

Coaching with the Flow of Life Energy

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The energy of life flows through and around all of us. It affects the way we hold our bodies and how we move at any given time. It also affects how we feel...our emotions and the moods in which we live. *And*, it affects our language...thoughts and speech, whether written or spoken. Today, new technologies are helping scientists discover how it all works through the energy that we are.

The basic learning (often a huge "aha") is that we have a choice. We can choose to shift our energy flow to one that serves us and those around us in a better way... a way that can lead more easily to the accomplishment of small and large goals. The choice is to intentionally shift among five distinct life energies as no one energy flow is best for all situations. A daily balance among all five energies is ideal...shifting among them as our observation and intuition suggest. As we shift our energy flow our movement, our emotions, and our language will naturally shift leading to new perceptions in our lives, by us and those around us.

My ontological coach training included archetypes and body dispositions to support shifting movement, language, and feelings. My life experiences brought me to the realization that it is the energy in and around us that actually shifts our body, emotions, and language. Many years of practicing Yoga, Tai Chi, and Chi Gong, plus the study of several healing touch methods, including becoming a Reiki Master/Teacher, have influenced my understanding of these principles.

I chose to name four of the five distinct life energy flows after the Greek Elements: Fire, Earth, Water, and Air. The fifth is Center Energy which is a totally balanced energy place to be: in the present moment, accepting whatever is in that moment, is just as it should be. Center Energy is also the most supportive flow of energy for connecting with what I call your Higher Self. Your Higher Self knows what is best for you and will guide you in how to shift your energy flow...if you ask. Of course, there are actually a myriad of ways energy flows through and around us; many combinations of the five distinct flows. It is useful to begin with the distinctions of the five I have named and then to begin to understand the combinations over time.

The book: ***5 Life Energies: The Choice You Have in How Energy Shapes Your Life*** will be available by October 2009. It can be purchased on Amazon or directly through my website: www.YourLifeFromHere.com. ***5 Life Energies*** was written for anyone interested in understanding the flow of energy and the choice we have in shifting the way our energy flows to better serve ourselves and those around us.

The book includes an explanation of my understanding gained from life experiences and all that I have studied of how our life energy connects us with different aspects of ourselves and with others. There is a chapter that explores some of the implications from recent scientific studies that are proving what some have known for thousands of years. Five chapters are devoted to each of the distinct energy flows. Each one begins with an image and then a description of the energy flow. I have also included many "shifting energy" stories from my life and the lives of my clients demonstrating how our energy flow supports us...or not...in how we live our lives. The last half of each of these chapters provides "steps to embody" the energy. The exercises include visualizing an energy, shifting the body to facilitate a specific flow, moving within the energy, observing it within yourself and others and finally, applying it within your life. My clients have played and worked with these ideas and have helped me refine a method for learning to understand and intentionally shift the flow of energy in and around the body. The book includes two chapters on understanding how energy flow affects emotions, moods, and also language. After playing and observing each of the 5 Life Energies, the reader then follows a step by step guide to learn to shift the flow of energy among the five archetypal energies. Finally, some tips are given as to how to recognize when we might choose to get support and resources are included for those interested in identifying an ontological coach. Journaling is encouraged throughout the book and questions to ponder are included with every exercise. An appendix includes all the practices and exercises for ease in repetition as the reader embodies the new learnings and there is an index of the all the concepts supporting the reader in finding what he wants to reread.

A Shifting Energies Story (taken from 5 Life Energies) **I Wonder If...**

Judy, (a client whose story is shared in my book) found herself in anxiety concerning an upcoming meeting for discussion and possibly decision making concerning a committee report with

suggestions for major re-organization of her large university department.

During a coaching session, she discussed her choices for the mood and supporting energy in which to be for this important meeting. She wanted to be in a mood of Acceptance and Peace but knew she was in Ambition around her view of the ideas in the report. She almost immediately decided that her habitual use of Fire Energy with those who disagreed with her would not serve to change anyone's mind and certainly wouldn't support her desired mood. She recognized that there were also some points in the report where she could be in Water Energy supporting a mood of Peace because she could go along with what was written.

As our discussion progressed, Judy felt that Earth Energy might serve her and the whole department. From Earth Energy she could share her strong beliefs with just a few words and the others might even hear her completely and be swayed from her calm certain energy. After more discussion and role playing, she realized that she would have to be a very good observer during the interactions at the meeting. She planned to shift into Center Energy every so often to sense when the others were feeling she was too much in Earth Energy suggesting unwillingness to consider their ideas. But how would she share what she felt was leading the department in the wrong direction for the sake of the mission of the whole organization? I suggested that she consider the use of "I wonder..." statements or questions. From the mood of Wonder/Curiosity supported by Air Energy, she would be able to present her ideas as possibilities rather than "the only way". We then role-played some possible conversations. The more she played with "I wonder..." statements and questions, the more comfortable she felt about this energy serving her and the entire department.

Judy shared what happened at our next coaching session. She was amazed at how well she felt during and after the meeting. Shifting energies supported her in not taking things so personally and allowed her to bring up the ideas she felt had been overlooked. Judy never felt the need to shift into Fire Energy as she was grounded (Earth Energy) in what she believed. She felt heard and she was able to listen in a more objective way. The next day she was most amazed when a colleague came to her office and stated: "I have never heard you

be so logical in presenting your ideas. Your, 'I wonder' questions really supported our group in considering some important concepts." They talked for a few minutes and he was able to share that he supported some of her ideas after hearing them presented in this way. He praised her for this shift in understanding the other side and still standing her ground by being "logical" with her arguments.

Judy had never considered the thought that she was perceived as illogical when she presented her ideas from Fire Energy. She knew the words that went with "I wonder" also supported this new perception. She now has a greater understanding of how shifting the flow of energy shifts her language and her emotions as well as the language and emotions of others. Judy feels some acceptance and much more peace around her dilemma.

5 Life Energies would be a good resource book for coaches because it includes many practices that support working with clients, both during sessions and as "homework". The coach does not need to use my names for the energies, my visuals (archetypes), or even the term "energy" to find value in the collection of practices. The coach, however, does need to accept the principle of the cohesiveness of who we are.

I encourage anyone interested in learning more to purchase the book or to contact me for coaching or for a discussion of the ideas that support my coaching practice. My website contains a Blog and I encourage everyone to contribute questions or comments.

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