that case, you would say to yourself, "I am *not* a worthless piece of shit. I am a good person. I am a good human being. I love myself."

Well, that may help a little bit in the sense that you want to connect with your own love, but in this case all you are doing is rejecting the statement. If you reject the statement and don't allow it to touch your pain inside, then you are not allowing yourself the opportunity for real growth.

Denial is not the answer because the pain already exists inside you.

The slowly moving energy is buried there waiting for opportunities to surface. Denying it only delays the inevitable.

So, why would you do that? The techniques may sound reasonable but your pain is already inside. It exists. It will not move or budge until you notice it. Your life will be exactly the same until you notice that energy. That is how the "check-in" is going to help us. That is how flashing down inside will help us locate the real issue underneath.

What if that energy inside you was moving more quickly? What if your sludge was moving freely and happily, so that it wasn't really sludge anymore? What if you located that energy and reconnected with it? What would happen? Someone calls you a piece of shit. You flash down and meet with happiness, joy and loving energy inside of yourself. What comes up? A smile. Everything is entertainment. You are unaffected operating from great strength.

Now, knowing and feeling that your energy inside is flowing, happy, smiling and beautiful, you are able to reconnect with those things that make life joyful.

Our goal is to flash down honestly and find nothing there but beauty and love. You know that the "worthless piece of shit" statement is something created by the person who said it. You respect that person for reacting consistently with the energy that is driving them at that moment, but you know that the statement has nothing to do with you.

Negative statements can serve you when they enable you to see your energy stirred up inside. And now you know that you are the one who does the stirring. You are the only one who powers and controls your insides. When making a judgment, you flash down and reveal your energy within.

When you receive information, you are the one who delivers it.

No matter what might be said to you, you are the only one controlling the message... even though someone else said it to you.

If you deny the statement, you won't be able to notice the pain inside. In denial, you will never reach that deep energy level where the work needs to be done. This is where our power is

compromised. We *must* allow the statement in so that we can identify where the issue is within ourselves.

So let's turn it around for a minute. Imagine someone looks at you and says, "You are beautiful. You have a beautiful smile. You brighten up the room. You make me smile. It's refreshing."

You hear these words in your head, but it's only when you feel it inside that you can feel good. When we feel it inside, then it is true. It's a true match with your internal energy flow. Just as it's true that no one can make you feel like a worthless piece of shit if that statement doesn't connect with your inside energy, it's difficult for someone else to make you feel happy or good inside if those feelings aren't already in you.

The beautiful feelings are in everyone. They are there because it is flow.

For people with self-esteem issues, positive words can break up the negative impressions inside because the *positive words and affirmations equal their real energy inside*. But again, the same process must happen. It must travel down all the way to the trapped energy, where someone might perceive dozens of different messages from a positive statement. Sludgy, dark energy may reverberate different messages. Their own honesty is simply dictating a different message.

If we want to help people who are hurt, we must understand what is going on deep inside them. It's a deep compression inside of them. We might tell them to change their thoughts, or to do positive affirmations or visualizations. That could be setting them up for failure or frustration. To really have impact, the energy deep inside must be located because it is driving their ship.

If you flash down and you are met with a feeling of resistance saying, "I am not beautiful," then you need to locate that energy and do some work to change it. If you are told that you are beautiful and you think the person has an ulterior motive, then you have to evaluate your energy as well, to determine what inside you makes you give this gesture that particular label. You now see where the suspicious energy comes from.

You must always make sure that you feed the energy inside, in a way that will help it to flow.

If someone calls you beautiful, you take it in your brain, you package it, and filter it. You send it down, flash. It's met with beauty and orchestras inside of you, the message is accepted and embraced. The reason it feels so good is that it is flowing. It is this subtle flow inside that is the key.

When we figure out how to read our own internal sensors, we become better equipped to understand the messages they send us. Once we connect with those feelings, we can begin to free the stifled energy that causes us pain. Then the orchestras play and beauty flows. It inches away and it is your flowing energy.

It is simply the reverse of compression.

Chapter 20 Compression

In Short

This process is moving, fortunately, but the wrong way in over-evaluation and caution. The residual compression leads to sludge. Reverse it!

If we are going to release that restricting energy within us, we should understand the process by which it restricts. These are the subtle movements which will increase our power.

It is important to see the process of compression because our key to increased power will be the reverse. If you are stuffing your energy down within you, then un-stuffing it could certainly help. Let's feel our body when we compress our energy. We have talked about compression frequently, so let's notice that compression is also a kind of movement. You control it.

It is movement of your energy but it is movement in a way that does not go with the flow. It's a movement that slows down energy often preceding evaluation. Still, when you feel that movement, you are closer to locating a part of that which will empower you.

1. We don't want trapped energy inside beneath the compression because it is this unused energy that is potential power within us.
2. We want to notice the process of compression because understanding the flow of this process that is a key to greater power.

There is great power in fear. *We are not talking about reacting from fear or using fear as a motivator.* We have to stop here for a moment and understand this. If we are using fear as a motivator, then we are reacting from that stale energy thus not increasing building blocks.

Think about the rush we talked about previously or think about an animal that coils, accessing power, preparing for attack. We don't want that very real power trapped, resisted, and compressed upon.

Okay, we can move on now. Just remember, this is the power that stations and anchors us to a certain level in our lives. We know it's there because we like to play with it. We like to see scary movies because it stirs up emotion inside. We like to thrill-seek. We like adventures.

We do enjoy playing with our "fear" inside.

The physical compression within our body may appear very subtle at first, but it is a reaction within where you energy coils to evaluate a situation. It is our habit to cede back, which creates a painful, sludgy environment within. Noticing this mechanical process within is the doorway to energy flow.

- When driving and you see a red light, your energy may compress when you evaluate to begin the process of breaking.
- When you seek attention or approval, your energy compresses as you begin the process of feeding the compliment to yourself.
- When you see a bad act, like someone stealing from a family member, you compress, preparing to evaluate, then you put the dislike label on your compression.

The compression is pretty simple and it is a mechanical process that we can reverse to let our energy flow more expansively. The key is that you have to notice it and allow the release of it. When you see any situation, there is a bit of alarm, which leads to compression of your energy. Your energy cedes. The flap goes down. When you determine that you are safe, the flap comes off, but just a little bit.

We want to feel that compression for evaluation. What we don't want to do is dwell on that compression and press our energy down more and more. We can continue to put labels and judgments on the subject. When we dwell and live in the creations of our mind, then we are piling sludge on top of our energy flow.

The light turns red, you compress. That's okay. It's normal – you are evaluating. But then you continue to compress thinking, “that God-damned light turned red.” You continue, “Those bastards in the other cars don't really have anywhere to go and they are slowing me up.” So, you are stamping your energy down. It's better to notice your compression and let it flow. The more you do that, the more beauty you'll experience, the more building blocks you will live with.

When a TV shows discusses a sensitive topic like spousal abuse, the TV host can stir it up. You have a normal response of compression. Then the host hammers the point home again and again. Okay, we get it. But you continue to compress your energy and suppress the flow of your own beauty. You take on the energy of the host and sometimes even of the abuser.

Yes, certain acts are bad, but we don't need to live in that same energy to know that. To move ourselves and our world to a higher, more beautiful, compassionate, and loving energy flow, we need to notice our own compression within. We must start with ourselves. We need to understand that the person who committed the act of violence did so based upon his own compressed and fearful energy. It's not right, but living in that angry energy is not going to help us. We need to send out hope, forgiveness, and love to him.

That empowers us and is the only energy that will heal the person who committed the bad act. When you love something or someone, you can feel the energy flow.

When you sense that things are going to work out well, the energy flows. We'll take one of your highest states and play it when you compress.

Hurt is something inside of you. We will break down the mechanics of hurt more later when we discuss painful energy but for now, noticing hurt helps. What you want is connection. Love is glue for that connection. You have to notice and get it flowing. We go through life with a cap over our operating system and it goes untouched.

If something happened to us when we are young, it may have been painful. Yes, that event is in our past. We don't want to go focus on the event. But our reaction at that time is stored with us in the now. So, while the label of the event is not important, the mechanism is within is. We have created our own process that pushes back internally.

Let's try to understand a little bit about how the energy gets there, stuck there beneath the surface.

Your compression of your energy becomes either a habit or just one of your processes. While you are driving, you are in a sense free flowing. I find that I get a lot of ideas when driving. I am more open as I drive freely, allowing energy to flow but being more open can mean your hurt is more exposed.

While driving is freeing, it can be increased tension. So, while you are driving, you do compress more and more. There are other cars, traffic lights, and brake lights. It's increased sensory awareness. Your insides are pushing back constantly. Consequently, it's easier to get mad at someone on the road because you are coiled, compressed, and ready to react.

You don't want to get hit unexpectedly. You didn't like that when it happened the first time. When you flow you are open. You have been hit in the ribs (at least figuratively) other times as well. Things are going along well and *boom*, they change. Yes, your life changes, but your reaction to those changes is stored. When you are hit in the ribs, you close it off and protect.

As you grow, you live more in your head and less in your energy flow. The previous events that happened in your life can be important in healing, but the most important thing is your reaction. How did you respond internally? This mechanical response is something which you hold inside.

The compression is actually what causes a little bit of pain inside of you. So, when you see something you don't like or see something you should avoid like a hot stove, you get a slight twinge within. It is upon this twinge inside that all of your sludge builds. Sometimes this twinge can be more extreme than others. It's a tool to direct you to be safe.

We know the stove is hot. We know we are not going to touch it. We don't need to compress our energy each time we see it. Each time we compress, it restricts flow a bit more. This is the process of resistance that we need to reverse and get flowing. Labels upon labels get piled atop this compression. Judgments, apprehensions, annoyances, dislikes, and many conclusions are drawn, barely thinking because we don't want to "feel" this compression within.

We need to reverse the compression. We need to *mechanically un-compress*. I say it that way because the process is mechanical. Yes, the flow will be like love, but once the word "love" is mentioned, you have old feelings associated with the word that inhibit flow. Everyone will see the word differently.

We want flow. We want to send out energy. We will do it through smiles, love, and happiness. We want our internal process to be flowing. On top of flow comes opportunity and a world of different labels.

You squeeze your energy or you allow your energy to flow. When things are safe, good and happy, you flow. When you have a bit of apprehension, you squeeze.

When you compress, you feel pain, you feel sludge. This is exactly what you need to locate and set free. You can walk around with this sludge all your life and be angry, or you can locate it and get rid of it and be free and happy and flowing.

CHAPTER 21

Impression

In short

A seemingly fixed level of slow vibration is operating in a slow current deep within you. The labels of limitation are benign, the energy has power.

It is right here that we find our limitation. The limitation is not in the labels, beliefs, or words; it's in the stillness and impression of your energy which is seemingly immovable and fixed.

Coming from a place of infinite freedom, detachment, and spirit, we are taking something seemingly unreal and intangible. Then we are making it real in this body. That is, something that is naturally flowing and difficult to grasp becomes momentarily still and manageable to label. Our internal impression makes our world more real. This is a more still form of compression. It gives us something to hang onto and grab hold of.

This physical impression begins early in life as discussed earlier in the “Origin of Fear” chapter. I am not always sold on using the dictionary as a basis for examples in writing. Before we jump to a conclusion on what something means, why not go deep inside of ourselves and see what we really feel, rather than looking up a definition? If we think, feel, and go deep inside, we may come up with something different than what the dictionary has to offer.

I believe that we have an impression within us, which affects the flow of our energy. Our energy is pushed down and flattened. It is deep within our being. That *impression* is held onto and built upon.

The impression is not held inside us as memories of painful events, but memories or painful events can be attached to your impression. Do you see the difference? The impression is one impression that is stored inside of you. The impression is a layer beneath the sludge. The impression is separate from the labels, but the labels can be attached to the impression.

The impression exists independently of labels, yet we attach many events to that one impression. Similarly, our energy has one flow. We have one energy. That energy has one impression. It is *our* impression. No one else owns it. It's our unique imprint to the point out where to access this energy for the purpose of intelligent thought. While this impression is apparently suppressing your energy, it is that which we grab onto as real because it is a formative energy and memory of our world. It is our baseline.

Have you ever noticed that we value and see deep meaning in the information that follows certain statements? For example, you might say, “it is my impression that...” You access your “knowing” underneath. I believe that is because your “impression” inside is so close to your empowering eternal energy, and that you unconsciously know that.

You may feel statements like, “This is how I am formed to believe.” Or you may feel, “This is who I am shaped to be.” These feelings come from your impression inside. When you

impress on something, you stamp it. You compress. Then we begin viewing our world based on “our impression.” It is our molded energy. It is how we have come to evaluate our world.

To impress something could be to imprint. If someone asks you a deep question, you might begin your answer this way. “It is my impression that...” You have an imprint which limits, molds, and forms your energy (the amount of building blocks you use), then your labels form as you honestly assess your life.

You are accessing something deep within you. You are coming in touch with a way that you have been impressed in your life. It is like taking a physical memory or taking a snapshot of your own imprint. You feel, “This I can tell you because I know it to be true on my insides. It is my impression of the world, my world.”

While this is a good first step for touching a greater power within us, it is only a gateway. It is opportunity. You are in good shape if you can locate, reconnect with, and get this energy flowing. Your labels, beliefs, and limitations are pathways to your impression.

So now I think we should discuss what the dictionary says:

The first series of synonyms for the word, “impression” are “impress, dint, brand, hollow, dip, dimple, ding, dent, mark, depression, stamp.” Deep inside of us there is a layer of energy that is “impressed.” This layer is the *separation* point from our own infinite power. If we locate this, then we are close to something major.

I use the word “separation” but it is the same infinite energy, just with an impression. Your energy flows until it meets and has made an impression. That means it is dented, branded, hollowed, dipped, dinged, dented, marked, depressed, and stamped. But it is but one impression, and that one impression is the doorway to your energy. That makes it much easier to find within you.

Even though your energy is dented, branded, hollowed, dipped, dinged, dented, marked, depressed, has impressions, and is stamped, it is still *your* energy and it’s still flowing! It is not stopped. It is merely more of a slowly moving energy, and perhaps it has been a bit altered. Still, it *is* power. It is *your* power.

So, what happens when someone asks you a deep question? You think. You go inside and connect with your power. You come up with an answer. Your answer seems like it comes from intelligence deep within you. You are not just using head knowledge. It’s like another source of power, to which you have exclusive access. It is an idea, a notion, a thought, a sense, an intuition, inkling, a consciousness, or a fancy.

If you want to be in touch with a greater power, stay close to your impression. Know it. Feel it. Connect with it.

It’s interesting that the dictionary lists synonyms of impression as feeling, sense, and intuition. What do you think of these words? If I had a feeling, a sense, or an intuition, I would be relatively confident in its accuracy. These events are accessing something deeper and something more certain.

Now, get this. The dictionary has the *opposite* of the word impression listed as certainty.

Certainty? That would indicate that impression equals uncertain but I don’t see it that way. The implication is that feeling, sense, and intuition are uncertain. You unconsciously feel that your impression is the one thing that *is* certain. You enter this world as an infinite being. You look for things that are certain and attach to those. The shock with which you enter the world is certain and that impression is remembered albeit deep within.

Your impression is the basis for reaction but when you react, you further impress. You stamp again. So instead of increasing your flow of energy, you suppress it more. Yet, if you can

access your impression inside, you can come up with some amazing thoughts. Continually accessing energy at this deepest level increases our connection with our own certainty.

Again, as we grow throughout our lives, we experience. Through these experiences, we label our impression. These labels are held onto inside as a framework for our memories. They also keep us safe.

- **General** - My impression of her was positive. That could mean that she did not stir up any danger. You trust her. You are accessing your insides, how you felt deeply.
- **More trusting** - First impressions are lasting. Your first impression of another person can be accurate. You have accessed deeply inside of you. But it can also be clouded by your own filters and perceptions.
- **Trusting** - I think of the word impression as having more factual strength because it is coming from intelligence within you. People tell you to trust your first impression. It comes from deep within you.
- **Job well done** – I am impressed! I have accessed something deep within myself and come out with thanks that you have helped me do something meaningful.

But alas, take credence in the dictionary's word and notion. You don't want your impression to be fixed, immovable, and so certain. It is energy and should be flowing madly through your internal current, not formed, impressed, or shaped.

Look at your own energy flow as a child. I think about the excitement I had when it snowed. All of the kids wanted to run around all over. We were so excited about the snow. That same flow of energy is within you right now! It might be a little *impressed* but it's there, we just need to allow it to flow and enjoy it. We want that energy to flow. I am love and light. Feel it.

Goal setting tells us that we should think of childlike goals. The first goal that I remember was to be a policeman or a fireman. Still, those can be limiting because these are the only labels (career choices) we may know at that point in our lives. Who knew?

I believe the distinction is that we must try to remember the childlike energy. Remember the laughter! That same energy is within you right now, and it's just as powerful as it was then. The key things to remember are the hope, the anticipation, and the excitement. Drop the goals and live in that energy first.

When you do that, you are connecting with and breaking through your energy impression that exists. Let excitement flow first and let all else fall into place next.

CHAPTER 22

Slow energy

In Short

Stored and hardened energy is not buried forever or even hidden. At any moment, it can rear its beautiful head.

It's not hard to see slow moving energy inside of you. We have discussed it from many angles. Here, again, is another example.

Once on Hollywood Boulevard in California, I saw a good example of slow, stagnant energy within. A man dressed in a trench coat and shorts began to use the crosswalk when a car continued to roll right on through a green light. The pedestrian yelled, "Crosswalk, you fuckin' asshole!!!" He then proceeded to cross the road in the crosswalk, continuing to swear a mouthful toward the car.

On Hollywood Boulevard, cars usually roll right through the green lights. Many cars are from out of town, and just don't think to stop in a crosswalk when the light is green. Even so, the man crossing the street could have taken a breath, composed himself, let the car pass, and then walked across the street. Instead, he had pent up energy inside that was waiting to escape, so he screamed obscenities at a car who simply hadn't noticed that he was crossing the street. His energy was suppressed like a lion, ready to attack.

A short time later, I found myself in a parking lot near the Burbank Airport. A car pulled to the side in the parking lot, only to hear from the car behind them. The driver behind rolled down his window and yelled, "Get the hell out of the way, you fuckin' asshole!" Then he blared his horn as he drove by the other car, yelling, "fuckers!" out the window.

Much like the man crossing the Boulevard, the man in Burbank had a great deal of pent-up energy inside. It would have been smooth as silk for him to just drive around the car in front of him but the man had his insides stirred up, so he reacted in a loud, angry way.

We may not react in exactly the same way as the men in these examples, but the energy is in there. Reconnect with it.

In any situation, always try to locate *your* energy. If you pull back and recoil in the face of non-threatening situations, negative reactions happen when you access your sludge. "Man, that guy on Hollywood Boulevard was an asshole." This statement comes from your own sludge.

If you see a similar situation and you begin to think negatively, go in and locate your own energy. Reconnect with it. Feel it. Let it flow. Feel compassion, appreciation, and understanding.

You can think you are showing respect to a person, then in a heartbeat, be berating him. Let's say you treat someone with respect. You may feel that you are spiritually evolving. You stand tall and raise your shoulders. You proudly show your feathers like a peacock, as you act

with your God-like qualities. When that person doesn't show respect back to you, you may react, "asshole." In this example, your respect was only a reaction and a defense mechanism. Your respect, perhaps, was an argyle sweater.

The slow energy inside you is pushed down so much that it's flattened, yet ready to attack. Think again about someone whom you respected. Maybe it's an authority figure that you may have respected in your life. You were nice to that person and respectful of him. Your respect likely came from a respectful fear, which is that energy pushed down into the undercurrent. Even though respect is natural to a healthy flow of power, in this case you were respectful as a separate action. Your energy, first, gets pushed down first from the fear of that person, then you are respectful. It should be all one flow.

If the process of respect does not come from one flow, you may indeed *appear* to be respectful. But then, if the person acts in a negative way toward you, you may blurt out to yourself, "asshole." This is an excellent example of that dark current underneath. It may even drive you to do good at times. It may drive you to smile like Brittany in the coffee shop, but when you don't get a smile in return, you lash out as a result of the interrupted flow.

The slow energy in your body has no label until you put a label on it. Whether you put a label on it or not, the energy exists as it is. So, rather than live your life avoiding your energy by smoking pot, drinking, doing drugs, or drinking coffee, you must reconnect with it. Let it flow. We know that overeating, gossip, or other type of need-based consumption feeds that energy as well. The more the energy sits stagnant, the less likely you are to reach your true success and the more prone you are to emotional outbursts.

Sometimes in life you can be sailing along smoothly until something is stirred within you. Something is hidden. You can lash out at someone in anger. You have been covering up something.

Hopefully you have begun noticing the energy within you so you can continually uncompress and flow. When you make a statement like, "He's fat" or "She's rich," you are accessing your slow energy inside. Life goes along smoothly while you are suppressing and compressing. You are operating with the same amount of surface energy while living your life.

How does your energy flow? It recedes. It releases. It pulls in. It pulls back. You stop and evaluate. You begin to associate this feeling of slowly moving energy with an outside object or event. I don't say "stopped energy" because energy is always moving, however it moves very slowly, especially in situations like I have described here.

If you hear the word "wealthy" and get a strange feeling within that could prompt judgment or feelings of lack, then you have identified some slow energy. The word strikes resistance, something that feels uncomfortable, stirring up slowly moving energy. You may label it that you are not worthy of being wealthy. It may feel like absence or disconnect as you read your sludgy energy to say, "that which I don't have." When you picture "wealthy," you may imagine a woman driving a Mercedes. You may even label this person as selfish.

You must realize that this type of definition of feeling is rarely true. The woman in the Mercedes may be Mother Teresa. You don't know. You must understand that your slowly moving energy exists within you and the word "wealthy" has allowed you to see your resistance to wealth. Now you're onto something!

Once you determine that the word, "wealthy" raises a disturbance inside of you, you have located an area where you can empower yourself. This is a good start, but there is more. What

is great about this is that the “wealthy” trigger (or any trigger) does NOT mean that you have uncovered the area within that is related to wealth.

It’s not that you have this area inside of you that is opposed to wealth at all. “Wealthy” does not automatically connect with a specific area within you. Your energy has no labels. It is just energy. The word “wealthy” only stirs up slowly moving energy. The area is general, and therefore you are locating your one energy flow.

If you can locate your energy and take away an attachment to the word “wealthy,” you are freeing that energy for many other purposes. You make yourself stronger this way, just by having increased energy. Your resulting power will show in many varied and vivid ways. Continue to send out love and positive emotion.

There is no specific area inside, no part of your energy, that is specifically associated with richness. There is no specific area for relationships. There is no portion of slowly moving energy that relates to anything specific. It’s all your energy and it has no label until you give it a label.

There is only energy, your energy. Let it be powerful, flowing non-resisted energy.

This slow energy flow often leads to frustration. A common example of this happens when you are driving in traffic. If there is a slowly moving car in front of you, it impedes your progress and interrupts your flow. So, what happens with you? Your slowly moving energy surfaces. You get irritated. Depending on your mood, you might swear. You might beep the horn. You may try to pass. You could tailgate.

In this case, frustration exists because of your slowly moving energy, already there inside you. The car in front of you just brought it to the surface. The car is benign. A red light can only aggravate your inside if you have something there to aggravate. If you are doing exercises to clear your energy and flow, then you will enjoy sitting at a red light. You will enjoy that moment because your energy is flowing. If you have slow energy, a red light will inevitably aggravate you.

Sometimes guys get into fights. One guy might perceive a weakness in the other and he punches and punches. He isn’t really punching the other guy in this case, at least figuratively. He is punching a weakness in himself. He has triggered an area inside where he feels weakness. That “cornered raccoon” feeling or weakness is stored inside him, and he lashes out in a hammering away.

If you are sitting at a bookstore or in a cafe and you smell a perfume or cologne that bothers you, whose problem is it? The cologne is aggravating energy within you. You are the one who is disturbed. As victims of our slowly moving energy, we become annoyed at the person wearing the cologne. When our energy flows, we note the sensation and move on, feeling no annoyance or bother as a result.

If you think that people are looking at you and judging you, you are experiencing your slowly moving energy generating that thought. They are not looking at you. They don’t notice and they don’t care. You create this scenario in your own mind based on your energy flow. We might label this flow as insecurity or fear or a complex. These labels have been kicked around quite a bit, but they usually get dismissed. Consequently, you never get to the root of the issue, which is your slowly moving energy. Let it flow with good emotion.

Let’s say that you don’t like something or someone. You may pick up some tools from self-help books or a psychology professional on how to overcome that weakness. Their suggestions typically come to you in the form of intellectual material, which doesn’t reach deep

inside. You feel stronger that you have gained new information, but it likely won't fix the problem.

If you are in the right mood, you might feel okay – at least sometimes -- about that person that you disliked. Or, you could feel okay about an event or place that previously made you fearful. Under those circumstances, you might feel that you have evolved. But in reality, you have just suppressed it a little more, so that you cannot see the energy. That slowly moving energy is still there underneath and, believe me, it *will* surface again.

This slowly moving energy must be located and kick-started. We each do different things to feed this energy. What do *you* do to feed it?

We are all unique. I noticed a guy on a social networking site recently who listed his spiritual beliefs as Buddhist. I also noticed that he was a fan of a group called "I hate cigarettes." Cigarettes may not be good for you, but the energy of hate runs counter to his proclaimed spiritual leanings. This kind of conflict emerges as a result of slowly moving energy.

Often, alcoholics stop drinking but they immediately fill that same energy void with coffee, cigarettes, and other unhealthy habits. This happens because they don't truly touch their compressed energy to fix the problem, but merely change the label on it.

They haven't really changed. They have simply shifted their vice. They are still working with some sludge under there. Instead they must locate it, free it, and then they can make real progress in dealing with their addiction.

Chapter 23

Painful Energy

In Short

You create your own pain by adjusting the flow of your energy. You expand and contract. You control the process. THAT is power.

You can feel your energy, but it is you that creates your own pain as a reminder to keep yourself safe. You may say, “I had better poke myself so I remember not to put my head there. I might bump my head on the low ceiling.”

Yes, there is painful energy within, but you control the process. We will locate and take control of that process. Try something right now while you are reading this. Flex your biceps. Do it again. Do you feel anything? I feel tension in the biceps muscle when I do that. I also feel pain in my elbow – a sensation, really. When we compress inside, we feel it also. It’s just enough to say, “be careful.” If we repeat that compression over and over, some pain can develop.

Flow is freedom and it is painless. Interruption in that flow is feeling. This is the energy that we feed. When it hurts, we tend to it. When it goads us, we react away from it. We guard and protect it.

We control the amount of pressure we put on. This is where things get interesting and if you really notice your energy, it’s *you* that has the control. You are expanding and contracting internally. There is movement. If it was a hardened, immovable object, then you would be firmly stationed. Locate the energy and turn it around. Send love. Send peace.

Here is an example. In situations where something is distasteful, we may slightly build the pressure inside. Think of a political TV host who is aggravating to you because he is constantly talking about what is bad in the opposing political party. You compress, feel a little twinge and then make a label. It’s really a process of fear.

You can become aggravated *because* you are compressing your energy. If you are driving, as an example, you are quicker to anger because of this compression.

What if you are listening to the host who represents your view? You release. You allow your energy to flow. This process, on the other hand, feels safe. It’s pretty interesting. You have the control. Yes, the commentator can aggravate it. But it is you that controls the process within you. We want to continually and habitually notice this internal movement and let it flow. You are automatically expanding power when you do this.

Sometimes you even press inside so that you can release a moment later for a “feel good.” Yes, you actually create pain so that you can release it in order to feel good!

When you start to make a judgment or if you condescend, notice your compression begin. Before you make the judgment and before you label your feeling inside, let the energy flow.

Connect with your energy. Feel your energy and allow it to rise. Do this as long as you can before you label or make your judgment. Feel and let it flow. You don't have to even approve of or like the object which you almost judged. Just notice your energy and let it flow.

In the future, when a sales call arises (for example), you won't have the resistance within that inhibits you from action. You are more connected with your thoughts and have fewer excuses. In whatever case, if there is a pain within you, then you will react in response to that pain.

I was asked to speak in front of a very large group of people. In the case of public speaking, apprehension and anxiety may arise, but I felt nothing except excitement for the process. Any slow energy inside that could be felt as apprehension was gone. When you think of it, anxiety and excitement are somewhat similar. They are both energy flow.

I love the feeling of excitement before a sporting event or a speech. If I were to feel nervousness, it's a very similar feeling to excitement so I would enjoy it and let it flow. The more I do that, the more I feel excitement, happiness and power. In the process, I am recapturing energy.

Whether you do this for a sales call, a date, or to jump out of an airplane, you are recapturing power. You are burning away any pain that might have previously been there. Continuing this process expands your power. Your outward power may not feel much different but you are reconnecting, healing, and growing. Compare this to physical growth or hair growth, you can't see it daily, but it's happening.

We like it when we *feel* things -- any things -- because we can measure it. We measure pain. Anger is quantifiable. Blame is certainly measurable. Measuring helps us to view our world. A painless existence is freedom, but we *like* to talk about our pain.

What if you could un-create that pain? What if we lived more in the immeasurable? What type of conversations would we have? What type of life would we create?

You can un-create that pain process within because you are the one who creates it to begin with. If you notice, this process is more subtle than other methods of empowerment. The un-creating process reverses the receding flow of your energy. Yes, it is subtle, but it is deep.

This process is not glamorous in the sense that you are not walking over hot coals to experience a metaphor. You are not sitting in a sweat lodge. It is not romantic in the sense that you aren't poetically reprogramming yourself. It's not even linguistic, really, as you don't have to change your language.

But glamorous or not, the reversing of compression inside you is where your power is. It's reaching down inside of you and connecting with real power.

In one form of power, you can bend over and pick up a pencil. This is using energy to specifically target an outcome. Another form of power is the ability to attract and with that, the confidence to accept and say yes to all that is given to you.

Growth in this instance is real. You didn't notice your hair grow when you were a child. You didn't notice your legs growing from day to day, but it happened. Allow yourself to grow through this process of loving your energy and increasing its flow. When you turn around, it will be like the summer between eighth to ninth grade. Be ready to say yes to opportunities that are presented to you.

CHAPTER 24

Energy Matching Energy

In Short

Others can push your buttons, but you own the energy, the process and the sludge for that matter. Amp up your own love for yourself.

Being around people can stimulate our insides. It helps to get our flattened energy to rise. The fact that other people can stimulate our energy flow allows us to see how we can do it ourselves. Inner city kids see a role model and it connects with them. The role model shows the kids a possibility, which gets inside of them.

Workers can be inspired by a good boss. A connection is made inside the employee. Complimenting your staff at work empowers them and increases productivity. The employees begin to work harder and their desire comes from within them. It is strength.

Internal flow is increased, internal fear is released.

So if you tell someone they are doing a good job at work, they appreciate it and may even be moved to work harder. Why? It's because they like the way that energy flow feels internally. They feel safe. They release. They flow.

You tell someone that they are cute and they feel good. When you say, "You look nice today," you have touched that person, which can get their energy flowing and inspire a good feeling within. Your words have connected and inspired energy flow. You have made them feel safe. You have done something good.

When you connect in the form of attention or approval, you have stirred energy within a person. You have inspired them to release the flow of their positive energy. It feels good. The woman got dressed in the morning, compressed her energy to evaluate, and hoped she looked nice. Your comment allowed that compression to release and flow. She feels better and validated. She feels more of herself and can now use more of her power.

In all these cases, even though the gesture came from another person, it is you that releases your energy.

The same theory even applies when we deal with negativity. It is you that controls the process. When people gossip together, they become close and they bond. In doing so, they are stirring up dirt inside. It feels good because that dirt *is their energy* and they are connecting with their insides. It's really just good energy to begin with, it is life force energy. Stirring it feels alive. They could sit there stirring up nothing and feeling nothing, like a robot. That would be boring. Or, they can agitate some compressed energy and make judgments. That's livin'!

If you wonder why people judge others, this is also why. We touch our baseline energy. It is valuation. It is measure. We don't mean harm. We are just feeling and reacting honestly with the energy within us. It's a way we make this world real. Again, this touches a sense of realness that we know.

To make that judgment, we need to compress and sit on the energy. Then, based on that compression and feeling, a statement is made. If another person comments on that statement, then you have a dialogue. You agree and match energy. Then you both wallow and even laugh while each suppressing your own energy.

The reason that I say a scenario like this is good is because you have touched your energy, at least. You know where it is and have an honest starting point. Now, you can connect with it and release it. Also, all of us have judged something or someone at some point. This hopefully will make it easier to understand and forgive others who act in a way that society says is unacceptable.

If you've ever wondered why people like to wallow in self-pity, this is why. Self-pity is a kind of energy flow. It is *their* energy flow. They are connecting with something real within themselves. They are connecting with their safety, their realness, and their sense of self. Let's not think of this as bad. Instead, let's think of this as a means of touching their energy.

So, connection begins.

You have heard that crying is healthy and cleansing. This is true because your energy is flowing when you cry. Don't resist it. What about watching movies? We watch movies to experience certain feelings in a safe environment. We feel fear, anxiousness, apprehension, excitement, laughter. This is all energy flow. We like it and it's good. Don't let things be any different with the process of judgment. You don't have to avoid these things, but you do need to feel it.

If you don't let your energy flow from within, you may say to yourself that you are going to stop making judgments about people (whatever the judgment may be). But, ten minutes later, you'll find yourself making the same judgment. That is because it is derived from your energy. The judgment is powerless. The energy that drives that judgment is your gold. When you locate, notice, and connect with your energy, then you have begun the process of connecting with your power. Through this power, your judgmental behavior will begin to take care of itself.

Sometimes if you are watching a movie or television, you might experience a feeling of anger. When you feel the anger rise, let it keep rising. I am not suggesting that you throw frying pans around the room, but feel your anger! Feel the energy! It is power.

When you do this, you are increasing your capacity within, decreasing the flattened sludge. You are at the doorway to power. The more you feel it and the less you resist it, the more connected with your power you become.

You control your energy and the process, so love it. Watching movies stimulates energy within. It feels good to put ourselves in certain scenarios and play with our emotions. It is a safe environment in which to feel it. Think of a scary movie. Think of a love story. Think of a funny movie. These touch our energy within.

We are touching our energy. What does that mean? That means we are touching something that *needs* to be touched right now for us to feel alive. We either feel alive or we feel a great need to preserve life.

In the former, we touch the area within because it is life and we want to stir it up. We want to get it moving. We want a bit of flow, like air flowing. Without that flow, we wither away.

The latter is compressed energy within. So, there is a dual urgency. One is that we are feeding our greatest fear in the "now moment." We are goaded to react to calm that feeling within. It hurts sometimes, right? So we make it feel better.

It's time we increase our compassion for other people. When we increase compassion and love for ourselves and our energy within, compassion for others is natural and automatic. We honestly look at how we feel our own pain and discomfort within and how we react from that energy. Do you see it?

Why not be compassionate when others react from their pain? When someone does something of which you disapprove, why not act with compassion instead of condescending? Sometimes it's difficult. Remember Cliff Clavin from the TV show *Cheers*? Whenever he acted like a know-it-all, a buzzer shocked him. Even though he knew the buzzer was there, he kept getting zapped.

So let's take it a step further. This is a critical point in this book. When you see a criminal, let's not bathe in judgments, heinous labels, and ridicule. When you do this, you are disempowering yourself. When someone steals something, you certainly can recognize that the action is wrong. But if you stomp on a bug, there is no need to continually push your foot into the asphalt, grinding it for minutes. The bug is dead. There is no reason to call the bug names and curse the actions of the bug's life. The act is over.

Smashing a bug is a metaphor. What is really being ground down? Your *own* energy.

The person that stole did so because of his own needs and compressed energy. We don't know what they are. Understand that he is acting from things that goad him from within. Really feel compassion. Really feel hope. Really pray for someone. Really send love. This is what gets your own energy moving. This is where empowerment begins, for you and for the entire world.

The criminal's actions are not good for society, and we are not condoning those actions. But we also know that there is good energy within that man. The more good we see in him, the more good rises in us.

So, this book is ending up where it started. See good.

In our own lives, we know that we may have done things of which we are not proud, things that may even have been worse than the criminal. If we did, it was just the energy driving us at that time. See good in ourselves. We have moved past it, but judging, labeling and name-calling keeps us living in the same energy. See good in others. Let's continue to move above it.

If you see a host on TV talking about how bad an individual is for committing a crime, recognize it. Let it go. Feel your energy and love your own energy. We know his act is bad, but we cannot continue to hammer negativity. The bug is dead... stop grinding. If we continue to berate the criminal, then we are only revealing our own pain within and compressing it.

You see how we live to match the energy vibration within us. Get stronger. Locate your energy and love it. Reconnect with it. We can see this as an opportunity whenever we see a criminal. Feel your inside. It is natural to feel a twinge of negativity. Then notice it, love, and get it flowing.

Finally, instead of our greatest joy being judgment, blame, or gossip, let's make our greatest desire reversing compression and increasing flow. This is a simple habit of locating our own stale energy inside and loving it. When we feel that energy rising we can send love and hope to others, then we are in good shape. If our greatest desire and greatest pleasure is energy flow, seeing good, and doing good, then we are shifting personally and globally. Our greatest joy is loving our own energy, feeling love, and living in love.

We know that certain energies exist within that are slow moving, painful, or unconnected. That energy, slow or uncomfortable, is ours. Let's make our greatest joy loving that energy, not compressing it.

Treat your energy as a straight line with a current flowing from one end to the other. Realize that your energy is compressed, for whatever reason. We see numerous ways to feel and locate that energy. When you locate that energy, make a straight line to it and open it up.

Imagine a flap extending down over your energy. Open up the flap and see your energy flow beautifully through it.

Make a straight line inside. Get your energy moving. Sometimes I have imagined a crochet needle dipping down and pulling my energy up. Other times I will feel my energy and give it away, sending love to another person. Send love to yourself. You are love. The only thing that may separate you from love is your resistance to it.

Feel it. If you say to yourself, "you are beautiful," you may feel a slight positive flow. It's nice. If you say, "I am beautiful," ironically some people may feel resistance. It's like energy squeezing within. Notice that and let flow.

It's you and your energy. Love that energy and know that love is flow. Love is absence of resistance. If you love with resistance still within you, then your love is not all outflow. It's like when you see someone smile who is afraid to smile. Or maybe you see someone laugh who is uncomfortable laughing. Have you seen someone smile who does not like their teeth? When they do smile, they put their hand over their mouth.

We need to let it flow without resistance internally. Build your inner world to a beautiful clean environment. The entire message of this book is to locate any resisted energy within you and love it. Continuously and thoroughly love it. Feel it and let it flow.

Most of the world is doing good things. We live in a very beautiful world! Those that focus on negativity are feeding their own energy. The aforementioned TV host sensationalizes the news, blowing up one story and talking about it for weeks under the guise of doing good. Her anger feeds others who match that vibration. Instead of doing good, she attracts people to live in *her* energetic pattern.

Realize that the TV host is reacting from her own goading energy too. She is feeling pain. I have a practice that I use when I see celebrities that I don't like, or when I see celebrities that inspire discomfort within me. I locate my energy that is disturbed. I feel it, reconnect with it and get it flowing. I love the energy within me that has an issue with her. When I make a good connection and feel good inside, I send positive energy to her.

Here is an exercise that helps recapture power. Pick ten celebrities who you dislike or feel are bad influences. When you see the celebrity, *love* your energy. Notice the energy within *you* as you think about them, look at their photograph or see them on television. Send love and acceptance to them. Make a file on your computer with their picture and the feeling you get when you see them. Continue to feel your energy inside, love your energy, and let it rise. Let it flow. Then send love to the celebrity. Clean up your world.

This may take a several tries to achieve but each time you are increasing your own personal power. I have made a file with a picture of the person who I think is a bad influence on others or someone that is just annoying. I open my file, look at that picture, and begin my process of locating my own energy within.

There is nothing really wrong with the other person. The world is what it is. They are doing exactly what they are supposed to be doing based on their energetic patterns and needs.

Chapter 25

Final Thoughts and Exercises

In Short

Slow energy is good energy waiting to flow again. Go find it and make yourself whole.

The solution? See good.

- See good inside of yourself
- See good outside of yourself

Be good. You are good. Thus, you are riding the wave of the greatest power. Life becomes more effortless. We have weaved our way through content and examples, and realize that locating your own disturbance within is the key to recapturing power.

Have you ever felt like your energy is trapped inside screaming to get out? Look back at Chapter Four. Those are examples of positive flowing energy. Locate your slow and let it flow! Let it out!

The first six energies in Chapter Four are, Smile, Care, Respect, Excitement, Appreciation, Movement, S.C.R.E.A.M. Scream happiness, joyfulness, thankfulness, love and laughter. Scream love from the deepest part of you.

The *worst part of you* is all of these emotions sitting inside of you! It's all good energy. Open up the flood gates.

Chapter thoughts in reverse:

- **Six** - *Even the worst part of you is good. Denying seeing it keeps you firmly implanted. Embracing it expands your power and love.*
- **Five** - *Love is one energy flow. If you are not wholly love, then you have a resistance to it. Locate the resistance, turn up the love and experience all that is.*
- **Four** - *The highest energies in your life are moving, flowing and cleansing. Notice your energy flow. Is it flowing or slowing?*
- **Three** - *Turning on the water full blast and opening up the chute burns away negativity. The same is true with your internal movement of energy.*
- **Two** - *Good is the most abundant energy. The greatest flow is good energy. It's a positive charge. Ride the wave.*

- **One** - *Everywhere you look there is good. The more you see good, the more you increase your positive energy flow.*

See good! Everything that you are becomes a better, more enhanced version of yourself. All of the books, seminars, and goal setting will work better when you use this information and love the depth of your insides. Connect and continue to see good.

Here are some possible scenarios which give you the opportunity to see where your energy may be compromised. As I have said, before I go to bed at night, I think of anyone who I felt dislike for and I send love out. After I locate my energy inside, I send out love for at least seventeen seconds. We can all start with ourselves and locate the love deep within ourselves. That is where our power is. Try it. You'll like it.

In your daily life, notice when you judge. Look inside. Feel it. Notice when any scenario comes up in which your energy is compressed. Feel it. Reconnect.

Throughout this book, there are examples that you can use and embrace. You can notice when you dislike or judge. Think about your three greatest pleasures. Are they serving energy flow or feeding limits? Notice things that you dislike and notice your energy. Look at your perceptions, reactions, and defense mechanisms. What is underneath?

Look at your judgments. Reverse your flow to love. Be acceptance, allowing and appreciation.

In each of the following scenarios, when you feel negative emotion, locate and feel your energy within you, then do an exercise.

You can use the words, DREAM and LIFE as guides to reconnect with your power. But you know the raw materials, so you can use anything you want. You can even SCREAM positive energy from deep within. The key is noticing and locating first. If you don't identify the source of the problem, you will less effectively turn it into gold.

The first is the acronym, DREAM.

Detach and Disarm – Take the lid off. Remove the scab. Separate from the outside act focusing on *your* energy.

Reconnect and Release – Feel your energy within. Run your energy up and down from your head to the base of your spine several times.

Excite and Exhale – Feel the energy flow until you smile.

Appreciate and Allow – This continues moving the energy. Appreciate your inside then appreciate the outside object.

Movement and Motion – The energy must not be stagnant. Move it. Send it out. Give away love. Love yourself. Love others. Love like God loves. Keep the energy moving.

I am not asking you to move in the sense that I want you to go out and run ten miles. When you get your energy moving within you, the outside desires and actions change.

This is another way to increase the amount of building blocks. It's by noticing stale energy and getting it moving. The best time to use this exercises is in the moment of regret, blame of judgment, yet, prepare for the scenarios and practice now.

- Notice when you blame someone else. Notice your energy. Picture yourself blaming someone.

D.R.E.A.M

- Notice when you accuse someone else of something. Notice your energy. Picture yourself accusing someone of something.

D.R.E.A.M

- Notice when you think you are the victim. Notice your energy. Feel yourself being blamed for something.

D.R.E.A.M

- Notice when you doubt. Notice your energy. Do you doubt yourself? Do you doubt someone else?

D.R.E.A.M

- Notice when you regret. Notice your energy. Do you have regrets? Write down one regret.

D.R.E.A.M

- Notice when you feel guilty. Notice your energy. Write down an example of when you have felt guilty.

D.R.E.A.M

*"Don't be afraid of the space between your dreams and reality.
If you can dream it, you can do it."*

- Walt Disney

Another exercise that I like to do is the acronym LIFE. It works in different combinations of these words:

L	Locate	Limitless	Love
I	Inside	Infinite	Intelligence
F	Feeling	Freedom	Flow
E	Exhale	Eternal	Energy

1. **Locate** – Notice and feel your energy inside of you. Feel the energy flow.
2. **Limitless** – Focus on the word while feeling your energy flowing. There

3.

4. is no end to your energy. Your energy is endless and eternal.
5. **Love** – Detachment, freedom and flow. Allowing.

1. **Identify** – notice and feel your energy inside of you. Feel the energy flow. Enjoy the energy flow.

2. **Infinite** – Never ending and free flowing.
3. **Intelligence**–It is *all* inside of you and flowing through you.

1. **Feel** - Notice your energy inside of you. Feel the energy flow. Accept the energy.

2. **Freedom** – Open without restriction.
3. **Flow**– No attachment or label, moving energy.

1. **Exhale**–Flow and release.
2. **Eternal**–Endless energy.
3. **Energy**–Enjoy. Excite. Enthusiasm.

The energy inside of you is made of all of these words. When you feel resistance within, you can use any combination of these words. I like to use this one because I like connecting with the flow to last more than seventeen seconds. So, I have it memorized and I'll say it two ways:

The first one is across the grid horizontally. You can patiently feel these words deep within yourself to the base of your spine.

1. Locate Limitless Love
2. Inside Infinite Intelligence
3. Feeling Freedom Flow
4. Exhale Eternal Energy

The second one that I do is down the grid vertically. You can say it in this order patiently, deeply, and with feeling.

1. Locate, Identify, Feeling, Exhale
2. Limitless, Infinite, Freedom, Eternal
3. Love, Intelligence, Flow, Energy

The more you give it away, the more it replenishes. Continuing, when you feel discomfort in your body, use this process.

- Notice when you feel weak. Notice your energy. Write down a time when you felt weak.

L.I.F.E

- Notice when you are upset. Notice your energy.

L.I.F.E

- Notice when you condescend. Notice your energy. Where does the energy come from?

L.I.F.E

- Notice anytime you see a weakness in another person. Notice your energy. Whether the person is weak or not is not the issue. Notice your energy.

L.I.F.E

- Notice when you fear something. Notice your energy.

L.I.F.E

- Notice when you begin to make a judgment. Notice your energy.

L.I.F.E

Listed are some other random scenarios. You can use one of the above or in combination, Dream Life. You can also create our own. Increase your own connection with your good.

- Notice when you are having trouble communicating with someone. Notice your energy.
- Notice when you don't understand something. Notice your energy.
- Notice anytime when you have concern. Notice your energy.
- Notice when things don't go the way you want. Notice your energy.
- What makes you angry? Notice your energy inside.
- Notice the energy before you eat.
- Notice the energy before you smoke a cigarette or take part in a vice.
- Notice when you criticize anything.

- Notice anytime you see a weakness in another person. Do you think a person is overweight? Not intelligent? Slow learner?
- Notice when you are apprehensive.
- When you feel insulted, that comes from inside of you. Picture the insult. Feel the energy.
- When you feel disrespected, you are touching a flattened area inside of you.
- When you think, “I’m better than someone else,” locate your energy. Get a good visual picture of that person and the moment when you think you are better. Locate the feeling.
- Notice when you feel annoyed. Who made you feel annoyed? Feel yourself in that moment. Who made you feel annoyed?

Take the world as it comes.

- *It is what it is*
- *Go with the flow*
- *It’s all good*

Enjoy life.