

7 Levels of Energy

Introduction

The following descriptions on Energy Levels, were adapted from Bruce D. Schneider's Energy Leadership Index Assessment. Bruce D. Schneider is a psychologist, master coach and founder of one of the leading life coaching institutions in the USA (<http://www.ipeccoaching.com/>). The descriptions of energy levels represent 'an interpretation' or an energetic perception of how human beings function daily. Like stocks, our energy levels go up and down throughout the day, but settle at an average per day. **For a useful way to reflect on your life, you may review the descriptions at each level of energy and think about how many of the characteristics at each level are true of you.**

Read more on how energy works in daily life at:

<http://www.ipeccoaching.com/energy-leadership/energy-leadership.html>

ENERGY

We define as available power and we further define energy by using 2 labels -- Anabolic Energy and Catabolic Energy.

ANABOLIC:

In the coaching context, we understand Anabolic energy as the positive energy in a person's life. Level 3 is the beginning of Anabolic energy with Levels 4 – 7 increasing in anabolic energy.

CATABOLIC:

In the coaching context, we understand Catabolic energy as the destructive energy in a person's life. Levels 1 & 2 are the 2 Catabolic energy levels on the 'energetic perception chart.' Level 1 being the most Catabolic level.

LOW AVAILABLE POWER

- Level 1: Is the lowest amount of available power, but is characterized by the highest level of catabolic energy. At this energy level persons typically see themselves as helpless in relation to their circumstances, they have victim thinking with a “I Lose” philosophy; may have regular feelings of guilt, fear, worry, self-doubt, and low self-esteem in any aspect of their life.
 - Core Thought : Victim thinking, which will eventually lead to loss of meaning & purpose
 - Core Emotion: Apathy sets in as senses become dulled
 - Resulting Action: Lethargy sets in as there is now insufficient energy to take action.

Q: WHERE IS LEVEL 1 ENERGY SHOWING UP IN YOUR LIFE?

- Level 2: Has more available power than level 1 but is characterized as still in the catabolic energy range. At this energy level persons typically are motivated by fear, pride, or anger and have an “I Win/You Lose” philosophy. They think in black & white and with tunnel vision; have poor listening skills; and insist on being right. They find it hard to let go of grudges/resentment; tend to blame self and others; and focus a lot on “What is going wrong.” They may feel unappreciated at work; and hold-back in their personal relationships due to trust issues. They are generally dissatisfied with their lives but willing to do something about it.
 - Core Thought : Conflict
 - Core Emotion: Anger
 - Resulting Action: Defiance

• Q: WHERE IS LEVEL 2 ENERGY SHOWING UP IN YOUR LIFE?

HIGHER AVAILABLE POWER

- Level 3: Is the first anabolic energy level. Characterized as positive and productive, and solution oriented. Persons at this level still judge others, and may have residual anger in relation to past conflicts and negative experiences, but they rationalize a lot in their thinking , engage in logic in decision making in order to forgive others, release the catabolic energy and move on. They don't focus on blame; there is greater acceptance of the way others are and so greater cooperation with others. They have a philosophy of "I Win/and I Don't Mind if You Win," though they are not committed to others winning. In relationships there may be role playing which works, but it is not based on an understanding of their partner, and there may be a desire to "fix" the partner.
 - Core Thought : Responsibility
 - Core Emotion: Forgiveness
 - Resulting Action: Cooperation

Q: WHERE IS LEVEL 3 ENERGY SHOWING UP IN YOUR LIFE?

- Level 4: At this level persons focus on helping others, with a "You Win" philosophy. Things are not taken personally. There is deep compassion for others and passion for activities that they engage in, and with a tendency to want to "fix" things and become upset when things can't be fixed. Thus judgement of others is still present. Work is more team oriented, with the desire to bear the burdens of others, and to make a difference in the world. In relationships the tendency is to meet the needs of the partner or family before their own needs. The desire is to help, and nurture, and not control.
 - Core Thought : Concern
 - Core Emotion: Compassion
 - Resulting Action: Service

Q: WHERE IS LEVEL 4 ENERGY SHOWING UP IN YOUR LIFE?

- Level 5: At this level persons release much of the judging associated with the previous levels, and develop the capacity to avoid labelling people and situations, and they don't perceive things as needing to be "fixed". The driving force at this level is "looking for the opportunity" in every circumstance, with a philosophy of "Win/Win." They experience greater control over their life circumstances and so have greater inner peace and understanding about how life works. Persons at this level are typically very intelligent and are thinkers, but may get carried away and lack emotional awareness. At work they seek a challenge and are great at turning things around, with a focus on "What's right vs What's wrong." They prefer if people help themselves so they can focus on production. In relationships they are eager to grow the synergy to get the most out of it. They communicate well but may become more like a roommate than a romantic partner. Typical feelings are power, confidence, courage and connectedness to others.
 - Core Thought : Reconciliation
 - Core Emotion: Peace
 - Resulting Action: Acceptance

Q: WHERE IS LEVEL 5 ENERGY SHOWING UP IN YOUR LIFE?

- Level 6: At this level persons don't judge others, nor focus on good or bad, but seeing others as an extension of themselves. Along with the very high level of available energy, comes strong intuition, and creative genius. This is the level that great leaders tap into to produce innovation. There is no focus on anyone losing but an acceptance that "Everyone Wins." At work they are willing to do what they ask others to do. They are proactive, visionary, and focussed on the experience and the process. Persons at this level tend to be calm and unflappable, and inspire greatness in others. In relationships they don't seek to improve their relationship only experience them. They are not interested in being right or keeping the peace to make others happy. Instead, they are content to enjoy the relationship as it unfolds and without judgement.
 - Core Thought : Synthesis
 - Core Emotion: Joy
 - Resulting Action: Wisdom

Q: WHERE IS LEVEL 6 ENERGY SHOWING UP IN YOUR LIFE?

- Level 7: This is the highest level of available power. At this level persons are totally non-judgemental, and absolutely passionate. They create, observe and experience simultaneously. At work it is evident in genius thinking i.e. spontaneous creation of brilliant ideas. People who operate at this level, tend to be pioneers in creativity and innovation. They are not motivated by reward, and they experience the expression of their genius no differently than a seemingly lesser activity such as say...walking their dog.

They are completely passionate about all aspects of life. In relationships they feel intimately connected to everyone and so are less inclined to share their lives with any one individual. If they have a partner they love him/her unconditionally and are completely accepting but may seem aloof and uncaring. Humans cannot be sustained at such a high level of energy e.g. Think of a fan's blades spinning at the highest speed. At the highest speed you no longer see the blade, as it all blends into one. Similarly Level 7 energy is like the highest speed on the fan, we humans can't average that level, but we can tap into this level of energy from time to time and experience phenomenal results in our work and personal circumstances.

- Core Thought : Non-judgement
- Core Emotion: Absolute passion
- Resulting Action: Creation

Q: WHERE IS LEVEL 7 ENERGY SHOWING UP IN YOUR LIFE?