

5 LIFE ENERGIES

THE CHOICE YOU HAVE IN HOW
ENERGY SHAPES YOUR LIFE



Carol Harris-Fike

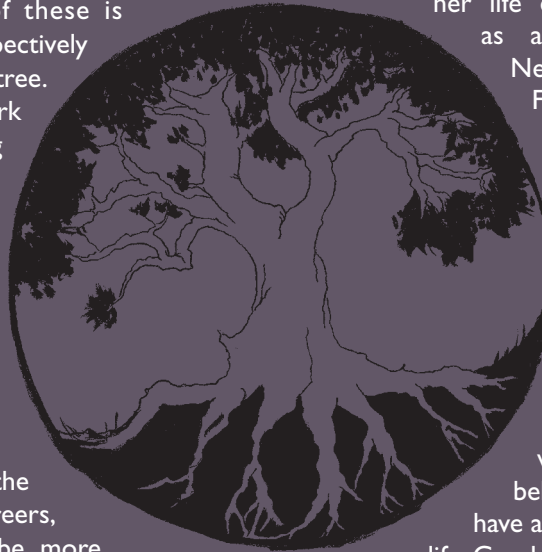
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The flow of life energy within each of us determines how we perceive the world and how others perceive us. When we shift the direction of the flow of our life energy we shift how we move, feel, think and speak.

Yes, you have a choice in the flow of your life energy!
Yes, you have a choice in how you move, feel, think and speak!

There are 5 distinct flows of life energy: Earth, Fire, Water, Air and Center. Each of these is related to an archetype, respectively Elephant, Tiger, Fish, Eagle and tree. Any of the 5 Life Energies can work for you or against you depending on the circumstance. This book gives you the tools to find out what energies you are using in the different areas of your life, when they are working for you and when they are not, and how to shift them to accomplish your goals.

Carol's coaching clients have used the life energies to improve their careers, stay true to their dreams and be more successful in life while living their values. You can too!



Carol Harris-Fike is an ontological...transformational coach. She supports her clients through her training as a coach, her work and play with energy practices including Reiki, Tai Chi, and Chi Gong, her avid interest in the brain/body research, her 30+ years as a public educator and international educational consultant, and most importantly,



her life experiences. Carol earned certification as an ontological coach from Newfield Network, and she holds International Coach Federation credentials. Carol lives in the mountains of western Colorado and coaches people across North America. Her clients experience the exhilaration of discovering a natural way to live true to their purpose and values by learning to intentionally shift the flow of their life energy to better serve themselves and those around them. Carol's clients experience a shift in how they move in the world, what emotions they feel, and what words they think, say, or write. She believes that life is about ease and that we have a choice in how our life energy shapes our life. Carol believes that we truly can live the life we came to live.

Coach Harris-Fike's method of directing one's attention to the sponsoring energy behind one's thoughts and behaviors is unique; her techniques to incorporate this awareness through posture and action create changes right away. A missing link to success if ever I saw one!

Marco E. Castañeda, DC - "Dr. C" in Knoxville, TN

What's brilliant about Carol's approach is how accessible it is in our everyday, busy lives. Although, her approach provides access to invaluable, almost spiritual wisdom, her techniques allow us to access that wisdom anywhere -- at the office, home or in the car. This results in practical insight and solutions wherever you are, at any time.

- Jeff Balin, Leadership Coach & Consultant in Vancouver, BC

For more
coaching tools
from Carol
please visit:

www.YourLifeFromHere.com

Disclaimer

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By Carol Harris-Fike; Illustrations by Jonathan Eric Bell

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An Introduction Worth Reading

WHY I WROTE THIS BOOK & HOW TO READ IT

"I give life to that which I notice, what I don't notice dies."

Virginia Satir

A SHIFTING ENERGIES STORY: LETTING GO

I met a wonderful man in 2004 and in a little over a year we had decided to marry. It was not a coincidence that just two weeks before our decision to marry I was asked to set an intention for my life as I began my study of ontological coaching. My intention was around letting go... of old stories and ways of being that no longer served me.

Rich suggested that both our dreams could be met if I took early retirement, sold my home, moved two hours to his town, and began a new career. (Before you ask what his part of "letting go" might be, please understand that he was in the midst of literally building an historical museum which could not be moved.) I was enthralled with the idea of changing careers after 30+ years and becoming a full-time coach and very much in love with Rich and his dreams, so I agreed. I was full of excitement and possibilities.

One month after putting my dream home on the market, announcing that I was leaving my well-paying position in three months, celebrating and crying with my friends... I awoke in the night and could not go back to sleep. All of my thoughts around my new life had changed to ones of fear and doubt: what if the marriage didn't work out or Rich died before we were married... what if my coaching career was not successful (as my career in

*Shifting Energy
Stories are
true accounts
of instances
when the
author or one
of her clients
experienced
a change in
how they felt,
thought and
moved by
shifting the
flow of their
life energy.*

“If a person will truly go there... really shift her body position (which shifts the flow of energy) and breathe into it, emotions will shift and new choices for actions will almost magically appear.”

public education always had been)... what if I didn't find really good friends in my new home... what if, what if, what if. I never went back to sleep and arrived at work sinking into a deep depression.

Fortunately, I had a scheduled coaching call with my mentor coach, Charles, that morning. When the appointed time came, I called Charles and he began with the formality of “how are you?” My usual answer was “great” but before I could spit out “gr... ” I was in tears and began telling him all the doubts and fears that had suddenly appeared. He stopped my rambling story (as great coaches do) and asked me a surprising question: How are you sitting? I told him that I was using the speaker phone at my desk and that I was leaning forward with both arms on my desk and my fists clenched. Charles then asked me to name my mood. I said that I was in determination... determined to get through the doubts and make my dreams come true. He then asked what emotions were coming to my consciousness. I labeled them as fear and doubt.

Then surprising me even more, Charles asked me to change my position. (What I now understand is that he was supporting me in shifting the flow of my energy through shifting my body position which shifted my language, emotions, and mood.) He asked me to relax my hands, to lean back while keeping my back in a relatively straight line, and to take several deep breaths. After listening to my breath become slower, he said, “Now tell me what is going through your mind.” My story, much to my astonishment, changed entirely! The doubts and fears diminished so much that I could again feel the excitement about my letting go and allowing all the wonderful changes to happen... to let the dreams unfold.

After a few more exchanges, I asked Charles if this shifting of body position to shift emotions always worked with his clients. He said something I will never forget. “If a person will truly go there... really shift her body position (which shifts the flow of energy) and breathe into it, emotions will shift and new choices for actions will almost magically appear.”

Postscript: It has been nearly five years and I've been affirmed over and over that I did make a good decision for my life. Now I use these skills daily and I've discovered how much I can help others learn to do the same thing with their energies and allow truly magical things to happen in their lives.



PURPOSE OF THIS BOOK

The Western world has learned much in the last fifteen or so years about the energy that is in and around all of us. Personally, during this same time frame, I have been reminded of what I my body knew all along. I learned to recognize my life energy and the energy of others from studying the brain/body science literature, Tai Chi, Chi Gong, Reiki and other hands-on healing, meditation techniques, ontological coaching training, a personal Vision Quest, and a multitude of books and conferences. (As you can see I am a “seeker”.)

Energy work was presented to the U.S. general public in 1993 with a PBS TV documentary and a book called *Healing and the Mind*¹. Bill Moyers interviewed leading scientists, doctors, and other healers about their understanding of energy within the body. I remember being intrigued with the ideas in the nineties and then motivated through life experiences to continue my studies in earnest. The book re-appeared before my eyes at a yard sale in the summer of 2008, so I took it home. While writing this book I searched Moyer’s book for quotes and was surprised with just with how far the western world has come in accepting these ideas and in truly understanding how it all works. This “aha” affirmed that the time for my book is now.

Being an educator for thirty years, I have a strong desire to know why and how things work, so I have studied the writings, listened to presentations, and explored everything I can find to help me understand the ever-increasing research studies that relate to what I have been doing for many years with my mind/body. I have incorporated my understanding of the 5 Life Energies into my ontological² coaching practice to support others in transforming how they live their lives. My intention is to share this understanding and the practices that support it with many more people through this book.

One of the key premises of my book is that the body is connected to the head... and it is just as important in learning and using life energy as is the brain. Therefore, I now always say brain/body research because of my understanding and experiences in how energy flows throughout and around each of us. Keep

1. Moyer, Bill: *Healing and the Mind*; 1993.

2. Ontology is the study of “being”; how we are in the world. Ontological coaching is transformative in that it supports people in learning to observe how they are in the world and choosing to shift in ways that support them in how each one desires to be in this life. The ways to do this include working with the body, emotions, and language with the understanding of how they are all connected.

You can learn to intentionally shift the flow of energy to experience a more peaceful, joyful life.

This “aha” affirmed that the time for my book is now.



Choose...
life energy flow
is a choice!

reading to find out how important this understanding is to shifting energies and making the changes you desire.

The brain/body scientists, such as Candace Pert, Bruce Lipton, and Antonio Damasio, among others, continue to interpret the latest scientific findings for the general public. People such as Jon Kabat-Zinn, John Gray, Deepak Chopra, and a myriad of seekers and teachers continue to translate ideas from Eastern philosophy, also for the general public. More and more people are seeking more understanding of "the energy we are" as evidenced by Oprah's Book Club study of Eckert Tolle's *The New Earth*³ in spring 2008. People from all over the world came together via live internet connections on nine consecutive Monday evenings to share in a conversation with Oprah and Tolle about his book. Ahhh, I'm certainly not alone in my search!

The purpose of this book is to acquaint you with how life energy flows in five distinct ways⁴ in and around you and how you can learn to intentionally shift the flow of energy to experience a more peaceful, joyful life. Everyone has habitual expressions of energy that he or she shifts into easily and quickly. Over time we are just naturally drawn to one or two energies more than the others. We may sense more of the positive attributes than the negative in these energies... they work for us, feel comfortable to us... or do they? The important thing to remember is that there is a place and time for each one and that we can choose to shift from one to another. All of the positions are affected by emotions and, most interestingly, physically change the emotions felt. In other words, different emotions are felt in different energy positions and different energies allow different emotions to be felt. The flow of energy also affects our language including thoughts, spoken and written language. Our language likewise affects our energy flow. All the energies have positive and negative aspects as you will learn. "But wait," you may be thinking, "why not just let the energy move as your body allows? What is the need for knowing five distinct energies and why is there need for practicing each one and then learning to shift among them?"

Bonnie Poole, my Tai Chi teacher and owner of Colorado Internal Arts, talks with her students about the need for some rules in controlling movement for the purpose of allowing freedom of energy. She says there are levels of freedom of movement and your energy moves more freely if you use some degree of control. Uhhmm, read on to see what you can choose to do by learning some shifting energy "rules."

3. Tolle, Eckert: *The New Earth*; 2006.

4. You will learn the names and descriptions of the 5 LIFE ENERGIES in CHAPTER TWO.


RULES FOR LEARNING TO SHIFT YOUR FLOW OF LIFE ENERGY

1. Choose to observe yourself to determine the five flows of energy and how they affect you and the energy in which you are moving, thinking, and feeling at any given moment. Discover which life energy you use the most and learn to observe how well it is serving you.
 - In **Chapter Three** we begin exploring the flow of life energy in five distinct ways.⁵ We all have five archetypal energies expressed through our bodies... five distinct ways of being that are visible through observing our physical body.⁶ If we are not visible to a person with whom we are interacting, then our presence is felt by the other person through his intuition and observation skills of not only the speech patterns within our conversation but all of our being as the energy flows between us... even over long distances.
2. Choose to direct the flow of energy in your body to express what you want to say, do, and be.
 - Learn to position your body to support the movement of energy.
 - Learn to recognize all 5 Life Energies in yourself and others through various observation exercises and through descriptions of your body position, the way you are feeling, the mood in which you live, and even the way you are thinking/speaking/writing.
 - Learn to interact with each life energy using visualizations and movement.

5. Of course, there are multitudes of combinations and variations on the use of these life energies, but in this book, for the sake of learning about using energy, we will focus on five.

6. Stuart Heller, "Dr. Move", during my ontological coach training, has taught me much about the positioning of the body and is referenced many times in this book. Go to his website for more information: www.CoachingExcellence.com.



- 
- Experience shifts in emotion, thoughts and speech as energy shifts occur.
 - Learn how to observe signs from yourself and others as to which energy would be most beneficial for you in various situations and how to purposefully shift between the energies.
 - Experience through the stories of others how the flow of energy helped and hindered their goals as they chose to shift the flow... or not.
3. Choose to pay attention to emotions as they come into your consciousness and affect your energy, and learn to shift to the energy that will support the emotions you desire.
 4. Choose to observe the mood⁷ in which you live in a particular situation... and in life in general. Learn to choose an energy flow that supports the mood you desire.

I believe that you will be surprised about what you learn about yourself in relation to life energy... and that you will learn something unique about your use of the different flows; i.e. that your least favorite may really serve you well in some instances!

The whole of each of us is a cohesiveness of body, emotion, and language determined by the flow of our life energy. Each energy flow serves us better or worse, depending on the energy in and around us, the circumstances in which we find ourselves, and the energy of the other with whom we are interacting. "Other" may be another person or a group, a thought, or story that is in our consciousness as well as all the other energies around us. Directing the energy flow within us allows our bodies to change position, our emotions to shift, and our thoughts and spoken or written language.⁸ As we channel energy in different ways in our bodies, our bodies change position; actually look and feel different to ourselves and those observing us. This usually causes a shift in the

7. I have added the use of the flow of the 5 Life Energies to Alan Sieler's exceptional work with 8 moods of life. This is discussed at length in *Chapter Eight: Emotions, Moods, and the Energies* as well as in *Chapter Ten: Shifting Your Energies*. Sieler's books referenced in this book are: *Coaching to the Human Soul: Ontological Coaching & Deep Change, Vol. I & II*.

8. Note: When you read "language" throughout this book, please know that I am referring to thoughts and/or spoken and/or written language.

other person's emotions and language... because their flow of energy shifts in response to ours.

The emphasis of this book is on intentionally shifting our energy flow among the five archetypes (images that support understanding of each flow) to affect our body, emotions, and language... and the effect we have on others. It is all about the energy we are and how that is expressed in connecting with others.

Please know that just reading the book will not make these practices a part of your life. To incorporate them into your body and, thus, into your life you will want to set an intention that includes allowing yourself time to interact with each life energy. You can do this by visualizing, observing, practicing, and then applying your new understandings as guided by the chapters in this book. If you do, you will never look at yourself or others the same way. You will intentionally see the energies, feel the energies, and use the energies to support you in living a more peaceful and joyful life. This is not to say that all the ups and downs of life will magically disappear, or that in the middle of some of the downs you will always be able to shift your energy; however, how you interact with those challenges and the people involved will change forever. You will have new understandings and some new skills to consciously make a choice in how you move, think, and feel.

Much of the content in this book came to me through my own body, emotions, and thoughts as I listened, moved, felt, and talked with many teachers. Quantum Physics theories say there is no one indisputable reality. Each of us creates our own reality from our thoughts, emotions, and bodies. I have certainly found this to be true. As well as what I discover through my own observations, my most recent teachers have been my ontological coach trainers⁹, my Tai Chi teachers, and my Reiki guides as well as my clients. I also continue to learn from my brain/body teachers and the many scientists whose research I'm constantly reading. Of course, I cannot leave out all the people who have influenced my life... providing me with great opportunity for growth and love. (Not that I always felt it at the time!) This book represents what works for me, my clients, and what I believe will work for you. It is written for anyone who understands that we can change how we are in this world... how we react and/or take actions within our

9. Ontological teachers include Julio Olalla & all the mentor coaches I have trained with at Newfield Network: www.newfieldnetwork.com; Stuart Heller: www.creatingexcellence.com who taught me his *Five Rings Internal Exercises*; and all the Newfield colleagues with whom I continue to learn and grow in my understanding of the cohesiveness (connections) among the body, emotions, and language.



daily lives. This book is for those who choose to explore the new paradigm of intentionally shifting the flow of energy within and around the body as they come to understand the energy connection between the body, emotions, and language.

HOW TO READ THIS BOOK

Chapter One: Ways of Understanding Energy presents some implications for this book learned from my study of the longstanding energy practices of Tai Chi, Chi Gong, Reiki and more.

Chapter Two: The 5 Life Energies defines the archetypal energies and allows you to experience each of the 5 Life Energies as your energy flows through you.

Chapter Three: Four Premises of Shifting Who We Are: Brain/Body Research Implications is optional. Some of you like me (the curious professional educator), want to know the science behind all of this as you begin reading. Exciting studies are now providing evidence of what ancient cultures used and understood about energies and the body. Reading my summary of the brain/body research implications supports your understanding of the energy we are. So, read Chapter Three now, or whenever you have thoughts such as “this can’t be this easy” or “how (why) does it work?”

Chapters Four through Eight focus on each of the 5 Life Energies. Each energy is described through a drawing and a written description. Stories are shared from my personal experiences and those of clients about being in each energy... with both positive and negative results. (Names of clients were changed for the purpose of confidentiality.) The last half of each chapter includes a series of steps (specific exercises) that will help you embody the energy. A visualization exercise supports you in feeling the energy in and around your body. A shifting exercise provides ways to use the body position to support a specific energy flow. A movement exercise provides ways to position your body and to actually move within each energy flow. Observation practices support you in recognizing the energy flow within yourself and others as well as how it affects body position, emotions, and language... yours and theirs. Finally, you are encouraged to apply each life energy to a real life interaction where you believe it will be supportive of you and those around you. Throughout these chapters and the entire book,

ACKNOWLEDGMENTS

This book has been a delight to write because I am sharing the wisdom that has come to me throughout my life. This book came to me in a dream. The ideas were all placed before me, chapter by chapter. I considered making notes when I awoke in the middle of the night, but felt no need. I immediately returned to deep sleep and began writing the book the next morning. It literally poured out of me... and then slowed down with more research, editing, rewriting, and all the rest. We create our reality through our experiences which are taken energetically into our bodies and affect our emotions and language. Discovering that we have a choice in how our energy flows has changed my reality. My hope is that these ideas will bring peace and joy to all of you who read and then embody the ideas into what works for each of you. My heartfelt gratitude goes to those who believed in me and supported all along the way.

Jonathan Bell, my talented son, drew the beautiful images representing each of the Five Life Energies. His contribution is for all of you who learn visually as well as those who learn through metaphors... especially through connections with nature.

Rich Fike, my beloved husband believes in me and supports all my endeavors. He has made wonderful contributions to this book. Rich has brought the viewpoint of those who may just be putting their big toes into these ideas. He always asks the questions that take me to the place of clarity and simplicity in sharing my thoughts. He enriched the *Shifting Energies* stories by sharing his life and his passion with me.

Irene Kelly, colleague and dear friend, read through the eyes of a transformational coach. She understands the cohesiveness of all that we are and uses many of these ideas in her coaching practice and in her own life. Irene has contributed many hours to reading this book for clarity and simplicity from the eyes of one who knows.

Katherine Greenberg, Ph.D., and my twin sister, read through the eyes of a professor and with the knowledge from her lifelong work of teaching others how we learn how to learn. Her support and willingness to play with the energies has supported my understanding and allowed me to clarify my ideas.

My editor, **Karah Madrone**, was invaluable in supporting me in being clear on my audience... you... and how I presented my ideas and practices so that you would be able to easily embody them. She also came with eyes of a seeker. I am deeply grateful to her for insights and questions that guided me in organizing my ideas to support your understanding.

Monica P. Castaneda, my graphic designer, created a beautiful book cover and a book interior that embodies and supports the learning of these ideas, and allows room for the reader to make notes.

Noalani Terry, my indexer, supported readers in easily finding what they desire to experience again.

you are invited to use a journal to explore specific questions provided in each chapter. This will support a deeper understanding of each distinct energy flow.

Chapter Nine: Emotions, Moods & The Energies provides an understanding of the connection between the flow of energy and the emotions you feel and/or the mood in which you live. A chart illustrates which life energies support a specific mood. Practices are included for choosing the emotions and moods which will support you in accomplishing your goals and then choosing the energy that will allow you to easily feel those emotions and/or shift your mood.

Chapter Ten: Language & the Energies is about how language (thoughts, speech, and written language) will change as you shift from one energy to another. This chapter guides you in how to practice being in the energy of your choice that allows your words to be received as you intend. You learn how to recognize when an energy is working and then how you can shift to another energy when it is not.

Chapter Eleven: Shifting Your Life Energies provides ten actions for developing the skills to shift among the five life energies. It discusses how to know whether a specific energy is serving you and those with whom you are interacting, how to choose a mood and then an alternative energy that may better serve you and others, and how to judge whether the shift works for you and others. It provides practices for choosing a mood and an energy based on what you want to happen, and provides indications that signal where a shift to another energy may be beneficial to reaching your goals. Practical ways to incorporate these ideas into your life are included.

Chapter Twelve: Support for Shifting Life Energies discusses how to know when you may choose to obtain support from an ontological coach, and what transformational (ontological) coaching can provide.

Bringing it All Together includes a brief summary and some final suggestions as you continue to connect with the ideas presented in this book.

Appendix I: Visualizations, Expressions of Life Energies, & Practices collects all the visualizations, descriptions of the energies, and practices from throughout the book into one place. It is designed to make it easy to use each one repeatedly



and also provide a reference to where there is more information in the book when you want to reread something.

Appendix II: Resources includes a list of ontological coaching resources; coaches with whom I have studied and worked. I heartily recommend any of their websites and/or their coaching services.

I encourage you to really use this book... make notes or drawings, dog-ear corners, and use it to support your ongoing journaling. I emphasize the importance of journaling because writing your reactions to the practices as well as your responses to the questions and observations provides one more avenue to experience the energies and incorporate them into your being. Journaling will allow you an opportunity to observe your understanding and growth over time.

Please accept my invitation to share your stories, questions, and comments on my Blog: www.YourLifeFromHere.blogspot.com. I encourage you to contact me or the other coaches listed in Appendix II for support in shifting the flow of your life energy to live the life you desire.

Please read my book with the following in mind:

*If a man shall begin in certainties, he shall end in doubts;
But if he will begin with doubts he shall end in certainties.*

Francis Bacon 1605

*Much peace and many, many blessings through
shifting energy in your life!*

Carol

www.YourLifeFromHere.com

5 LIFE ENERGIES

THE CHOICE YOU HAVE IN HOW ENERGY SHAPES YOUR LIFE



Carol Harris-Fike

This book is available at the following locations:

www.5LifeEnergies.com

www.Amazon.com

www.YourLifeFromHere.com