

Welcome to Power Session Coaching

Abundant Business for Solopreneurs

Business is a reflection of our attitude which is affected by the rate of energy at which we are expressing, both consciously and unconsciously.

Energy coaching addresses each of us at our core level of energy.

We possess unconscious blocks in the form of judgments, false interpretations, assumptions of how things are, limiting beliefs and gremlins that feed us negative information.

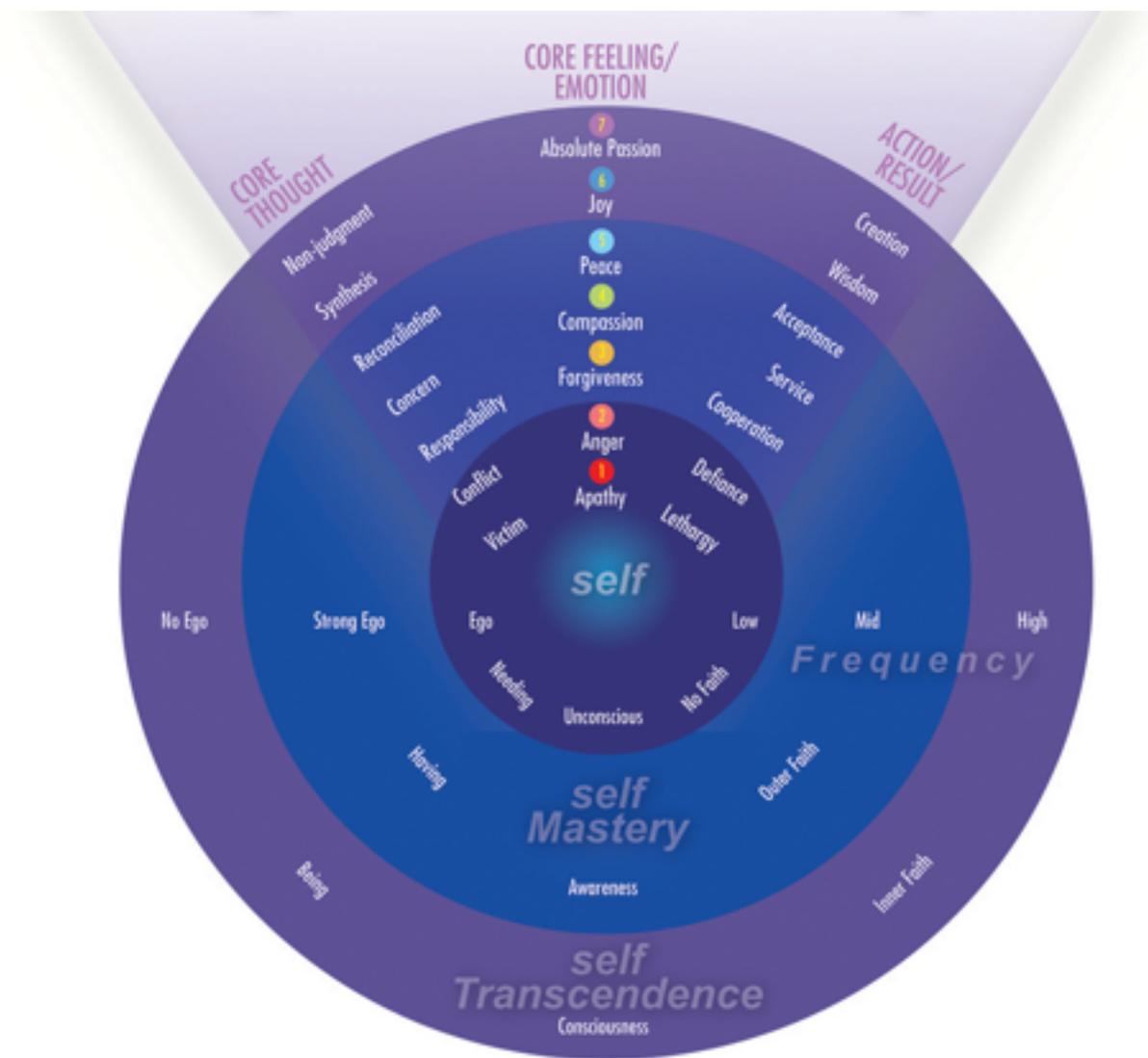
These processes create energy traps, sometimes holding us in negative energy patterns for years....and we wonder why we aren't getting what we want, why we struggle.

By addressing these patterns at the level of energy in which they were created (catabolic energy), and creating awareness of the higher levels of energy (anabolic energy), we can begin to move through and up to higher levels of energy more of the time. This is where creation takes place.

You've all heard that anything is possible...well this is the place where anything becomes possible.

Energy coaching supports you through this process as you begin to experience the shifts that will naturally occur as your energy changes.

To help understand the levels of energy and the thoughts, emotions and actions that are core to each level, Bruce Schneider created the Energetic Self Perception Chart below.



Circle of Self

(inner dark circle—center of diagram)

Characteristics

Ego — for the purposes of this tool, designates weak personal identity, low sense of self-worth and self-importance.

Needing — wanting or retiring to fill a perceived lack.

Unconscious —unaware, unconcerned, indifferent, not knowing or perceiving

No Faith — little or no trust or confidence in self, people, ideas, or things.

Low Frequency — vibrating at a low energetic level, catabolic energy that drains one's resources. May be unenthusiastic, blocked, or in conflict.

Level 1 Energy (Circle of Self)

Core Thought:	Victim	At the effect of events, thoughts, beliefs, emotions, perceptions that hold you back from success.
Core Feeling/Emotion	Apathy	Indifference; lack of enthusiasm/engagement.
Actions/Results	Lethargy	Inability to take action; lack of initiative; inability to see options.

Level 2 Energy (Circle of Self)

Core Thought:	Conflict (Internal or External)	At the effect of events, thoughts, beliefs, emotions, perceptions that hold you back from success.
Core Feeling/Emotion	Anger	Annoyance, resentment, displeasure, hostility, exasperation, irritability, frustration.
Actions/Results	Defiance	Resistance, disobedience, contempt, rebellion.

Circle of Self Mastery

(middle ring)

Characteristics

Strong Ego—Strong personal identity, self-esteem, self-confidence.

Having—In possession of, owning, holding.

Awareness—having knowledge, consciousness, realization, understanding.

Outer Faith—confident belief in the truth value, or trustworthiness of a person, idea, thing outside of oneself.

Mid Frequency—vibrating at a middle energetic level, anabolic energy is present. More engaged energy, but sometimes by default or with effort, moving into acceptance and a sense of possibility.

Level 3 Energy (Circle of Self Mastery)

Core thought:	Responsibility	Owning one's feelings; choosing to be accountable for one's own experiences and choices.
Core Feeling/ Emotion	Forgiveness	Condoning, pardoning, letting go of resentment or anger, or excusing a fault or mistake.
Actions/Results	Cooperation	Working toward a shared, common goal or benefit.

Level 4 Energy (Circle of Self Mastery)

Core thought:	Concern	Care, interest, or involvement, in connection and relation to others; also, concern for self.
Core Feeling/ Emotion	Compassion	Sympathy and concern for the suffering or misfortune of others, empathy, sensitivity, warmth, tenderness, kindness. Also, self-compassion.
Actions/Results	Service	Working toward a shared, common goal or benefit.

Level 5 Energy (Circle of Self Mastery)

Core thought:	Reconciliation	Come together in agreement, understanding, “good and bad, right and wrong” judgment ceases.
Core Feeling/ Emotion	Peace	Calmness, tranquility, contentment, harmony.
Actions/Results	Acceptance	Believing, willingness to receive, agreement for what is; accepting differences instead of identifying and focusing on changing them.

Circle of Self Transcendence

(outer ring)

Characteristics

No Ego—No sense of individual self.

Being— Timelessness, total experience of the present moment.

Conscious—Intuitive awareness, knowing sensing being awake and aware of the seen and unseen.

Inner Faith—A deep, inner knowing and belief, which does not need logical proof or material evidence.

HighFrequency—Very high levels of anabolic energy, vibrating at high levels, embraces joy, wisdom, creativity, being fully in the Level6 Energy (Circle of Self Transcendence) moment, non-judgment, oneness, pure awareness, bliss, and timelessness.

Level 6 Energy (Circle of Self Transcendence)

Core thought:	Synthesis	Blending away of the illusion of individuality; combining separate elements or substances to form a coherent whole, coming together, combination, composite, we are all one, synergy.
Core Feeling/ Emotion	Joy	A permanent sense of pleasure, happiness and delight.
Actions/Results	Wisdom	Having or showing insight, intuition, and enlightenment.

Level 7 Energy (Circle of Self Transcendence)

Level 7 Energy (Circle of Self Transcendence)		
Core thought:	Non-Judgment	Objectivity; lack of fear; without judgment.
Core Feeling/ Emotion	Absolute Passion	Total bliss, energy, intense desire or enthusiasm for any and all experiences.
Actions/Results	Creation	Bringing something new into existence, spontaneous manifestation of ideas, thoughts, and genius thinking.

Energetic Self Perception Chart and Definitions
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