

9LifeenergiesBookAbridged For March2025 session attendees.

Excerpts from Morten Nygård's

9 LIFEENERGIES

Nine Keys to A More Abundant Life

2021 Morten Nygård
Publisher Ennead

Print: Livonia Print, Lativa
Cover design: Trond Kulterud
Photo: Birgit Opland/private
Photo editing: Sylvi Helen Holmemo
Illustrations: Aniko Toth and Trond Kulterud
Editor: Lightstead
Cover design: Lisette Askø, bokarbeid.no

The content of this book was developed by Morten Nygård in collaboration with the Ennead team. The stories in the book are based on personal experiences and actual events. Some identifying factors and dialogues have been changed to ensure privacy.

All information in this book is intended for general knowledge and is not a substitute for medical advice or treatment for specific medical conditions. You should consult a doctor or medical professional if you have any health concerns.

All questions about the book can be directed to: morten@mortennygard.no

ISBN: 978-82-93364-01-6

*This is an abridged version consisting of 35 pages from the
185-page manuscript to be published in 2025 in English.
Translation edited and revised by Paul Scoglio*

Your Life's Energy

Two things make you unique from anyone else on Earth. The first is your nature, which includes your DNA and your life force energy. The second is your nurture, which includes the physical, social, and emotional environment that has existed since you were conceived. All of these have a huge impact on the way you show up in the world. Many have and continue to do research and study, to understand the influence of DNA on our nature. There are many who have devoted themselves understanding the way families, communities, educational institutions and governments will influence the formation of personality. This book is one of a few that identifies and explains the significance and influence of one's life energy on one's character and perspective.

The life energies are the natural forces that lie, like a watermark in our human nature. The nine life energies show up in the physical appearance of all individuals. No matter where you were born in the world. Each of the life energies have an archetypal character, power and expression within a person, their body and their spirit.

You are unique because and have your own distinctive life story. We are the result of our upbringing, the culture, community, schools we grew up in, and the influence of our parents, friends and acquaintances. Some people have imposed their understanding of who they wanted us to be. Others may have told us to find our own way. All of this, all the influences we have been subjected to, all the imposed patterns, all the challenges and solutions, in some ways have shaped our lives.

None of these influences define our life energy. What we have done or will do with our lives does not define us. Our life energy is completely independent of all this. It is not dependent on religious affiliation and beliefs. Life energy has nothing to do with ego or personality. It has nothing to do with the stories we tell ourselves or the things we think about. Our life energy is our essence. It is the flame within us.

Our life energy is never dull, lazy negative or wanting. It is not concerned with what has happened in the past, nor does it make plans for what is going to happen in the future. Our intellect and ego have those concerns. Our life energy simply connects to the present moment, allowing us to experience reality from our inner sense or perception of reality. The life energies

are the natural forces that lie like a watermark in human nature. The nine life energies show up in the physical appearance of all people, no matter where they were born in the world. Each of the life energies have an archetypal character, power and expression that are oriented to the intelligence of our hearts, to our intuition, and to the spirit within.

With discipline and practice all of us have the potential to engage all nine life energies within our bodies. We are born with one of them active and dominant. Your dominant life energy is expressed in your face, posture, subtleties of body shape, how you move, your innate talents and gifts and your perception of your experiences. Perceptually, this dimension is like a sixth sense. Your life energy resonates, responds and communicates through you in a unique and subtle way.

Getting to know your life energy will validate your sense of yourself. Strengthening and engaging your life energy will make you feel more alive and vital. Practicing conscious awareness of your life energy, will improve your interpersonal relationships and help diminish and over time, possibly resolves worries and anxieties. The nine life energies are a distinctively powerful dominant driving force in an individual's life, and can provide a path for transformation and change.

Once you discover which of the nine is dominant for you, then there is the option to consciously develop holding your attention on this strength point in your body. Generally, we move in and out of connection with our strength. When not in connection with it, we instead move into a state of partial or complete disembodiment. We get captivated by our thoughts, judgements, or customs. When we are conscious of the part of our body that holds our life energy, we are in our strength and embodied.

Beyond Your Own Life Energy

After practicing this for a period of time there is the option to awaken and develop the other eight energies in your body. This will gradually expand your understanding of the people in your life. Tuning in, focusing and practicing to amplify the impact of your dominant life energy will open up a path for internal transformation. Awakening and developing the other eight energies in your body brings you to a place of expansion of experiences and perspectives. Activating and practicing all of the 9 Lifeenergy practices (postures, meditations and movements) will move you eventually to find the sage within. You will gradually become, more mature, wise, and evolved.

Many people experience the flow state, which is a place void of inner conflict, where everything is accomplished with ease, and effortlessly. In the flow state we tap into our more evolved, actualized essence, that is the source of creativity and peak performance. In this place the other eight life energy's perspectives and strengths are both consciously and unconsciously accessed.

This book will describe the process for awaken all nine life energies in your body. Once all of them are awakened, practice is necessary to keep them awakened for longer and longer periods of time. Ideally, it would become a daily practice. The practice will increase

consciousness of your body, and new perspectives will emerge. Various states of harmony, joy, wonder, and peace of mind will show up more often in your experience as you continue to practice.

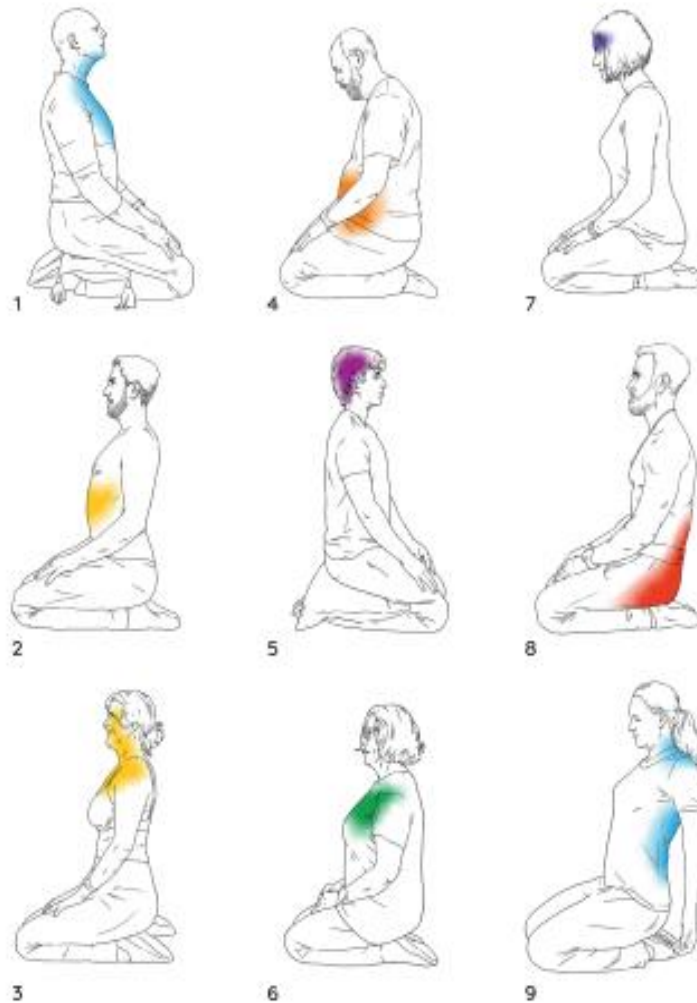
In addition, memories of positive or negative experiences may return along with past emotional states ready for release or resolution. The releases can be physical and/or emotional and are part of a personal growth, healing, and letting go. Transformation is not easy. Sometime we must let go of blocked or stored energy held within the body's memory. There may arise a need for focused help around past traumas that inhibit further practice of awakening and reawakening the nine energies. Moving forward is a personal choice and each person must determine their own pace. On the upside it is a process of growing towards greater maturity, understanding, and clarity around life purpose and fulfillment.

Over time, working with the nine energies presents the possibility of openness and adaption to new perspectives. When we choose to adapt, we further our personal evolution and embark on a path of transformation and adapting to new ways of living.

When we are not dominated by thoughts and emotions and instead, oriented to our body. We are capable of standing in the strength of our life energy. In this place the life energy radiates a definite power that is compelling, humble, attractive and engaging. Depending on your life energy, here are some possibilities of the changes that may be experienced when practicing embodiment of life energies.

- You could become focused and inspiring, or feel a deep, passionate emotional knowing.
- You could become peaceful and clear or intense and full of love.
- You could experience an expanded sense of presence, or an awareness of a thousand new possibilities.
- You could experience an expansion of creativity, cognitive consciousness allowing something new to emerge.
- You could experience an expanded sense of your body so that you feel every cell and stand confidently, firmly and solid on your feet with a profound connection to the earth.
- You could experience a sense of freedom which expands to all that is within and around you.
- You could experience heightened confidence in seeing the beauty in nature, in human design and humanity.
- You could experience clarity around the connections between all people and all things.
- You could feel a sense of equality between all human beings or a sense of oneness with all that is.

The Nine Lifeenergies



As you read through the chapters on the nine life energies, you will likely feel some alignment with one or more of the life energies described. It is possible that you will recognize your dominant life energy. Getting to know the nine life energies immediately provides a new

direction in life. It can give you a sense of coming home to a place where you find rest within yourself. From this place, it is easier to see and understand that the other eight life energies are completely different from your own. Learning about the nine life energies is like learning a new language, or nine new languages.

Notice which language you naturally recognize or align with as you go through the chapters about the specific life energies. Tune into your mood and interest level. Then ask another person to read out the descriptions and statements from the chapters that you think may possibly be your life energy. Check out what is true or false for you. Once you have identified one or more life energy that you think describes you, reread that chapter and check which parts you align with most.

It will be helpful to do the exercises described in the last part of the book, regarding the transformation formula. In so doing, your body will experience what is true for you. This is especially important if you recognize yourself in several life energies. Doing the exercises will help you in your own process of change and development. It will also help you to begin to recognize the life energy of your loved ones, and to understand them better. When you activate a life energy that is not dominant for you, you can gain insight into how others perceive the world. If you want to take a step further in examining yourself, you can attend one of our seminars. We work with people to validate their life energies and teach them how to awaken the other eight life energies. We do this within a safe engaging community environment.

Most everyone has experienced at least one time, being centered, grounded, embodied and have performed in a peak manner, with an honest and authentic voice. This was when your essence broke through your standard way of being and you were supported by your life energy. That was peak performance. You possess the capacity. That was a time when your life energy supported your posture, voice, presence and connection with others in a magnificent way. Most people do not know how to return to that place of excellence and magnificence. The path to peak performance and achieving the flow state is the path of living consciously from your life energy.

When you're stressed or feeling tired, your posture collapses. The voice and authenticity changes, the sense of embodiment is lost. In this place many search through thousands of possibilities, looking for the path back authenticity and embodied consciousness. This is not the only way to get there but it is a well-defined way. On this path you get to know yourself and open yourself up to getting to know others. With the practices comes increased awareness of what is happening in your body. You get to know yourself on a deeper level and discover your path to authentic living, embodied consciousness, embodied performance and embodied connections with others.

As humans, we contain many different processes, occurring simultaneously within our bodies and our minds. We are so complex. We do not consciously understand what is happening within us or why. If we take the time, if we slow down, there is something that becomes completely obvious. It is something inside us that we can notice. It is in the nature of our bodies. It is the life energy, the essence that allows embodied consciousness. It is there all the time to be noticed. It

is the seat of our will to survive and live. This part of us can be calm when there is turmoil around us. It is the source of peace and love. It is the truth of our being. It is our life force energy, our essence, soul, or whatever you prefer to call it. It is something we can be in contact with all the time, if we choose to. It tells us things that the mind can't quite understand. It is the source of our intuition. It is what animates our bodies and is responsible for the difference between a living human being and a corpse.

It is obvious that we change based on our experiences, impressions and perceptions. Inside of every day we experience changes based on how or what we eat, whether we sleep well, who we meet, etc. To create transformational change in our lives we must be tuned into our bodies and minds in a way that we can notice as many of the changes we experience as possible. This is not about frenzied continual scanning of ourselves. It is about being present with ourselves. A heightened experience of our inner state of being can initiate a new direction or transformational change in life.

Jordan Peterson, a Canadian researcher, clinical psychologist and professor of psychology at the University of Toronto has studied the change process for more than sixty years. His research indicates the only thing that can change someone who is addicted to alcohol, or other substance, is a spiritual transformation. He emphasizes that this is complicated and difficult to understand. But those who have experienced addiction recovery understand.

When things go wrong in life, as they often do, your posture and voice, and very often your authenticity, are out of balance. It can feel like you are not in tune with your true self. The energy in your eyes, face and body exposes the reality that you are lacking harmony and balance. The healthiest way to regain balance is to meet yourself directly with a focus on the present moment and how that is experienced in the body. As noted earlier, a direct encounter with yourself is essential when authentically meeting others.

Meeting ourselves in an embodied way leaves us vulnerable and available for a direct encounter with the spirit of transformation within us. When you get to know who you are and that the other eight life energies are completely different from you, you can begin the work of supporting your essential self. You will be helped in everything you do when aligning with your life energy. Mind altering drugs or other forms of escape only pull you further away from yourself.

Sometimes, to get to this place of alignment and vulnerability, we might need personal help like coaching, counseling or even medications. These can help us find our way back on to the path of personal development. The transformation will happen when we are able to let go of control and become vulnerable and open. We must want and desire this first before we can step into the change. We have to understand that we cannot make the change with same old efforts and strategies that we have used all along. Sometimes those old patterns, efforts and strategies have contributed to the problem existing or continuing to exist in our lives.

It takes a leap of faith; a letting go of what we think we know to be open to transformation. At the core of the nine life energies practice method is presence and self-examination. This

methodology is achieved both in solitude and in the company of others. 9 Lifeenergies' practices expose us to experiential understanding of our innate gifts and talents and brings us to a non-judgmental place to face the truth of our habits, ego, and personal self-talk. It is all about changing our posture and connecting with our life energy, and then noticing the flame within, the flame that produces the feeling of being full of life, vitality, wonder and awe. The was lit when we were born. It is our responsibility to care for the flame the body that houses it. To begin the transformation process we must see it, feel it and allow it burn brightly, for ourselves and for everyone we meet on our journey through this life.

Life Energy 1's Physicality and Body Posture



All the anatomical drawings appearing in this book graciously provided for this publication by Susan Bennett Fisher and Body of 9, Inc., Bozeman MT, U.S.A.

The center of life energy 1 is located in the area just above the Adam's apple and is connected to the muscles that runs from the throat up under the jawbone, the cervical vertebrae 3 and 4, and the thyroid gland. To activate this area, lift your chin and move

it slightly up and forward to create a stretch in the muscles under the jaw. The eyelids will automatically slide down slightly when the chin is move in this way, and the neck and throat muscles are activated with gentle breathing.

If you activate the physical position of life energy 1, you create a posture of vulnerability. During activation, the body is relaxed, the chest and shoulders are softened. The mouth is opened slightly which relaxes the neck, while the head lifts up slightly from the shoulders. The eyes shine as moisture is secreted from tear duct activation. This movement is elegant.

Everyone born with Life Energy 1 has a unique relationship with their throat, which they learn to hide or expose, depending on their health and life circumstances. When they are open and relaxed, they exude a humble posture with the stretch of the neck out and upward. When they are stressed and closed, they bend their head down, their neck becomes shorter and they are seen as stern. This collapsed posture is usually the result of an imbalance in their life that may trigger doubts of self-worth, low energy or unworthiness of relationship.

Can I be life energy 1?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 1 is dominant for you.

What I like to do?

- I look for kindness in other people.
- I listen to people and be with them without saying much.
- I can be completely silent, present and receive the gift of another person's presence.
- I believe that all people are of equal value, that everyone is basically the same on the inside, and consequently, I am good at treating people fairly.
- I prefer to look people in their eyes while I lift my chin and take time to be with them.
- I have high attention for detail and act and create in right and properly manner.
- I appreciate ethical and moral guidelines that everyone can follow.
- I can see beauty where ever I go because I know the beauty in creation.

How do I notice that I am who I am?

- I notice who I am when I move with attention from my throat and feel contact with my chest, while using my ability to look others in the eye.
- When I look for the good in other people, it becomes easier for me to relax and be myself.
- My vulnerability is disarming in situations where people are offensive, defensive, preoccupied, or arguing.

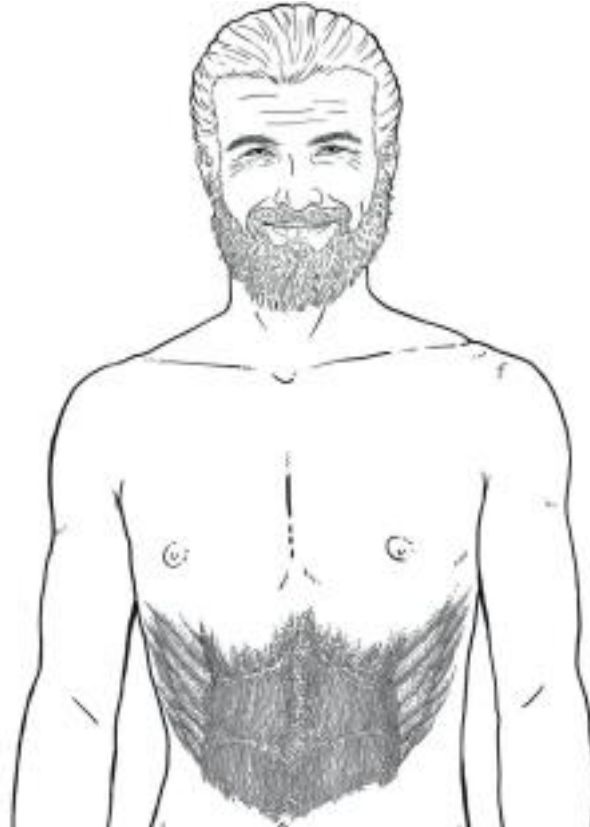
- When I feel stress or tension in my body and allow myself to stop and breathe, I notice that the frequency of breaths slows, and I become more vulnerable when opening my mouth and exhaling.
- I notice that I become steady and have more integrity when I move with consciousness of my neck, feel contact with my chest and look others in the eye.

What's my reality?

- I work really hard to be thorough, proper and as perform to the best of my ability.
- I can be with the beauty of nature or see others without judgment, and enjoy the moment without saying anything.
- I can cry when someone does something good, beautiful, generous or loving for the less fortunate in society, or when I see people struggling with themselves and life.

Life Energy 2

Life Energy 2's Physiology and Body Posture



The center of life energy 2 is located in the area just below the rib cage, by the solar plexus, thoracic vertebra 12 and the pancreas. To activate the area, tighten the muscles of your upper abdomen. This will engage the diaphragm, the lower back extensors and the muscles between your shoulder blades. Together they activate this region of the body and as a consequence the normal sway in your back will increase and the eyes may brighten.

When the upper abdomen is tightened, lifted and moved forward the activation is created. This activated area is where life energy 2s begin all movement. Life energy 2s notice a pulsating in this area when they are engaged, present and available. The enlivened energy spreads throughout the body depending on how engaged they are with others. They become alert and can vary their intensity of connection at will. They experience an ease and flow in their connection with others. Their diaphragm and upper abdominal muscles will pop out even more.

It is the prominent physical area on the body of life energy 2s and is significantly more developed in 2s than in others.

The face of a 2 is often round with lively, open eyes. They respond quickly to eye contact with others and will smile in a way that their cheeks will tighten and move up and slightly outward. Their body shape can vary depending on how they take care of themselves.

Many 2s might be described as thinking of people as candy. They just love being with people, get energized around others, and strive to be helpful sometimes at their own expense. They are great at match the energy of others and possess a form of visceral empathy. 2s are adept at reading others instantly and will often adapt their response to the expectations of others. The down side of these last two attributes is that they can become emotionally exhausted in the service of others. 2s will need their own down time but what they often desire most is the company of others where the connection is intense and their contact is reciprocated.

2s will become bored if a connection or relationship feels disconnected. 2s like to know what is going to happen next, and find saying good-bye to someone close very painful. 2s appreciate new and exciting activities. Outdoor physical activities of all kinds are interesting to 2s. Without community and connections 2s can become sad or depressed.

Can I be life energy 2?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 2 is dominant for you.

What I like to do?

- I like being with other people. When I look at other people, I can see if they want to be with me. I also like to leave them alone when they don't want to play.
- I like to keep active and moving.
- I like to engage others in whatever I am involved in, and generally enjoy the company of others.
- I like to be helpful.
- I'm good at being with people, just to be with them and receive their connection.
- A lot of people like being with me, because I like being with them.
- I like to show other people what we have in common as human beings.

I connect with my strength and gifts, and feel who I am when:

- I see, noticing, and read others around me.
- I feel free to let myself go and have fun with others.
- I sense how full of energy I am with others
- I am active and in motion.
- I appreciate how much energy I have.

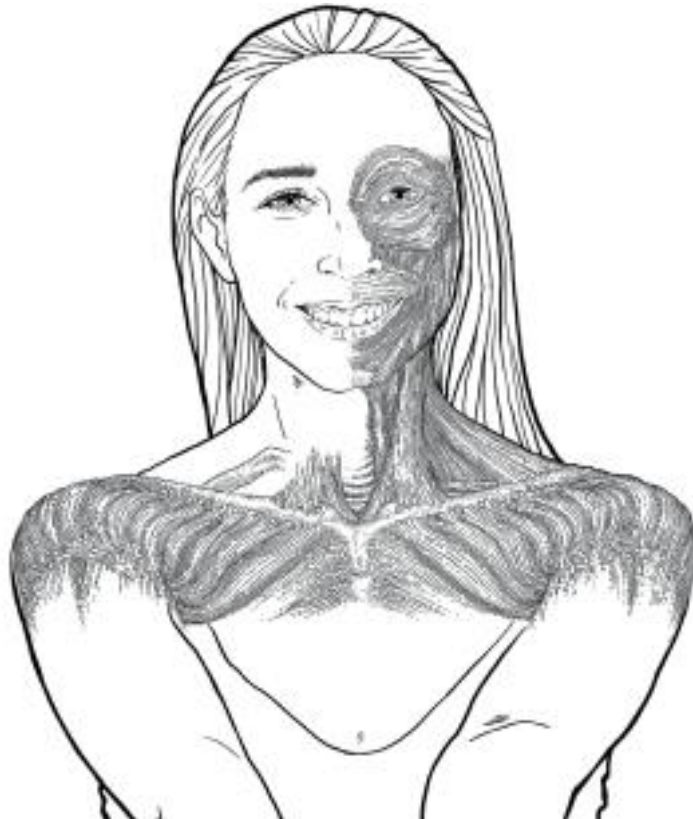
- Sitting still makes me uncomfortable.
- My interest is in what other people want rather than what I want.

What is my reality?

- My reality changes when I move from my upper abdomen and look people in the eye. My reality change depending on who I meet or who I am with. I often harmonize my perceptions and mood with those around me even though I know and can validate my own perceptions when I am by myself and alone.
- My meetings with others can be short and wordless. What's important is the connection created. When you see me, hold my hand or touch me gently on the shoulder, I like when I feel the reality of a connection in my body.
- I am present oriented. The present moment is always more important to me than the past of the distant future.

Life Energy 3

Life Energy 3's Physiology and Body Posture



The center of life energy 3's is located physical location is at the top of the sternum at thoracic vertebra 1 and the thymus (thymus). To activate the area, lift your sternum. Lift the entire chest up as if there is a hook pulling up from the upper portion of the sternum known as the manubrium. This action will activate your, the upper intercostal muscles, latissimus dorsi in the back and muscles in the neck and face the will all eventually result in a smile.

The energy center is located at the top of the sternum, the manubrium. The sternum which is a three-part bone. The tip points down towards the solar plexus. The sternum lies like a plate over the chest. The manubrium is like a handle and is the widest and thickest part of the sternum. The handle forms a joint with the collarbones and the top pair of ribs. The connection between the handle and the sternum forms the sternal angle. This is the area from which all life energy 3s start their movements.

When 3s straighten up and smile, the handle is pulled upwards. This gives a very straight and proper posture. When they lift their chests up, almost simultaneously, muscles under the eyes will tighten and their cheekbones will appear more prominent as they smile, with shining eyes. It appears that their entire face is smiling. This is a 3's natural way of being activated.

When 3s are activated, they are focused, energized and engaged with whomever or whatever they are focused on. They see what is important and necessary and what is not. 3s are born with a wisdom that enables them to eliminate the superfluous by focusing on the essential. They arrive at a clarity of vision that engages others with charisma and inspiration, allowing others to joyfully function at their best.

3s often raise their hands up to the height of the manubrium when they are talking, and have noticeably more musculature around their upper torsos. Their shoulders are often broad and appear to go straight out from the neck. When engaged their faces generate a contagious smile. 3s have a strong relationship with their soul or essence. They feel their soul when they engage in eye contact with others. Then they are able to see into another person's soul. Sometimes 3s relationship with the physical body takes a back seat, as they concentrate only on their inner life energy.

They like to raise their arms and shout for joy meeting people who are cheerful and welcoming. They enjoy spreading joy to others. When others are not so happy, they find a way to stay focused on the other person until they find an opening to inspire and make them happy again. Their smiles stretch across their entire face and the energy of meeting others is exciting and pleasurable. 3s really see others and appreciate when others see them with eye-to-eye contact and with acknowledgements. This kind of connection is uplifting and important to them.

They concentrate on one thing at a time until all thoughts disappear as they enter the flow state. They feel gratitude when their intentions are realized.

They love focusing on new goals and strive to lift others towards their goals. They smile when you see something beautiful. They inspire and motivate others by their accomplishments and interests.

Can I be a 3?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 3 is dominant for you.

What I like to do.

- I like to inspire other people.
- I like to help others find the meaning of life.
- I like to look them in the eye and make them smile.
- I enjoy making other people happy and satisfied.
- I like to be generous.
- I notice and see people at a deep level.
- I do things quickly.
- I find joy in everything, even if it's hard and difficult at times.
- I appreciate the calmness that comes when concentrate on my inner flame.

I connect with my strength and gifts, and feel who I am:

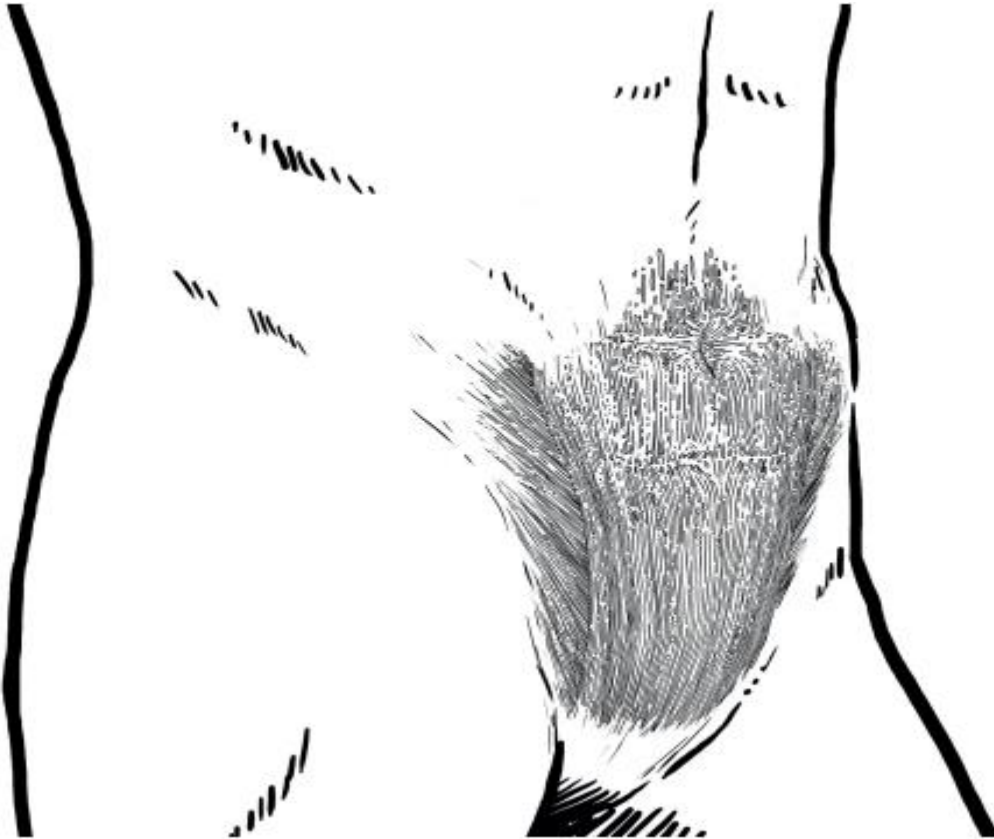
- When I stand straight and smile and take the time to hold eye contact intensely with another person, I can see their essence. In the process I spark the flame within them and they smile back. That is when I notice myself.
- When I set intentions and they manifest into accomplishment because I focused on them.
- When I realize how to do somethings and move quickly towards with execution of the task.
- When I go out into the world with energy and intensity, and spread that to everyone I meet.

What is my reality?

- I get stronger when I move my arms and hands out from the area at the top of my sternum, look people in the eye and smile at them until they smile back.
- My reality consists of setting intentions that manifest themselves in reality, without me needing to know why or how.
- I can focus intensely, move into the flow state and accomplish what I desire.
- I don't like to be interrupted or disturbed when I'm focused.
- The present moment and the future are important to me.

Life Energy 4

Life Energy 4's Physiology and Body Posture



Life energy 4's physical center is three to four inches (seven to ten centimeters) below the navel. This is the body's equilibrium point for 4s. It is located in front of the bladder and at the lumbar vertebrae 3 and 4. The muscles in the lower abdomen activate this region.

Typically, 4s will lean their hips slightly forward and rest the weight of the upper body on their hips when standing still. It looks a bit like a slouch. Their shoulders are round and lean slightly forward. They feel comfortable balancing in this way on their hips. They often move their hips slightly forward towards others as they talk.

Their faces tend to be round, square or oval. 4s use eye contact to check availability of others and to discern how what they feel internally matches what is surrounding them. They use eye contact actively main a sense inner calm when curious about what is going on around them. They often use their hands when talking and gesture with them at hip height. Their eyes blink more frequently than other life energies and consequently they appear to have somewhat watery eyes.

Life energy 4s look for understanding inside themselves. They desire good connections between themselves and family members, colleagues and other relationships. Is it important for 4s to feel a positive connection in order to feel good about themselves. Things become clearer when they take the time to feel into themselves. 4s will take a deep breath to feel into the meaning of their thoughts. In this process their energy drops into their lower abdomen until they find a calm understanding. 4s like to close their eyes and relive passionate experiences, moments of love, and warmth or anything that has felt inside them. They want those good feelings to last forever.

Life energy 4s need alone time when there's a lot going on in life. They feel good when alone and able to their own thing without being disturbed. When they are ready, and they know what you want, they become passionately engrossed in activities or connections. They are able to spend as much time in their own company as with others. It feels comfortable when they look others in the eye. Eye contact will strengthen the connections they make with others and when the connection is solid, they expand their energy to include the other person. This will feel like an energy bubble of delicious warmth that spreads inside around both people.

Can I be a 4?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 4 is dominant for you.

I like to do?

- I feel my emotions on a very deep level. When people are with me, they can sometimes feel their own emotions becoming clearer.
- I like to look others in the eye and feel how they feel.
- I glance toward other people to find out if they want to be with me.
- If I'm calm and with people who are upset, my calm state of being helps to calm them.
- I like to help people open up and feel vulnerable.
- I like to have good connections with people, even if I'm not with them.
- I tend to connect deeply with everyone I'm with.
- I enjoy quiet moments alone and can go deep into myself.
-

I connect with my strength and gifts, and feel who I am:

- When I go deep into myself and feel at peace in silence until I feel clear and ready to engage.
- When I'm with others, feel them in my bubble, while at the same time I am calm and in deep contact with myself.
- When my empathy is powerfully felt within me.
- When I am a central part of a community.

What is my reality?

- I help other people connect with themselves on a deeper level and connect with others.
- Everyone can participate and meet others on a plane of positive emotional connection.
- I teach other people to go inside themselves.
- I can share my calm depth of empathic knowing when something needs help with inter turmoil. This makes it easier for everyone to be with reality.

Life Energy 5

Life Energy 5's Physiology and Body Posture



The center of movement is at the top of the head and goes down the neck and into the spine. The head is stretched/lifted up and tilted slightly backwards. The eyes are clear and open and

have a wondering expression. In this position, 5s take in information from an intuitive awareness. Understanding is the main ability of 5s and is developed through an open, calm mind that takes in information with a straight up-and-down body posture.

All movements start from the head and neck. Life energy 5 makes contact with its energy by stretching the head upwards, so that the neck and head are included in the activation. This creates an activation that runs down through the head, neck, spine, chest, legs and feet. The connection point in the head functions as an internal compass and is used to orientate a 5 in relation to themselves and the outside world. Through this activated connection, an understanding of the state of things around the 5 is achieved. The gaze is turned slightly upwards even though one is looking forward. 5s can be completely relaxed in this state and at the same time be in touch with everything that is within them, around them and above them. It's as if a satellite dish is taking in information 360 degrees. It's perfectly normal for 5s to take in large amounts of information from other people, books, the world and the universe. They can take in and process an enormous amount of information. When something is processed and makes sense to them, 5s will present their ideas to others, or investigate it further themselves to find out if it is useful to the world.

5s are concerned about the security of themselves and those close to them. They like to have a predictable framework around them. They gravitate towards like long-term relationships where they feel met and understood. When learning something new, they connect with the learning process and become more organized. The mind of a 5 can wander in everyday life if they don't have any specific tasks or focus areas at the time. They appreciate freedom of choice and participation in groups is important to them. 5s thrive best when there is an absence of dominance or interference from others.

5s value dialog and mutual respect in relationships. They stand up for people who are being treated unfairly and are interested in explaining to those who don't see the unfairness, how they really feel. They possess an intuitive ability to see the needs of others. This is a strength they are born with. 5s listen, observe and wait to hear what others are saying before they give their opinion on an issue. They are adept at researching an idea so that you can make it understandable to themselves and others.

5s are responsive to the opinions of others when it's a debatable topic. They feel confident when they connect with their spine and stretch their heads up. 5s can be problem solving in their sleep and wake up knowing the answer to what they have been pondering. They gather information based on their intuitive awareness when problem solving. 5s have a high degree of empathy. They often see multiple perspectives on problems and solutions. They prefer to try things out to be certain about what is true. When doing math, they tend to emphasize understanding over memorizing a formula.

5s gather information until everything fits into a bigger picture that makes sense. They need a predictable framework and understanding when working with others. They are interested in helping others understand. They can be neutral in stressful situations and have a calming effect on others.

If this sounds familiar, you may be life energy 5.

Can I be life energy 5?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 5 is dominant for you.

What I like to do?

- I like to put other people at ease.
- I enjoy helping others to think more clearly.
- I easily see and find connections.
- I like to understand things.
- I know what I know and know what I don't know.
- I like to present good ideas.
- I ask a lot of good questions that lead towards understanding.
- I prefer to wait patiently and curiously until I get an answer.

I connect with my strength and gifts, and feel who I am:

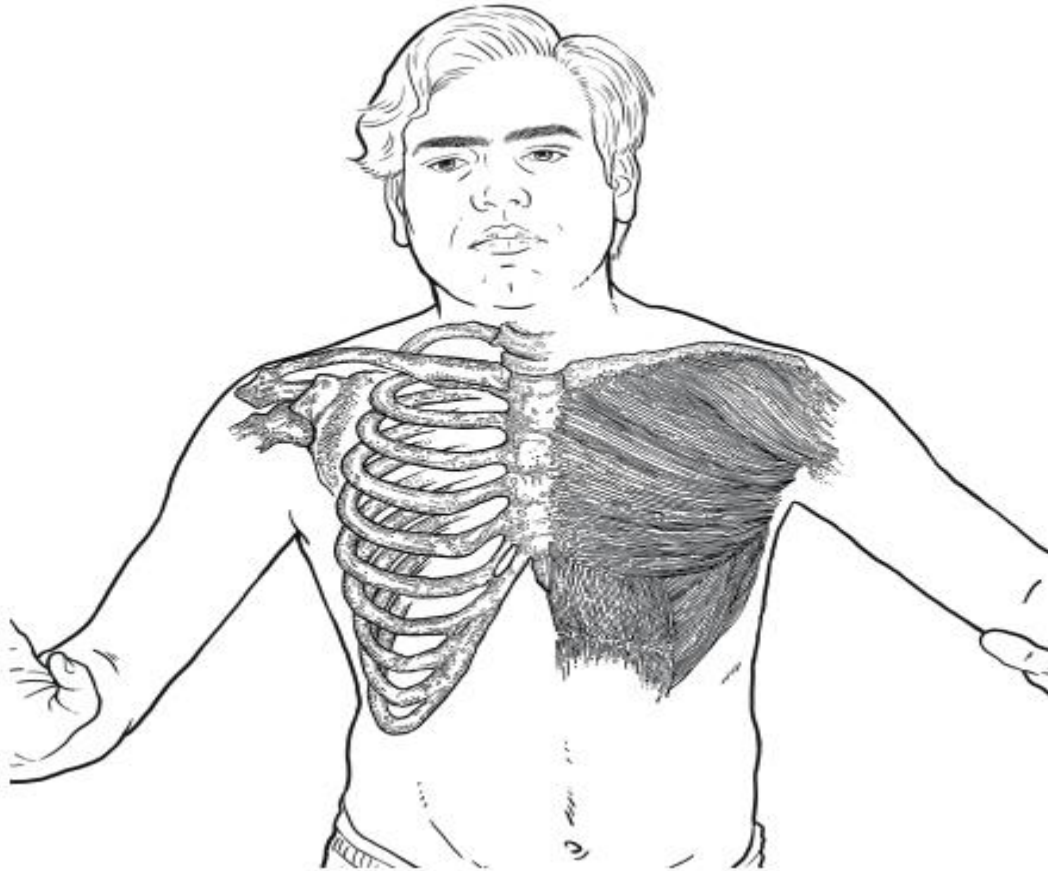
- When I notice that I start my movements from the top of my head and neck.
- When I spend time with people, I understand what they understand and what they don't understand, then I notice myself.
- When others stop and willing to listen to my great ideas.
- When I'm calm, peaceful and feel no stress.
- When I am physically active and use my body, and then sit down and take it easy.
- When I make my body stronger by moving a lot every day, and by feeling as if I have contact with the sky from the top of my head.

What is my reality?

- My reality is to be patient and spend time figuring things out. Then I don't have to do it all over again.
- In my reality, there is a universe above me that gives me information.
- When I get ideas, it's my reality to present them so that humanity can understand more of what they don't understand, even if they don't listen to me right away.
- It's my reality to speak up when I don't know something. I know very well what I know and what I don't know.

Life Energy 6

Life Energy 6's Physiology and Body Posture



The physical location of life energy 6 is in the middle of the sternum, at thoracic vertebrae 3, 4 and 5 and the heart region. To activate the point, the chest is expanded and stretched outwards, while the hands are held out and open, to feel the energy. The hands and the chest meet and perceive all the energy emerging from everything on the earth and in the universe. When the area in the middle of the sternum is activated, it will feel warm and energetic. The area tingles and the activated body fills with the innate strength and energy of 6. When you stand in front of another person mirroring their posture, looking at this area of their body, you can experience an intense and feeling of love where other interests or concerns disappear. The energy in such an encounter can be experienced as waves that crash inwards and outwards. The activation can feel like a warmth that spreads through the body, confidence increases and can feel as if you are spreading your wings.

6s carry a high energy presence. It can feel like 6s take up a lot of space, but they just want to show others what is true in the moment. When a 6s puffs up their chest and are in tune with the

energy of the moment, they quickly recognize the most appropriate, proper and best direction to take. They know which directions will lead to dissatisfaction.

Life energy 6s feel the vibrations of the energy of the moment in their chests. They can appear calm while the energy of life on the outside is raging. They are fiercely loyal to loved ones. For 6s sometimes things feel so intense that they need to withdraw from a situation to be alone, to manage the overwhelm of all the energetic impulses they had been picking up. 6s look to connect with nature or animals with when things get too be much. They easily know what is true, and yeti t is not always easy to communicate what they know. 6s respond to energy and let it tell them what to do. They exchange energy when meeting people and can sense what the other person wants before they know it themselves. For a 6 it sometimes feels like there is a down pillow inside, filled with warmth and love, and a cover that tightens around it and protects them, their heart and life energy. They will need a time-out from time to time, so that you can cleanse and replenish their energy.

When 6s meet new people, they like to say something pleasant or funny to break the ice and create a positive energetic connection. The first word they choose when describing what they are made of is love. They often touch their chest when expressing love. They are humorous and see humor in most things. Humor is a bridge builder when they speak or perform in public. The energy within and around them determines the quality of their life. 6s can completely reorganize their home, work and life when they notice that the energy feels dead.

Life energy 6s are always moving forward and think that looking backwards is a waste of energy. They are oriented to the present and the future. They feel a surge of energy when progressing and growing, and express that they ride waves of energy when things are flowing and good. They sometimes feel like they are falling into the depths and have to use their superpower to get back up. This is because they know that staying down in the dark and struggling, with nowhere to go, is not good for them. When they get back up, they know that there is no time to lose because what they are doing is important to both themselves and others. They are good at relaxing if they have set time aside for themselves or to be with family. They will often start planning something new when they feel they are losing control. For 6s there is a time for relaxation, a time for work, a time for vacation, a time for dinner, a time to go to bed and a time to get up. For a 6 the heart is their inner guide.

Can I be a 6?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 6 is dominant for you.

What I like to do?

- I like to feel energy. I can feel the energies in everything around me, in all people, animals and in nature.
- I like to know things without having to use my head. Sometimes people wonder why I know things, but it is simply very easy for me to know the truth.

- I like to feel how exciting the world is around me. I like to help others to notice these things.
- I have a strong internal drive, and like to use it to help people move forward.
- I like to show the people around me that the world is made of energy.

I connect with my strength and gifts, and feel who I am:

- When I notice myself as I push my chest forward and feel my chest meet the world about half an arm's length out from my body.
- When I don't have to explain how I know the truth
- When I feel the lively intense energy of the world and life.
- When I accept the intensity and recognize that it is special for me to feel it so strongly.
- When I do things more slowly, I feel more energized.
- When I am aware of where there is positive energy and where there is negative energy.
- When I do physical things, especially in nature, I notice how I feel the connections between everything and with myself.
- When I become rebellious toward authorities who don't know what they're talking about.

What is my reality?

- In my reality, I know things based on the energy of the moment.
- When I straighten my body and expand my chest, I feel the alive, active energy of creation even more strongly.
- It is my reality to know the truth in the moment and that it changes all the time.

Life Energy 7

Life Energy 7's Physiology and Body Posture



The physical location of life energy 7 is in the forehead, between and just above the eyebrows. This area is referred to as the third eye. To activate the area, the chin is pulled back slightly, which positions the head in alignment over the shoulders, and the forehead drops slightly forward. The neck and neck muscles should be relaxed. Stand with a straight left leg with the right leg more relaxed, and press the heels down towards the ground. Imagine a straight line running down from the third eye to the heel.

7s move from the third eye. It is through the third eye that they see many possibilities worth consideration. They see many options and can create entertaining fantasies from this energy center. 7s tend to project their energy forward from this point, as if they have a horn of energy protruding from their forehead. When they project their energy outward in this way it can be perceived as harsh or confusing to others. 7s are best with others when their third eye opens inwards towards the center of the brain instead of pointing at others. In this way, the third eye becomes a gateway, or screen, where intuitive understanding and knowledge from the collective consciousness appears.

Life energy 7s appreciate being invited or included in gatherings, events, or to work on projects. They relish the sense of belonging that comes from being considered for inclusion. They see the uniqueness and potential for magnificence in others and like to be seen and recognized for their own unique nature as a person. Being asked questions gives 7s a sense of value in the group or community they love to share their ideas. They enjoy people and their unique stories, and appreciate the meaningful conversations that occur as a result of listening to another person's narrative.

7s can easily get caught up in something that seems intense and compelling, and then at some point they may lose interest. They collect experiences and like keep as many options open as possible to explore potential new possibilities. 7s can be sentimental and nostalgic, and yet very optimistic about the future. They can you appear tough and strong on the outside, and hold a high level of sensitivity and vulnerable on the inside.

7s have a talent for perceiving the best, and tend to choose the best or most positive opportunity. Optimism outweighs skepticism for 7s. They are aware of the infinite number of possibilities that can exist, and will pause when others suggest something they are sure is not one of the better options. 7s can see a big picture of the world, and yet can ignore the big picture and become preoccupied with details. They can easily shift their focus, which to others may perceived as distractable or simply confusing. The shiny things in life catch their attention. Most 7s feel profoundly different from others, and will experience a sense of alienation, or not fitting in.

Can I be a 7?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 7 is dominant in you

What I like to do?

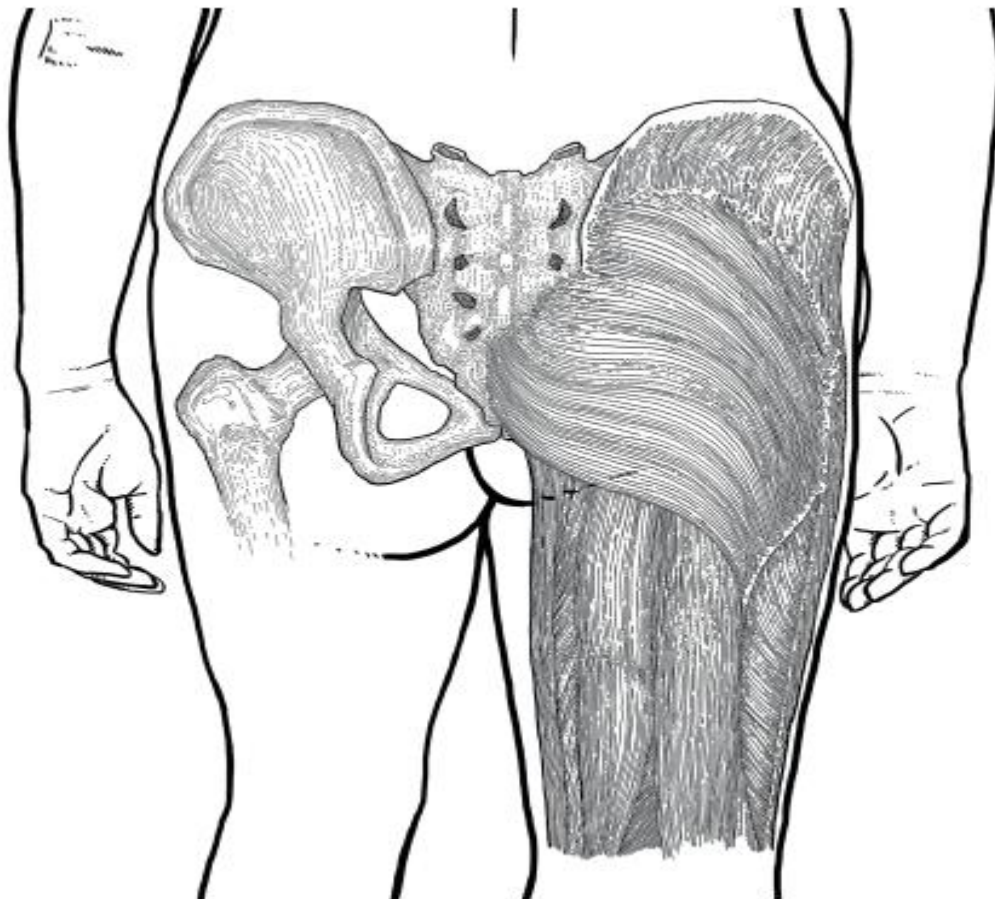
- I like to make it exciting for other people to change.
- I am intent on helping people let go of things that get in their way.
- I like to explore new and cool opportunities for that others might not see.
- I like to be creative and can make things really fun or interesting for other people
- I like exploring, things, places and ideas and consider the ways these could be changed.
- I like being different.
- I like to move in many different ways and do physical things with my body
- I like to have fun with others and be free to say what I want.
- I am very good at visualizing what might happen, and like to image possibilities, and create elaborate scenarios in my mind.

I connect with my strength and gifts, and feel who I am:

- When I notice that I move out from my forehead and feel my body at the same time.
- When I am completely still and together with my body, nature, life and the people around me.
- When others understand my ideas.
- When I spend a lot of time with others and help them see their unique nature.
- When I see that people are interested in my vision.
- When I feel unique, special and included.
- When I find things, I have in common with other people, even if I think differently.

Life Energy 8

Life Energy 8's Physiology and Body Posture



The physical location of life energy 8 is at the sacrum and tail bone, sacral vertebrae 1-3, and the hips. To activate this point, tilt your sacrum/pelvis down, tucking the tailbone forward, straighten your back, soften your knees, keep a relaxed upper body and a more resolute expression will begin to appear on your face as your energy connects with the energy of the ground. The muscles used are the deep and outer gluteal muscles (pelvic floor muscles and gluteus medius and minimus). The hamstrings are used to tilt the pelvis down. Look outwards without focusing on anything in particular. When life energy 8s are activated, they stand steady without using force. Their bodies are grounded and calm, and they see and feel the integrity of their bodies.

Although there is some variation, the faces of 8s tend to be rounder in shape, their eyes will look out over a landscape taking in the big picture. If they gain excess weight, it will appear more in the lower abdomen, hips and legs. Their bodies are innately strong with naturally high muscle tone. Although they can appear strong, they feel very safe to others.

When meeting other people, 8s likes to look others in the eye, but generally won't hold their gaze for long. They prefer looking at the other person's body as a way to check out the nature of the connection made. 8s like body contact, but need to decide when they are ready for it. If someone tries to get too close before being invited into the relationship, then 8s will quickly and clearly make the other person understand to keep their distance. The physical boundary is very important to 8s. When an 8 open up, gives a hug, or makes some kind of physical gesture of welcoming connection, then others may say it feels safe, good, warm and sometimes healing.

Sometimes 8s are perceived as hard and can look a bit tough, but are actually they are very gentle, comforting and love to give the gift of their protective manner and energy to others. 8s feel steady and unwavering in situations where they are convinced, that they are doing the right thing. They are steady and strong in challenging times or crisis situations, and are by nature inclined to help those in need. 8s care deeply for others, are by nature protectors and first responders, and they often take on these roles professionally.

It is important to 8s to care for others, and lead the world towards a goodness and safety. They enjoy creating a welcoming atmosphere at home as well as at work. Good food and drink, and community activities are important to 8s. They prefer fresh food, fish and meat to be locally grown or harvested nearby.

8s experience being grounded while out in nature and appreciate being surrounded by the sounds of nature. The other life energy types feel safe with 8s. The 8s know when others feel safe, and know when others do not feel safe. They remain composed and calm and determined in a crisis. 8s are oriented to physical realities and facts, and know what needs to be done when someone comes up with a new idea. They feel the presence of others in their bodies and will notice the nuances of voice and body movements of other people. They can see how others take care of themselves, whether they sleep well, eat well, are overworked, stressed or busy.

8s are so naturally tuned into their bodies that, in a crisis situation they can tap into enormous reserves of energy that the other life energies do not have access to. 8s can "run on empty"

when needed. If they use this ability in non-crisis situation it can have significant negative impacts on their health.

Can I be life energy 8?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 8 is dominant for you.

What I like to do?

- I like to make things happen and turn good ideas in to something physical.
- I like to lead the way and lead others safely and well.
- I like to move my body to be physically active.
- I like to explain and describe to others clearly what needs to be done.
- I need respect, and respect all living things, and I teach the necessity for respect for all life to others.
- I like to take good care of myself and others.
- I enjoy interacting with animals, and know how to take care of them.
- I like to listen to what my body is telling me.
- I like to take action on when someone needs help. My body knows what to do. Others feel safe around me.

I connect with my strength and gifts, and feel who I am:

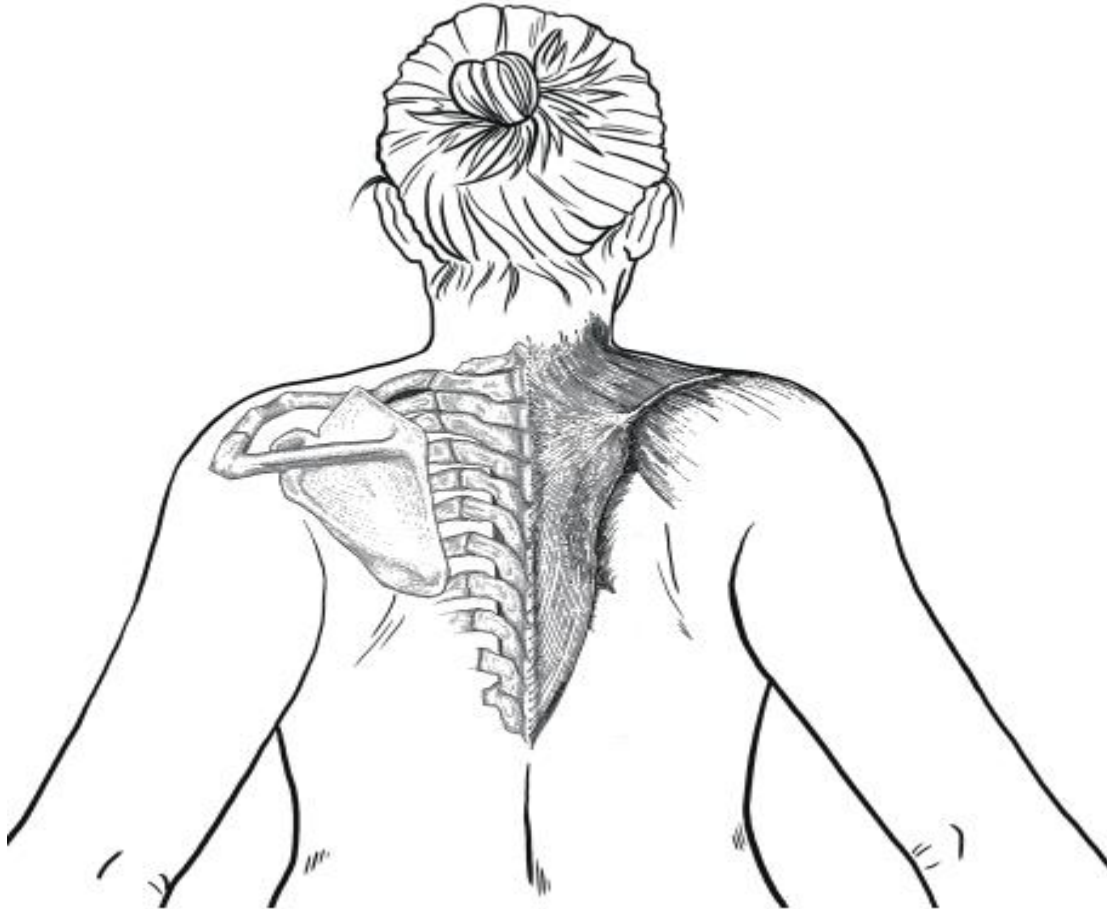
- When I move being conscious of my lower back and hips.
- When I feel the energy from the earth flowing up through my legs and into my body.
- When I perform physically, moving my body, while working or playing.
- When I trust my bodily intuition. It knows, and tells me what I need to do. When I am aware of what my body needs, I become stronger. It's very important to take good care of my body. When I do that, everything else in life goes easier.
- When I help others to feel safe and show them how to pay more attention to their own body, so they can take better care of themselves.

What is my reality?

- Taking care of my body. It's okay to eat when I'm hungry, and it's okay to sleep when I'm tired, and to do other things when it makes me feel good. Staying tuned into my body keeps me from overdoing it, get overly tired or very hungry.
- It is my reality to be stable, strong with physical, emotional and intellectual integrity. This enables me to maintain an atmosphere around me that feels good to myself and others.

Life Energy 9

Life Energy 9's Physiology and Body Posture



Life energy 9's physical location is between the shoulder blades, and between the thoracic vertebrae T7 and T8. When activate the area including the vertebrae up to T3 are engaged and also the heart and lungs.

To activate the center point between the shoulder blades, drop your arms down to the sides, rotate the shoulders outwards by rolling the arms and palms of your hands to face upwards. The muscles involved are the interscapular muscles (trapezius, rhomboid) and the posterior part of the shoulder muscles (deltoid, teres major). Attempt to pull your shoulder blades together, releasing them while breathing freely. The eyes can be closed or open. If open, allow your gaze to be unfocused, looking slightly up or straight ahead. As you inhale and exhale, lift your chest up and down while pulling your shoulder blades in and out. The chest expands, the back contracts and the center of the shoulder blades pulls the shoulders slightly backwards. The hands are loose and open. Let your body breathe freely and expand your sense of your body in

all directions to include the space all over you, behind and in front of you, upwards to the top of your head, down to your toes and out to your fingertips.

Life energy 9s like to have all your options open so they can make a decision at the last minute if needed. They are very conscientious and can be fearless when conflicts arise. They feel confident getting involved to resolve differences between people. They are naturally peacemakers. 9s withhold judgement and maintain a positive view of others and wait until they have met and talked to people before making up drawing a conclusion. 9s can find it difficult to have too many routines and or rigid discipline.

9s have a need for variety, and need to experience and explore new things to create vitality and feel alive and full of life. They identify with many different types of people. They identify with many of the other life energies. As natural peacemakers they can easily understand diverse perspectives and see things from different points of view. They are open and find that others easily confide in them, because their open allows trust to build with others.

Life energy 9s are extremely persistent and almost unstoppable when it comes to something they believe in and have committed to. They can be perceived as provocative or controversial when they see the big picture and know that something is missing in what others are presenting. 9s notice where the flaws are in a plan or design. They often make decisions based on their highest values of harmony and peace, rather than on pure details and facts. 9s are flexible and spontaneous in their process rather than structured and planned. They are perceived to go with the flow and adaptive to family, social and work situations and work to create a harmonious atmosphere. 9s are also flexible and graceful in their movements while talking, walking, dancing or performing in any way.

9s need time to gather information and to create an overview, before making decisions. They can be seen to “hit the brakes” if things are moving too fast. They will tend to prioritize their focus on things that happen in the here and now rather than working towards longer-term goals.

Can I be a 9?

Below you will find a number of statements. If you can agree with most of them, chances are that life energy 9 is dominant for you.

What I like to do?

- I like to include everyone and make sure no one is left out.
- I like all types of people.
- I like it when people see things in different ways. It is rare that I see anyone as completely wrong. In a conflict situation I like to find the truth is in both sides of the issue, and helped others to be curious about each other’s experiences and reality.
- I like to be humble, open and tolerant of those around me.
- I like to feel part of nature and the universe.

- I know when something is wrong, or not right, when I stop breathing, or hold my breath or breathe too fast. I like to take a step back and get an overview of the situation so that I don't move forward too quickly.
- I like to enjoy life through movement and travel, experiencing new things, being with others, or enjoying the silence and beautiful moments in tune with nature

I connect with my strength and gifts, and feel who I am:

- I notice myself activating energy point 9 between my shoulder blades, lifting up my chest, stretching my lower back, keeping my arms open and breathing in a way that opens my chest fully.
- I notice who I am when I stop and breathe so my body feels free and relaxed.
- I notice myself when I spend time in nature because it helps me feel more alive.
- I know my strength when I understand all sides of a conflict and are drawn to help others find peace in a new way of thinking and being.

What is my reality?

- My reality is that we are all equally valuable and that we need to be together for things to move in the right direction.
- I understand the big picture, can easily sense into the other eight life energy's perspectives, and I can use what I know and sense in a group to help everyone to hear and learn from each other.
- In my reality, there is no one way, no one answer, and no one person who can tell me what the answer is.
- I help others when I'm with them and breathe, even if I sometimes don't talk much.

9 Lifeenergies and Relationships

We have found that within an intact family unit, the life energies are all different, and do not repeat until there is a tenth member of the family. This kind of coincidence only occurs if you have more than seven biological siblings from the same parents. With larger families the life energies begin to repeat themselves. It seems that the repeat energy may first reflect that of the mother and father, then the siblings. More research is in order around these observations. Often a grandfather and grandmother will have their life energy reflected in their grandchildren.

Friends and colleagues can be the same type as you, but it is very rare for someone to be in a long-term romantic relationship with someone who has the same life energy. We have not seen

it happen that a couple of the same energy will procreate. It may be more likely in families where the marriage was arranged and not chosen.

There is a variety of ways that we are in relationship with others and each person will perceive the relationship in different ways. Many begin with the perspective that “everyone is like me”. In this perspective we assume that people will understand us when we communicate, or even when we do not communicate. We imagine that things can be so obvious, that some things “go without saying”. Unfortunately, this can appear to others that we expect “mind reading”. This perspective comes from a belief that I am “normal” and that I behave, think, perform, or solve problems in a “normal way”, as if there is only one way. The consequence of this thought leads to the erroneous assumption that if someone behaves, thinks, performs, or attempts to solve a problem in a different way, then their process is “wrong”.

When we understand there are nine life energies and that each one innately holds a different perspective compared to the others, then we expand our sense of “normal” to include a diversity of possibilities around experience, behavior, thinking, performing, and problem solving. When we expand our sense of possibilities, we can begin to see diversity even within those that share the same life energy with us. This diversity within the same life energy has its basis in the individuals’ life experiences, education, culture, age, gender, etc.

It is important to understand what parts of you are a consequence of your life energy, and what parts of you are the consequences of your experiences in life. Sometimes life experiences create a mindset that inhibits certain gifts and attributed of one’s life energy. Learning about your own life energy and practicing being grounded in your particular strength, will add a new level of authenticity to your relationships. To grow and develop we must observe, acknowledge and learn what conscious and unconscious patterns we hold in our life. Standing in our own life energy’s strength will help us to become more receptive and will help to limit our judgments of others.

In general, a person’s life energy is rarely the conscious dominant force in their life. Even though it is the person’s nature, the impact of nurture can overwhelm any consciousness of our essence. It would be best if life energy were dominant, but our physical, emotional and social environments tend to place our intellect into the position of the dominant force.

Consider the idea that our consciousness is piloting our body. Our bodies are in some way driven or maneuvered through life by our consciousness. The question is, what is in charge of our consciousness? Is it our intellect or our essence, our ego our soul, our emotions or our intuition? Ideally it would be our essence, soul and intuition that is sitting in the pilot seat. Unfortunately, the way we generally function in the world, it is our intellect, ego and emotions that do the piloting. Knowing your life energy, practicing being embodied and practicing the variety of ways that others are embodied by their life energy will move our essence, soul and intuition into the pilot seat, and allow our intellect, ego and emotions to sit in the co-pilot seat. Our essence, soul and intuition are aspects of our life force energy.

Preparation for Identifying Another Person

To experience the life energy of others, we need to actively engage with them without thinking about who we are or who they are. From this place we will begin to accept the different patterns of others. This is the starting point of learning to discern the life energy of others in an embodied way.

To identify another's life energy correctly, requires a capacity to activate all nine life energies in our own body. We can guess about a person's life energy based on certain characteristics in their face or body, or in the way they greet us, or how they generally meet the world. These guesses sometimes are correct and often are incorrect. It is best to be curious and keep our guesses to ourselves. The ultimate proof of a person's life energy is the collaborative process of physically connecting with them, and applying gentle pushes to the hands and or shoulders. This is the life energy identification process.

The nine different life energies relate to the world in such different ways that it can be very difficult to identify someone else's life energy until you have activated all nine in your own body. Until you have achieved this, all you know about the other person is a story or picture, based on your own feelings and thoughts of who they are. This kind of projection will not reveal the essence of that person to you. It may even interfere with your understanding of them.

The way of being, the manner of movement and the perceptive reality of each of the other eight life energies is a matter of study, inquiry, and personal practice. With determined and focused study and consistent practice activating of all nine life energies in your own body, you will gradually experience the differences in perspective, magic, power and intelligence of the other eight life energies. As we do the work around knowing our own life energy, we will notice how the other life energies will light us up in a new way. Then we are able to meet the life energy in another person in a way, that is needed to identify the life energy in them. This learning and practice process opens us up to a new understanding about self, and about being in relationship with others. To get to the place where you can identify the life energy in another person means you are in a place where you can meet, and activate the life energy in that person.

Our life experiences, that is the nurturing we have had throughout our lives, tends to dampen down the power of our life energy. Our life energy is naturally the dominant force when we are young children, and unless that part or aspect of our being is supported by those in our physical, emotional and social environment, then a child will begin to hide their essence and natural strengths. Socialization involves compliance to norms and this process often obscures the evidence of our life energy. This reality means that the identification process of an individual's life force energy has to be experienced as voluntary, respectful, safe, comfortable, compelling, caring, and receptive. A person's life force energy tends to be shy and must be met with a loving heart in the life energy identification process.

When all the life energies have been awakened within us then we can create a vulnerable compelling connection with another person. Within that connection the life energy in the other person will emerge in a way where the flame of life within them observably brightens. Once this kind of contact is established, we reflect the other person's essence with a powerful intention, a calm heart and a neutral receptive face. This requires maintaining our own embodied consciousness and allowing ourselves to be led by our intuitive insights. If we pay attention in humility, and with uninterrupted contact and focus, we will feel a reciprocal force in the other person. Being receptive our eyes and bodies pick up the reactions in the other person, and intuition or instinct provides the knowledge of what is needed next for the other person's life energy to show up even brighter. This might be perceived as a shift into another dimension. The connection between you and the other person becomes deeper, and there can be a sense of time standing still. The process becomes exhilarating for both people.

While establishing this life-energy-to-life-energy connection, sometime the person being identified experiences physiological or emotional releases. Sometimes the releases are seen as changes in breathing or posture, facial and other physical movements, and crying or laughing. Our bodies will respond to something good in a variety of ways. The process embraces both the identifier and the person being identified. It seems to be that the combined life energies of both people blend in some way. This can be experienced as incredibly intimate. The connection and the relationship in that moment is strengthened. A kind of harmony is experienced and both individuals feel seen, understood and for a while might experience a kind of oneness.

The exercises in this book can lead to experiences of oneness with self, with others with nature and the universe. Some call this connecting to the divine within. Over time this will lead to more harmonious, loving and spiritual connections and relationships, and possibly even to spiritual connections with others. This all lends to greater understanding, acceptance and appreciation of the beauty in life and creation.

For more information contact:

Morten Nygård, CPCC

Business and Relationship Coaching & Counseling

CTI Leadership

Co-founder: Ennead

Co-founder 9 Lifeenergies

Office: In the WOODS / Holterkollen

Mobile: 90016400

Address: Nittedal / Oslo / Norway

Email: morten@mortennygard.no

Web: www.9Lifeenergies.com (coming up)

Web: www.mortennygard.no

Facebook.com/mortenNygardno

Instagram.com/mortennygardno/

Paul J. Scoglio, MSW, LICSW, DCSW, CPCC

Scoglio - Relationship Coaching & Counseling

Office: 978-921-8400

Mobile: 978-578-1525

Address: 9B Linden Ave., Beverly, MA 01915

Email: pjscoglio@gmail.com

Web: www.paulscoglio.com