

# Welcome to Power Session Coaching

## Abundant Business for Solopreneurs

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**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.

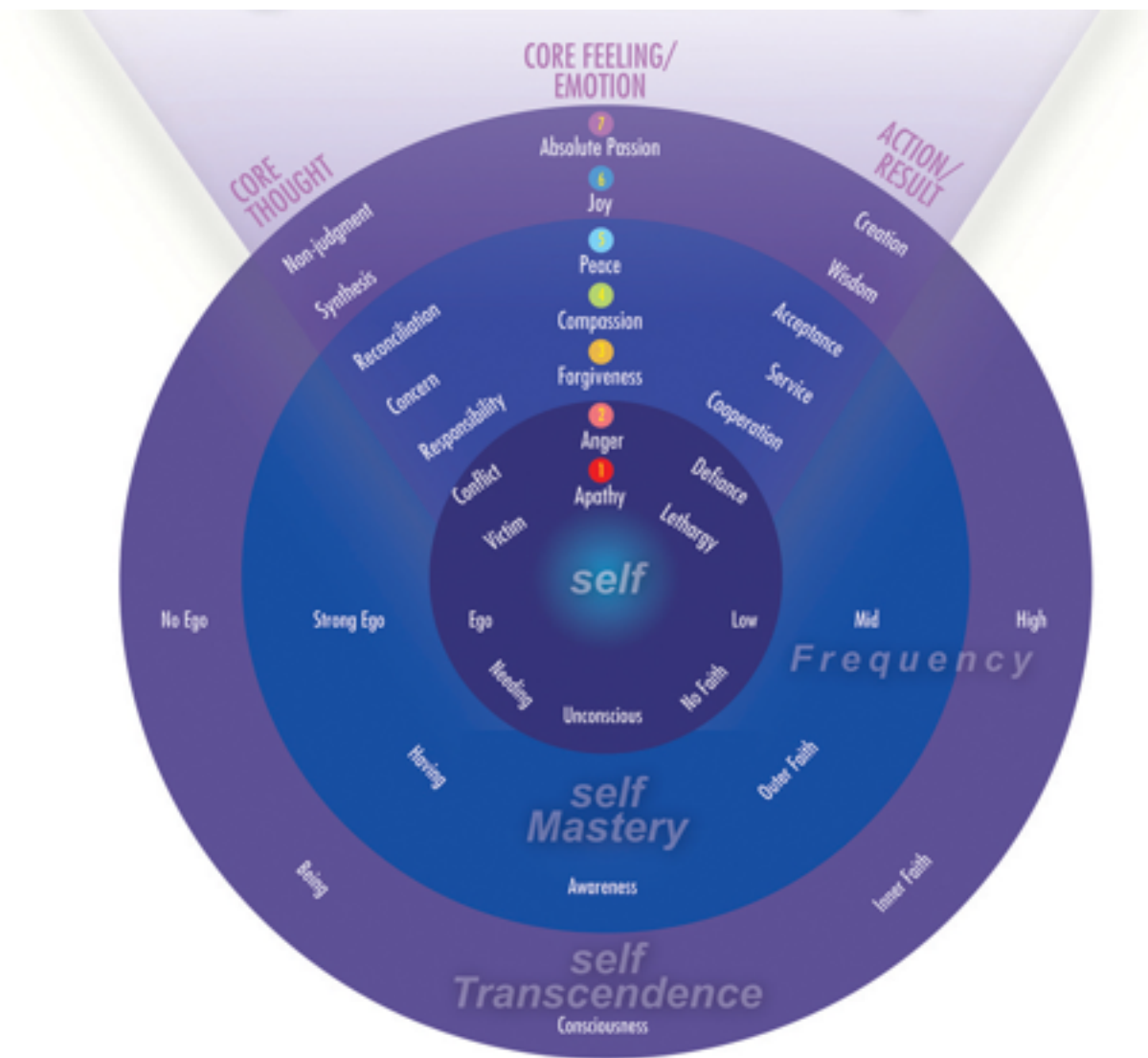
**These** processes create energy traps, sometimes holding us in negative energy patterns for years....and we wonder why we aren't getting what we want, why we struggle.

**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)

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

## Level 2 Energy (Circle of Self)

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

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

### Level 4 Energy (Circle of Self Mastery)

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

## Level 5 Energy (Circle of Self Mastery)

<b>Core thought:</b>	<b>Reconciliation</b>	Come together in agreement, understanding, “good and bad, right and wrong” judgment ceases.
<b>Core Feeling/ Emotion</b>	<b>Peace</b>	Calmness, tranquility, contentment, harmony.
<b>Actions/Results</b>	<b>Acceptance</b>	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)

<b>Core thought:</b>	<b>Synthesis</b>	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.
<b>Core Feeling/ Emotion</b>	<b>Joy</b>	A permanent sense of pleasure, happiness and delight.
<b>Actions/Results</b>	<b>Wisdom</b>	Having or showing insight, intuition, and enlightenment.

## Level 7 Energy (Circle of Self Transcendence)

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

Energetic Self Perception Chart and Definitions  
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