
Energy Flow Mastery Guide

THE FOUR ENERGY PATHS

How The Laws of Energy Determine Every Human Experience

Science has established that everything is energy. It stands to reason, then, that *everything*, including humans, must obey the laws that govern energy. When we fully understand the laws of energy and how energy works, we can then apply the laws to our own lives, our families, teams, companies, communities, and even entire countries to know why things are or are not working.

The key is awareness. Understanding and being aware that the irrefutable laws of energy are predictable, repeatable, and infallible, and when we are purposeful about directing that energy, we can create wholly predictable outcomes at any level of human accomplishment.

There are just four possible energy combinations, and only one leads to growth and an abundance of the outcomes we want. The other three paths lead to limitations in one form or another. One leads to negative outcomes, or in simpler terms, an abundance of things we do *not* want. One keeps us stuck in fear and doubt, and one keeps us stuck in delusion.

Electricity demonstrates with certainty that energy, when harnessed, follows precise and predictable paths. Electricity is harnessed energy, and so are humans. And, as it turns out, energy works in humans in the same way that it works in electricity. Knowing that gives us the power to purposefully direct energy toward the outcomes we desire.

Return Energy Must Flow Freely (-)

Receptive energy (-) flows freely and does not require a booster. In humans, the flow of receptive energy feels like no effort and non-resistance. Anything that sets up resistance will reduce the flow of receptive energy on its return to its source. In the case of humans, we are the source.

You have probably noticed the resistance effect when you spend too much time working on something you don't enjoy or when you are in the presence of someone who irritates or frustrates you. Not only is there typically a feeling of resistance to such situations, but when we must endure these situations for a while, our energy levels also drop noticeably.

The Four Energy Combinations in Brief

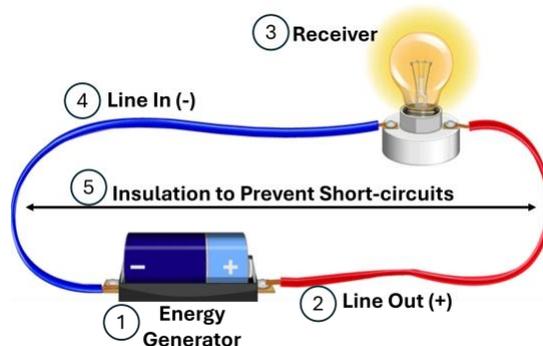
To understand how to correctly apply the active and receptive aspects of energy, you must understand the four possible energy combinations and how they impact your life and outcomes.

As already noted, humans harness and direct energy in much the same way as it is harnessed and directed in electricity. So, the better you understand electricity, the better you will understand how to direct your own energies to get exactly the outcomes you desire.

In general, to harness energy and direct its flow, there must be a complete circuit, and it must have both an active (+) and a receptive (-) charge. A complete energy circuit has five elements:

- (1) The source of the energy, such as a battery, a generator, or in human terms, a person with a passion or clear intentions.
- (2) A path out from the generator, which for humans is an application.
- (3) A receiver, such as an appliance or a light bulb, or, in human terms, a goal or intention.
- (4) A path back to the energy source, which for humans is attitude.
- (5) Insulation to prevent short-circuits.

 **Each of these five elements must be present for energy to flow.**



1. The Energy Generator

In electricity, the generator is moving water, wind, sunshine, thermal heat, or chemical reactions directed toward a power plant or storage device such as a battery. In humans, we are the generator, fueled by food and activated by desire.

As the terms are used in the descriptions of human energy paths, *application* refers to how we send energy out; what we give or fail to give to life. *Attitude* refers to what we are willing and able to receive from life; what we are willing to allow or accept.

2. The Line Out (+)

To get the desired results, the active and receptive charges must be properly directed so that energy flows where we want it to go.

Energy Out Needs a Boost (+)

In both electrical and human terms, active energy (+) needs to be induced or boosted along. In humans, that inducement or boosting of energy is desire. If the desire is not strong enough, boosting energy out feels like effort. And, if we are unwilling to put forth the effort to boost energy out from ourselves - that is, to make things happen, then the energy our body generates gets used as calories and over time either gets stored or dissipates. In either case, useful energy begins to decline. When useful energy is sufficiently reduced, little to nothing good happens in our outer world.

We, as humans, generate energy when we are aware of and tapped into our passion. When we are self-aware enough to know who we are, what we want, and why we want it, we can generate limitless amounts of energy. Knowing our “big why” acts much like a fully charged battery by providing a constant flow of positive energy and helping us move toward clearly focused on goals and intentions.

For energy to flow in the proper direction, the *application* line must proceed out from the source of energy toward a *receiver*, but it only leaves the source when there is some catalyst to boost it out. As mentioned earlier, in humans, the catalyst is desire or passion, which creates a positive or *active* (+) energy charge. Desire or passion properly applied is responsible, disciplined, productive and courageous action.

When there is insufficient desire and we apply no effort or have no clarity around what we want, no energy boost occurs. The *no-effort path* is that of being irresponsible, undisciplined, lazy or cowardly; in other words, taking the easiest route rather than the most beneficial or productive one. The no-effort energy charge is “negative” or receptive (-), which either sends energy in the wrong direction or keeps us stuck in delusion imagining that we can dream our way to success.

3. The Receiver

In electricity, the receiver is any device or appliance designed to receive and translate energy into a specific outcome. Light bulbs produce light. Stoves, heaters and toasters produce heat. Air conditioners, refrigerators and freezers produce cold. Vehicles produce power to move from one location to another.

In humans the receiver is a goal or intent, and we get exactly what the receiver is designed to deliver. Unclear goals return unclear, and usually unwanted, results. Small goals return small results. No goals return no results. Big, clearly created goals return big results.

4. The Line In (-)

For the energy we send out to return to us, we must be *receptive* to its return. We must have little to no resistance to receiving back the energy we send out. This is the return line, which is where positive thinking/feeling, faith and acceptance (*all receptive attitudes*) come in. This is also where many people get tripped up. Why? Because energetically speaking, *attitude* must be receptive (-) for energy to flow freely.

5. Insulation

For humans, insulation is trust or faith, and it expresses on three levels: faith in self, faith in others, and faith in a generative force (something greater than yourself). This can be faith in nature, humanity, God, or whatever you believe you can rely on for support when you need it.

Now, let's see how the five elements create the four energy paths.

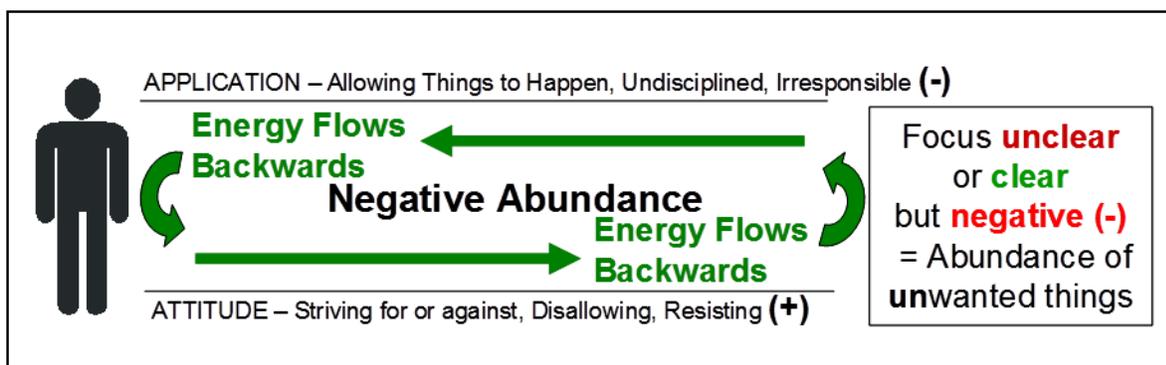
Path 1 - The Path to Negative Abundance (-/+) (*More of what we do NOT want*)

The first combination we will explore is the least desirable one and the one you definitely want to avoid. This path has both an active (+) and receptive (-) charge, so energy is flowing, but it is flowing backwards—away from, rather than toward an abundance of good things. Just as powering an electric motor in reverse will result in the motor running backwards, so too does powering your life in reverse result in your moving away from the things you most desire.

Energy flows backwards on this path because the application side is receptive (-), which is being irresponsible, undisciplined, lazy, fearful, and allowing life to just happen, and the attitude side is active (+) meaning one has an attitude of resistance, striving for or against an outcome, struggling, being non-accepting, disallowing, and disbelieving. Receptive application and active attitude result in a reversal (-/+) of energy flow, rather than the correct (+/-) flow, and a reversal of fortunes.

Since the application path is one of irresponsibility and lack of discipline, people on this path tend to avoid anything that feels like effort. Therefore, the effort necessary for building a good receiver (defining goals and laying out specific plans) has generally not been expended so goals are usually unclear and often altogether absent.

Where focus is clear, it is generally negative because those on this path don't expect good things in life, which is what makes the return line resistant and non-accepting (+). Add a negative focus to the backwards energy combination (-) and you have the formula for a lot of what you do not want.



In Review:

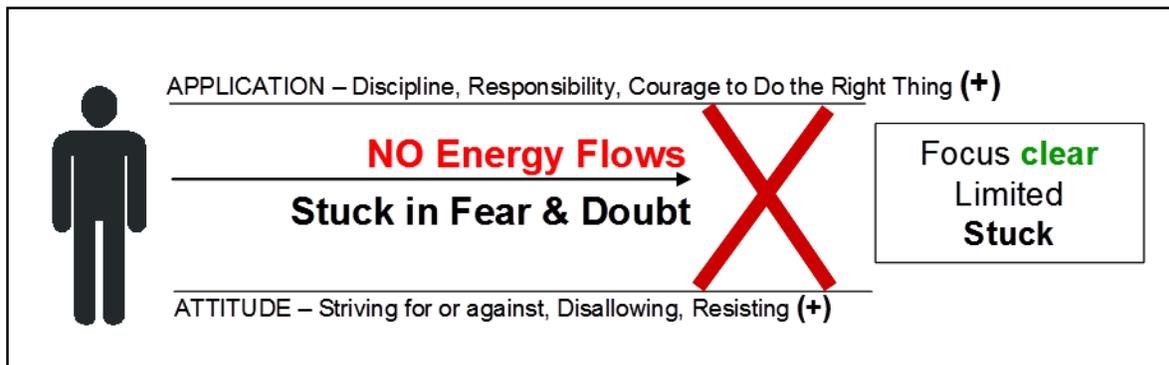
When you (the generator) are undisciplined, act irresponsibly or allow things to just happen as they may (receptive application), when you struggle or strive against an outcome or are resistant, rigid or disallowing (active attitude), you have set up conditions for energy to flow backwards toward an abundance of the things you DO NOT want.

Path 2 - Stuck In Fear & Doubt (+/+) (*The positive path to nowhere*)

The second energy combination is that of active (+) application path, where we demonstrate responsible, disciplined, and courageous action, and an active (+) attitude path that includes striving against an outcome, worrying, struggling, fear, and doubt. Even when there is responsible action coupled with positive focus and intent, this combination does not produce the desired results because two active charges (+/+) do not allow energy to flow. It's the same effect as putting two new batteries into a perfectly good flashlight, but having one in backwards. Both batteries have plenty of potential energy, but it can't be released because the flow is working against itself.

If you are on this path, you may be sending out a lot of energy, but you have not provided an open channel for energy to return positive results to you. So like the flashlight, you have a lot of potential energy that is not getting to the intended source (your goal) and cannot return to you.

Those on this path are working very hard and diligently. They are being responsible and very disciplined, but are doing a lot of things they don't enjoy. Many on this path resist the idea that they can have what they want without struggling to get it.



In Review:

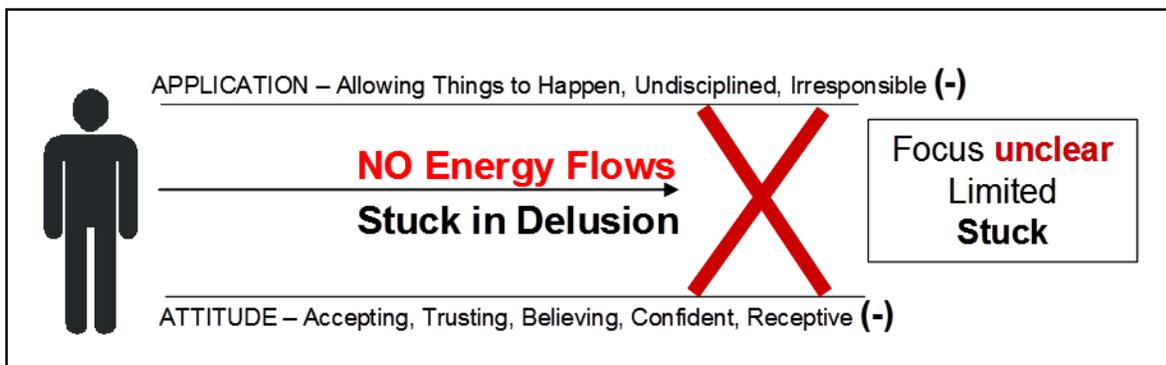
When you (the generator) take responsible, disciplined, courageous action (active application) to achieve your goals and have a clear focus, but are also struggling, striving against an outcome, lack trust or confidence, or are resistant (active attitude), you have set up conditions where energy does not flow. Fear and doubt keep you stuck.

Path 3 - Stuck In Delusion (-/-) (*The easy path to nowhere*)

The third possible energy combination is that of receptive (-) application combined with receptive (-) attitude. Receptivity on the application side is the path of least resistance. And remember, for energy to be sent out from its source (in this case a person) it must be boosted, which requires effort. Energy must have a catalyst to be set into motion and those who choose the effortless application route provide no catalyst.

This group does what is easiest in the moment. They are irresponsible, undisciplined, and often lazy. They avoid risk, stay in their comfort zone, and rarely do anything courageous. As with those on the negative abundance path, the application path of this group is one of irresponsibility and lack of discipline.

Goals are generally unclear, too, because of an unwillingness to expend the effort necessary for clarifying them. When combined with a receptive (-) attitude (trusting, believing, allowing things to happen as they may) the result is a double receptive (-/-) and NO energy flows. In this case, the focus is unclear due to a lack of effort, and the individual is stuck due to no energy flow.



In Review:

When you (the generator) are undisciplined, act irresponsibly or allow things to just happen as they may (receptive application), when you have an unclear focus but are accepting and trusting, open and believing (receptive attitude), you have set up conditions where energy is not flowing. You are stuck in the delusion that you can hope, pray, or wish your way to abundance without taking responsible action or making any effort.

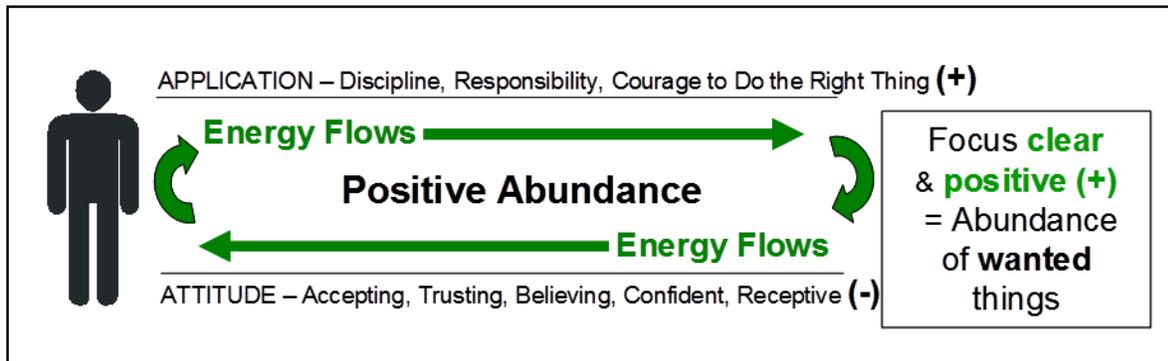
Path 4 - Path of Positive Abundance (+/-) (*An abundance of what we desire*)

The final path is the only one you want to be on. It is the one path that leads to positive abundance, which is an abundance of the things you DO want. For energy to flow toward positive abundance, the application path must be active (+) and the attitude path must be receptive (-). There is no exception.

On this path, we are inducing or boosting energy along the application line and keeping it active (+) by way of responsible, disciplined, courageous, and principled actions. We are sending energy out and

allowing it to return to us in full measure by keeping the return line (attitude) free of resistors, open, accepting, trusting, allowing, and believing—in other words, being completely receptive (-) to positive outcomes.

Here we see what the positive abundance path looks like. Notice that on this path the receiver (what you are focused upon) is both clear and positive and produces the passion that continues to generate energy.



In Review:

When you (the generator) take responsible, disciplined, courageous action (active application), have a clear and positive focus, and are confident, accepting, trusting, and believing (receptive attitude), you have set up conditions for energy to flow toward an abundance of the things you want.

To have an abundance of the things we want, every part of the abundance formula must be in place, and the receiver must be precisely designed to accept and appropriately express the energy we send it. If we want 100 watts of light from electricity, for example, we need a bulb designed to deliver 100 watts. If we want a million-dollar life, we need a million-dollar receiver, and we need to know how to build that receiver just as precisely as the manufacturer of that 100-watt lightbulb knows how to build that bulb to deliver just that amount of light.

Visualizing your goals and adding detail until they are clear is the key to getting what you desire. Visualization works much better than lists and directives because imagery is the language of your subconscious mind and your subconscious mind runs the show. More than 95% of everything you think, feel and do is dictated by the subconscious mind.



1. Create a garden with two paths on either side of a center island.
2. Put flower beds in the center island and along the outside edges of the paths.
3. Plant evergreen shrubs and a mix of perennial and annual flowers.
4. Select flowers that are red, white, purple and pink and rotate them so the garden had blooms in each growing season.

How the subconscious mind envisions goals

How the conscious mind envisions goals

Combining both methods provides greater clarity. Many people only use the conscious method and wonder why they don't achieve their goals. It's vitally important that you visualize what you want to achieve and take ownership of it. Until you own it, it's in the future, and the future is always ahead of you, not in the present moment.

People who are fully on the Positive Abundance path are flourishing. They are personally happy and content, healthy and fit, have great relationships, are financially secure, and able to do and have anything they desire. They have a deep sense of well-being

Most people are not fully on the Positive Abundance path. Most have abundance in just a few areas, not across the board. Sometimes it's because the goal is not as clear or focused in all areas as they are in the few where they are experiencing abundance. Sometimes they don't believe they can or should have it all.

Examine your beliefs. Know what you are doing or not doing to get the results you are getting so you can get on the Positive Abundance path and create the life you want.

Know that, when you (the generator) take responsible, disciplined, courageous action (active application), have a clear and positive focus, and are confident, accepting, trusting, and believing (receptive attitude), and have sufficient faith in yourself, others, and a generative force (something greater than you) you have set up conditions for energy to flow toward an abundance of the things you desire.

This is not philosophy or conjecture. It's factual, proven, predictable science that never, ever fails.

You can count on it 100%.