

Energy Leadership A Quick Guide to the 7 Energy Levels

We each operate through a combination of 7 levels of energy during the course of the day. The highest levels of energy are **Anabolic**. These are fueling, expanding, healing and growth oriented energy levels which help us take action for positive, long-term results. The lowest levels are **Catabolic**. This is draining, resisting and contracting energy which provides us with an energetic boost to combat what is perceived to be a stressful situation. Whilst it may offer some short-term benefits, catabolic energy may also distract us and limit our view of a situation. In the long-term, this energy is potentially destructive to you and those around you.

Each thought we have, has an energetic consequence. No energy level is considered good or bad, they each have their advantages and disadvantages.

Identifying how the levels show up in our personal energetic profile and in our energetic stress reaction, enables us to understand how our energy is working for and against us. By creating this awareness, you increase the options available to you. In turn, this enables you to make a shift in your consciousness, increase your energy and moves you from functioning effectively to functioning optimally.

The 7 Energy Levels

Level 1: "The Victim" - Catabolic

Core Thought: Victim - At the effect of something; I lose; I have no choice; I don't matter.

Core Emotion: Apathy - Indifference; guilt; self-doubt; worry; fear; disengaged; powerless.

Core Action/Result: Lethargy - Hopelessness; anxiety; low self-esteem; indecisiveness; avoidance.

Level 2: "The Fighter" - Catabolic

Core Thought: Conflict - (Internal or external), judgement; struggle; I win, you lose

Core Emotion: Anger - Resentment; hatred; greed; blame; frustration.

Core Action/Result: Defiance - Disobedience; rebellion; antagonism; resistance; control.

Level 3: "The Rationalizer" - Anabolic

Core Thought: Responsibility - Ownership and accountability; I win, if you win too, great.

Core Emotion: Forgiveness - Relief & release; peace of mind.

Core Action/Result: Cooperation - Rationalization; justification; tolerance; compromising.

Level 4: "The Caregiver" - Anabolic

Core Thought: Concern - You win; I love you. Focus is on others first; also concern for self.

Core Emotion: Compassion - Gratitude; caring; empathy; kindness; self-compassion.

Core Action/Result: Service - Takes nothing personally; supporting; helping; generosity; also, self-care.

Level 5: "The Opportunist" - Anabolic

Core Thought: Reconciliation - We all win or we don't play; understanding.

Core Emotion: Peace - Calmness; confidence; contentment; harmony; tranquility.

Core Action/Result: Acceptance - Fulfillment, believing, openness; little judgement.

Level 6: "The Visionary" - Anabolic

Core Thought: Synthesis - Everyone always wins; we are all one.

Core Emotion: Joy - Permanent sense of pleasure; happiness.

Core Action/Result: Wisdom - Ability to access intuition; insight; enlightenment; innovation; inspiration.

Level 7: "The Creator" - Anabolic

Core Thought: Non-Judgement - Winning and losing are illusions; objectivity; lack of fear; I am.

Core Emotion: Absolute Passion - Unconditional love; ecstasy; bliss; energy; intense desire and enthusiasm.

Core Action/Result: Creation - Genius thinking; spontaneous manifestation of ideas; fearlessness.