

Living in the world of energy; a world of problem solving

In this document I'll zoom in this model and the implications for navigating the everyday and major challenges wisely; happily and resourcefully.

With my take on what spiritual awakening / enlightenment means.

By:

Esther Dageraad,

teacher on the Academy for Sailing the Soul Dream

and pilot in Joy

(www.1ucompany.com)

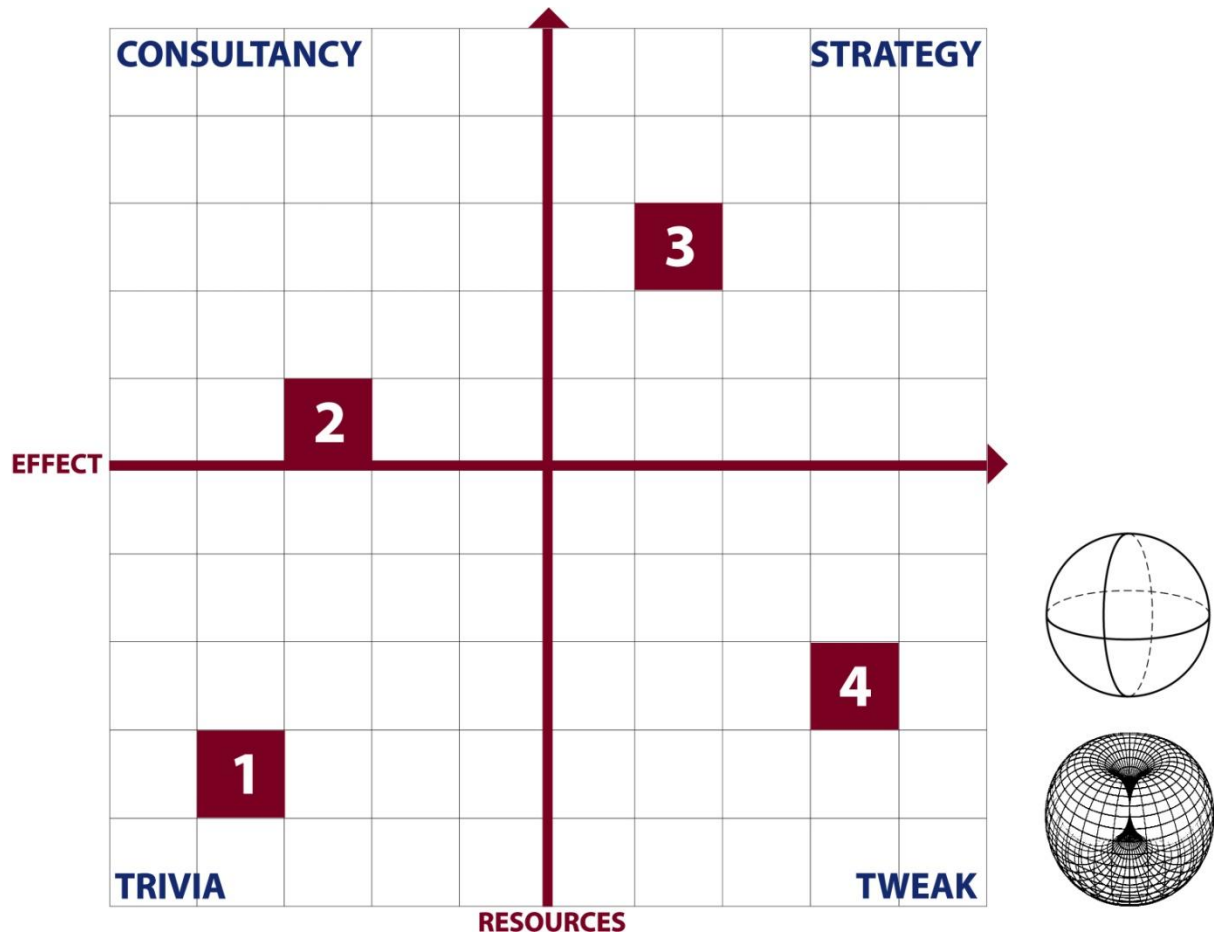
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Please
first
watch this Youtube video
on the topic
(just under 13 minutes) ,
to have an overview.

Looking at the map

Let's look at the map again, as I introduced it in the video.

The map of the surface of this world, where a field contains choices to invest energy in.



Field	Effect*	Resources**	Example activity
Trivia	low	low	1: chat about food and exercise
Consultancy	low	high	2: read 1 book on health
Strategy	high	high	3: design total personal weight loss plan
Tweak	high	low	4: replace soda's/ fruit juices with herbal tea.

*Effect in terms of solving issues you are (semi-) aware of: increasing the quality of life

** Resources predominantly in terms of energy-investment

(please note how *all* material and immaterial resources, people (attention/ideas), money, food, fuel..... can be expressed in terms of energy-investments.

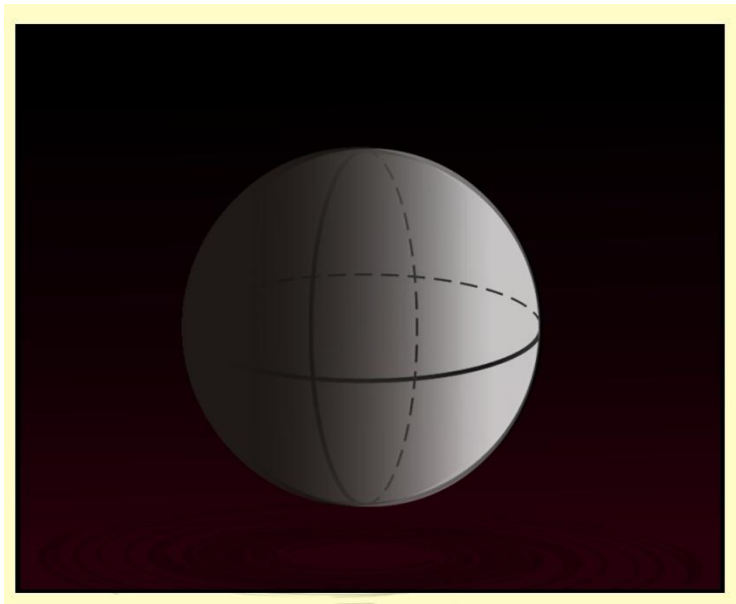
The influence of the light

Let's take this to 3D, now. First, to the easy to relate to physical world.

When you look at the Earth, from space, you can observe that one half is at any given time facing the sun, while the other is in the shade of itself.

Since the Earth spins, the *dark patch* and the *light patch*, can be seen as moving over the surface.

The light patch is not intrinsically 'better' than the 'dark' patch, or vice versa. We simply observe the results of this dynamic, that we observe *from our position on the surface of the Earth* as the appearance of 'day' and 'night'. Both have their function and their own qualities within the life cycle on Earth.



In the natural designs of creatures, every living being has a built-in cycle attuned with cycles of the light/dark patches appearing on their spot. Every species is completely equipped and adapted to being awake at certain times of the day (to invest energy in activities) and being asleep, or in snooze mode, to regenerate.

Picture: A night owl that decides to swap his rhythm around. He will most likely, not be a happy owl, but a grumpy, dissatisfied, tired owl. Why? He can't find enough of the food (he is designed to digest easily), when he is awake. And trying to sleep when the system is naturally designed to be active and awake doesn't work wonders for regenerating either. People?

Well we are *able* to adapt ourselves to perform activities in the night, and incidentally, that might be good fun or in certain times necessary to do so too.

However, people are basically designed to regenerate (sleep) when it is dark and invest energy in activities when there is daylight and they are awake.

Mess with that on a structural basis and you'll end up with tired, grumpy, unfocused people, usually with physical complaints too.

Now, the very same phenomena exists, to my understanding, on the more abstract world of problem solving, the world of energy-investments.

Let's start with the most striking **difference**, comparing both worlds:

- the physical Earth's source of light is at a distance outside (the sun)
(it is physics and our own experience that brings us these understandings)
but
- the energetical world's source of light is at the core of itself
(it is meta-physics/ esoteric and our own experience that brings us these understandings)

The brightest light of the world of energy, is often referred to as 'self'.

Often divided in understandings of there being a small-self (the surface self) and a Capital-S Self (the higher truth self, the deepest Self).

This division is, to my understanding, indicating which model of the world of energy the speaker is using:

- On a 2D map-model, the Self is not mapped at all.
- On a 3d sphere-model, the Self is not visible, but passively included.
- In the 4D torus-dynamics model, they are (experienced as) so strongly *interrelated*, that a division of those being separate entities, is not a meaningful concept (anymore).

In explaining my understandings of how these models relate to each other, I am going to do something that is potentially quite mind boggling.

I will use words for concepts as they are applied in a 2D model. Words that have grown to mean something, as an entity in itself, in every day speak, that don't withstand the understandings of a 3D or 4D model, very well.

Compare: the word 'edge' might be a thing you can point at on a 2D map:

'See, (and you can) the model ends there!'

But in the *reality* of the sphere, this edge is non-existent as an entity you can go to in order to experience its characteristics. It only so-to-speak *exists* and has some form of meaning *in* the context of the model.

You know you'll really understand this, when you can see, that it is possible (as a mental exercise) to slice the Earth open in many other ways, to create a flat model out of it. Those models (when well crafted) would be equally as valid to serve as an accurate 2D representation of the 3D world.

On those maps, the edges, **would** very much **be** ' somewhere else'.... no matter how unfamiliar such a representation would look to any person being used to North-America on the top-left and Australia on the bottom-right.

The word I am referring is '**other**'.

- *It can* be observed to exist in a 2D world and *has* there meaning and implications,
- It becomes fuzzier in 3D, but some of the meaning still has implications in 3D,
- It simply doesn't *exist* as a separate entity you can n any models of how the world of energy works in 4D and has hardly any meaning...which creates the implication of a totally different experience.

Deliberately using something I know to be 'false' calls for being totally clear on my intentions:

I am going to use the concept of '**other**' as if it exists, fully well knowing that such an entity (a fully separated part of self) doesn't exist in the *reality* of the world of energy, nor in the 4+ multidimensional *models* of it.

But I am using it nevertheless, because it is a familiar concept in every day speak, that gets used a lot in ways with a great deal of implications for the quality of life, as humans, on this planet, in sustainable (or not) decision making.

Fully well knowing that pretending-it-to-exists *only* serves an *educational* purpose, here, now. Aiming to support interested readers, used to 2D maps, but feeling profoundly that 'there must be more to life than this' to get their head around the more-dimensionality of their energy-world.

Unfolding the 2D map

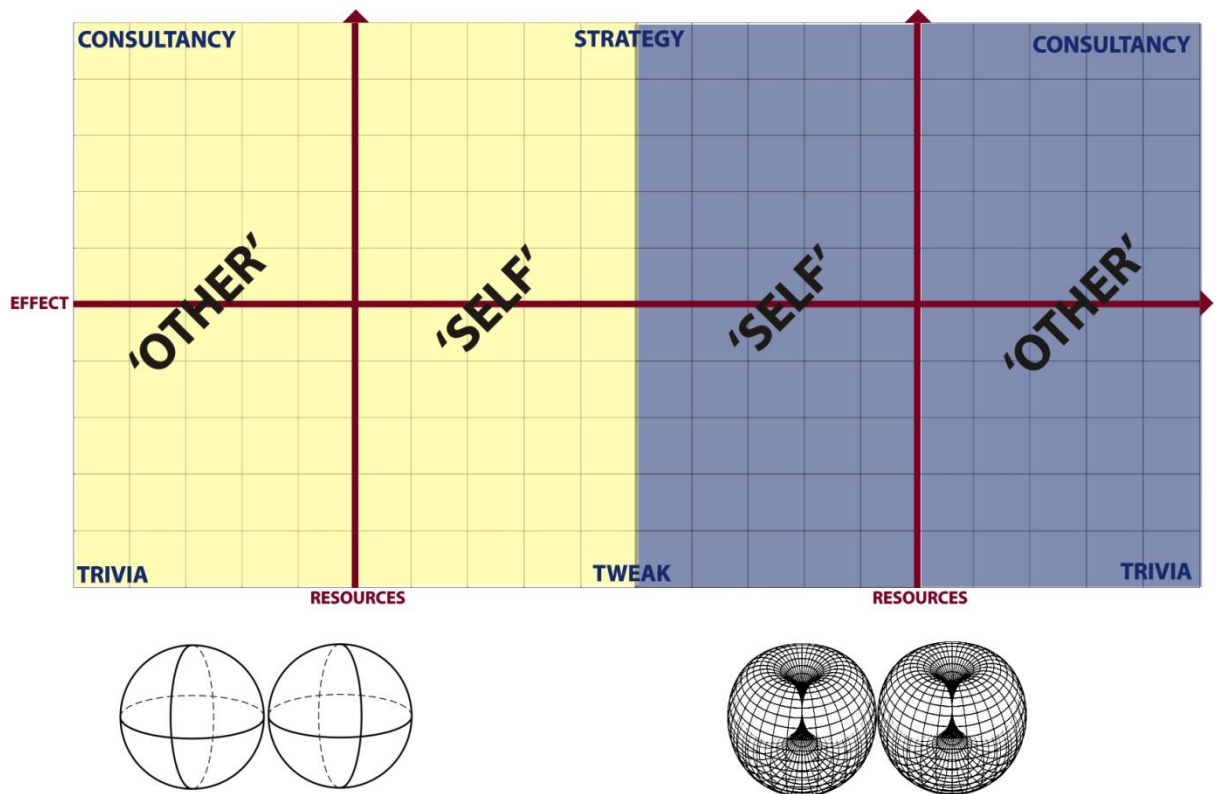
In attempting to craft a 2D map of the world of energy, that also contains the projection of the light/dark patches, to my best abilities, I realise something.

The 2D maps I made and used so far, were only mapping the front view, not showing the back-side of the word of energy!

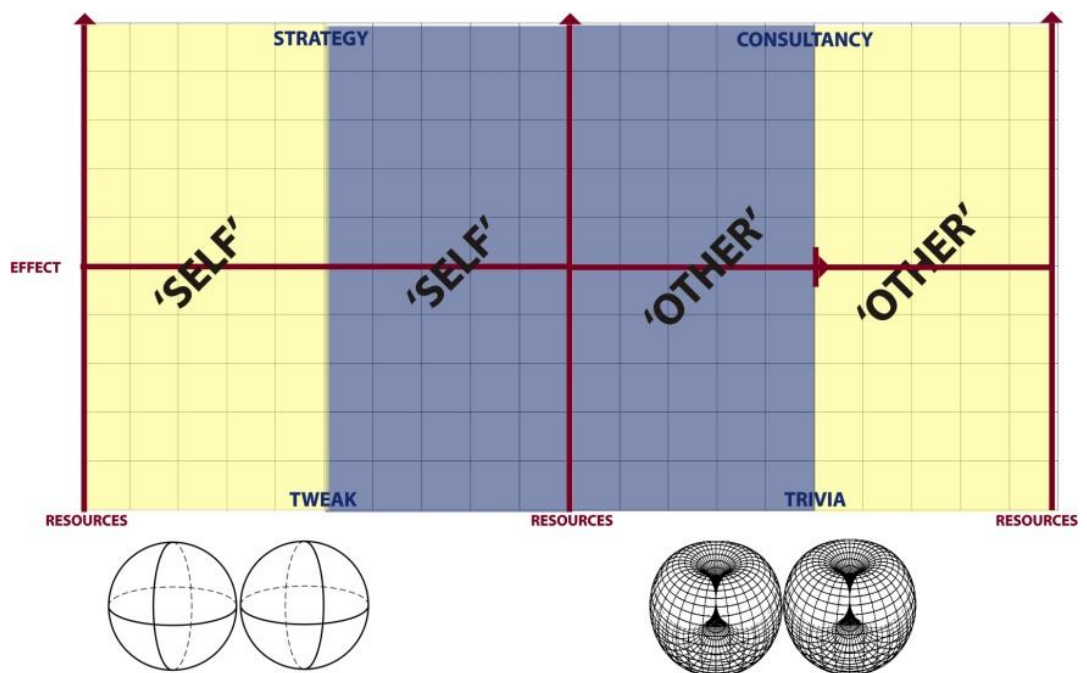
That may have something to do with the fact that I don't travel there regularly (anymore), for I don't particularly enjoy being there, for reasons I'll explain later .. so that part of the map stayed folded in my mind, until now ;-)

That means, unfolding mentally the *whole* map, of the whole sphere, represented in 2D, is a bit larger.

I am quite happy with it looking like this, where the yellow patch is representing the light and the blue patch the dark:



Please note how this map is equally valid (but the GMT of the *effect* scale, is not on the side anymore, which looks confusing, so I'll continue with using the bigger one). The image below is put in so you can check if you *do* get your head around the idea that if you make another cut, you'll end up with another picture.



**Here follow some esoteric insights on the world of energy-dynamics
(they don't show up clearly on a static visual 2D model, so I'll put them in words, alongside)**

- You *can* invest your energy in activities positioned anywhere on this map.
- You *are* a free spirit, a being of pure light.
- You *have got* the freedom to choose how you organise *your* energy investments, at any given time.
- Some *effects*, of your choices, may be more to your liking than others, in the short term and/or the long term.....
- The closer you stay to the original design of Who You Really Are, the smoother life runs, the better you feel the joy of being what you are designed to be.
- All is interrelated, ever changing.

Interpreting the esoteric understandings, with my own experiences, I'd say that:

- people's lives would run smoother, (individually and collectively),
- people would feel more resourceful and more joyful, when
they invest their energy predominantly 'in the light', since we are designed as *beings of the light* (instead of predominantly in the dark).

We are not energetical nightowls, thriving in the energetical dark!

We are energetical light creatures, thriving in the energetical light.

There is, for us, more abundance to be experienced, more nourishing input to be had, with less effort, on which we perform better, again with less effort, being **awake** in the **spiritual light** of day, conform design.

Which has very little to do with **time** of day!!!!

This is where the concept of being spiritual awake gets introduced and explained some more.

Being spiritually awake, had little to do with being physically awake.

One can be spiritually awake with the eyes open or closed, with mind /body physically asleep or awake, at any time of the day/night cycle.

One can be spiritually asleep , with the eyes open or closed, with the mind /body physically awake, at any time of the day/night cycle.

- I have reason to belief that it is *impossible* to be spiritually fully asleep, during deep physical sleep. In deep sleep, you are spiritually fully awake, regardless of the levels of your spiritual awakeness during your day-time activities.

So, what defines being spiritually awake then?

To me, it means choosing your energy investment to be positioned in the world of energy (whether you use a map/sphere/torus-model) , situated predominantly in the light areas.

So, yes, that means there is plenty of choice!

You can always be involved in Trivia (facts), Consultancy(opinions/advise), Strategy (long term plans) and Tweak (actual actions/adjustments).

You can choose energy-investments to amuse yourself, activities to please another, as an *either/or* choice, or as a *both/and* choice.

Cool! Something for everybody!

Simply observe that Trivia, Consultancy, Strategy and Tweak have areas both in the light as well as in the dark areas!

What is then so crucial about this dark/light position? What makes the difference?

The difference is clearly on the scale of effect.

Activities chosen from the dark positions, are known for their 'negative' (side-) effects, to the quality of life.

Dark side energy investments ***harm*** aspects of life. Some are felt straight away on the short term, (what are called *negative* emotions and thoughts). Others appear in the long(er) term. Which makes it not-sustainable, when you invest too much of your energy on these positions.

- They deplete resources.
- They thwart to some degree the interests, the freedom to live in the light, of other beings, present in this here and now energy reality.
- Input found/bought/taken there, doesn't nourish as much and your emotionally system (that deals with the digestion of life) can't naturally digest that (in that quantity)

Compare:

Dogs and cows are not naturally designed to eat much grains. We feed them that on a large scale nevertheless for it is 'cheap'. But then they turn ill, for they don't get well enough nourished from eating (this much) grain.

People are not designed to eat huge amounts of sugar and salt. We eat it nevertheless, for it is cheap and tastes so nice, but then we lose energy, get fat and fall ill.

Looking at the 3D model:

I added the mirror of self, that reflects back the light you send/invest into your here and now life.

That makes your 'here and now' life circumstances, the mirror of your life, where you have the option to see yourself 'shine'.



I don't think it actually *is* an entity floating *around* the self, for at least one reason.....it isn't a 'physical thing'more a reflection/projection device in your mind's eye, an attribute of self-consciousness (?).

But for the purpose of showing a 'thing' in the model we can easily relate to, I call the *here and now* a mirror in which you observe what the self is being, right now, right here.

Like the relation you have with a mirror in the room.

You *can* be in the room, the mirror *can* be in the very same room, but you *don't* see yourself in it *unless* you face it straight, with your eyes open.

Where you need your own light to shine on it, for without your light of being present, you'd see nothing but darkness/emptiness ...

which is usually quite an accurate description of what people *do* experience, not being spiritually awake *while* investing lots of energy in the dark side of the self.

Spiritual awake (and spiritually asleep but nevertheless) happy people, invest more energy in their actual here and now.

Spiritual asleep, but happy people, invest a lot of energy in their here and now, on the 3D sphere.

Spiritual awake people, travel all dimensions of the 4D torus and prefer doing that in the light, (investing most of their energy being totally energetically present in their here and now).

People investing *not enough* energy in the light areas, speak of experiencing 'lack': lack of happiness, lack of joy, lack of motivation for anything, lack of energy, lack of resources, lack of clarity, lack of achieving enough/anything.

Compare:

When a person isn't exposed to enough natural daylight, preferably sunlight touching their skin, they'll lack vitamin D in the long run and fall ill. Being enough in natural daylight is a necessity for maintaining health and a sense of wellbeing.

You *don't have to* be exposed to daylight all day, but there *is* a minimum, under which you'll have negative consequences of 'lacking' this ingredient of life.

In line with that...you don't *have to* be *constantly* involved in the here and now, to be mentally and emotionally healthy. But a minimum of 4 hours a day, every day, giving it your full attention, supplying what the here and now benefits from having from your natural talents, *is* required, for your social emotional plus mental health and wellbeing.

Without that, structurally, *you* shrivel personally emotionally away *and* the health of the meaningful relationships deteriorates to.

Removing yourself too much from the here and now, IS removing yourself from the self.

Technically, it is impossible to escape the 'room' of the here and now and this mirror in the room is always reflecting images of you back to the room you are in.

You may think you can enter another 'room', hoping things to be better there, but every room you enter has this here and now mirror, for all that is placed in the self.

Compare with the physical world.

Choosing to be awake in the night, doesn't mean that there isn't a light patch at the same time (now) on the planet, which is the 'here' you are positioned on.

Getting practical

Staying on an abstract level of 'being' is good fun, but as a reader, you probably want to have an idea on what I am talking about in easy to relate to terms of 'doing' if any of these questions is preying on your mind:

- **What can I do to be happy?**

Invest more energy, give more attention, invest your talents, in you're here and now reality.

- **What am I doing that is causing my own unhappiness (and that of my loved ones)?**

You are (too much) investing your currently available resources in joyful opportunities in the here and now, to invest in 'better resources in the future', which is not now.

You are sacrificing investing giving appropriate attention to the people in the same room of you're here and now, aiming to attract, impress, please, amuse people who are not in the same room of this 'here and now'.

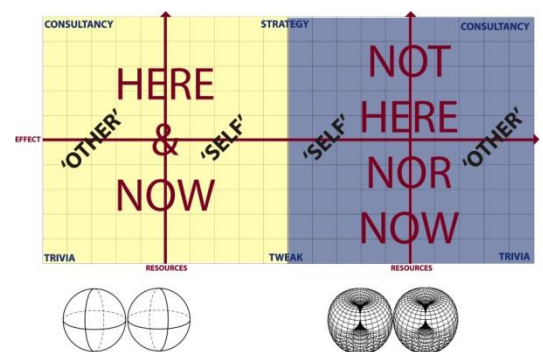
These are the things you'll find in any self-development book that discusses mindfulness as a way to improve the quality of your life.

The thing is..... I am not comfortable with totally leaving the abstract level of 'being' and focus solely on 'doing'. For I know that *anything* you can think of 'doing' can be done on the dark side as well as on the light side. I now that even 'here-and-now' is open for much confusion.

So, to my mind and in my experience, you are none the wiser, with me pointing to activities and adding the small map!

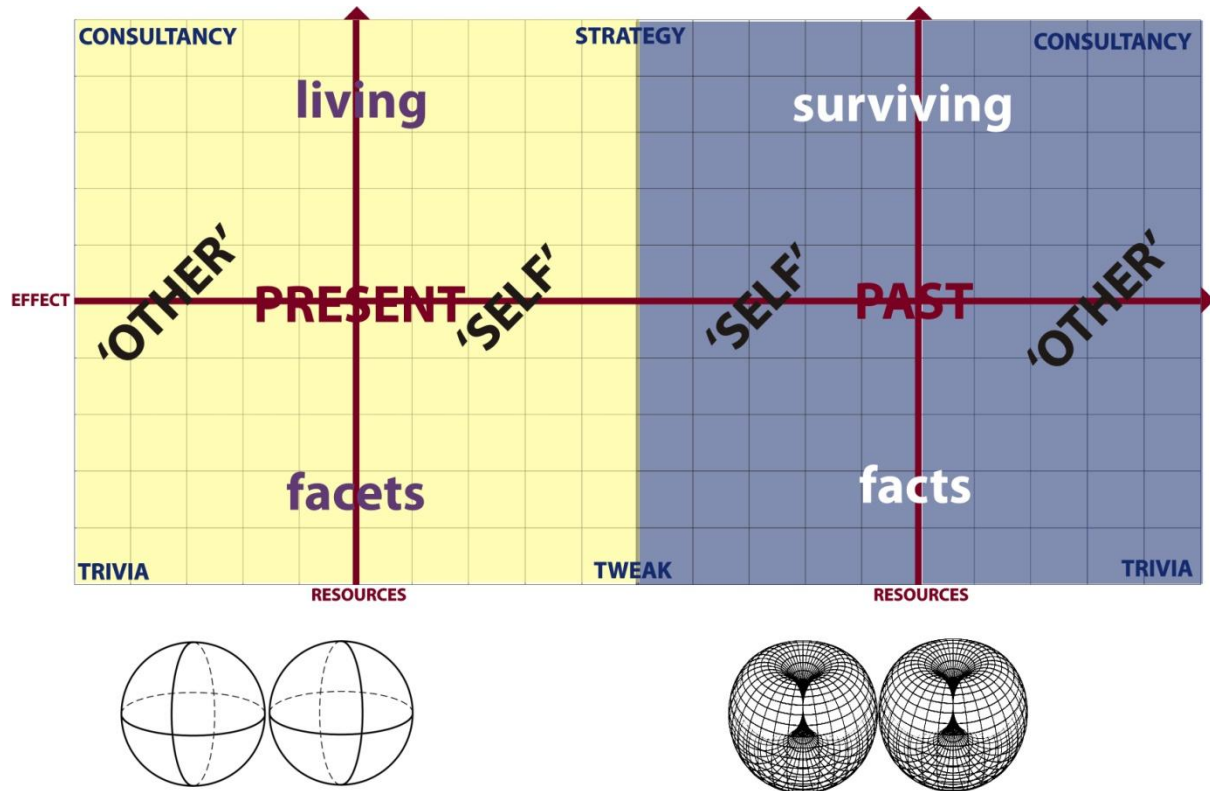
Being spiritually awake, using your energy investments wisely and resourcefully, has very little to do with 'what you do', but much more with 'what you are being' when you are doing it. The social-emotional mental positions you are at on the map/sphere/torus while doing it; keeping an eye on the mirror of self, or not.

You can even 'do' all the spiritually recommended self-development activities, while not moving an nano-millimeter away from your social-emotional mental 'asleep' position on the sphere of self.

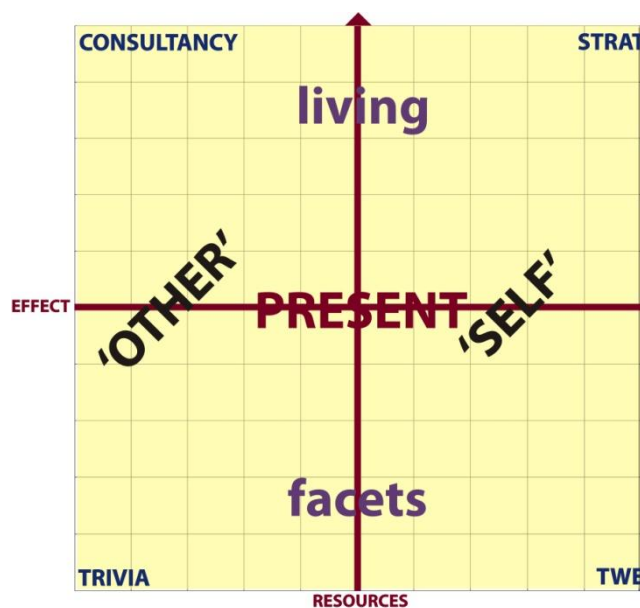


So, time to tweak the map again.

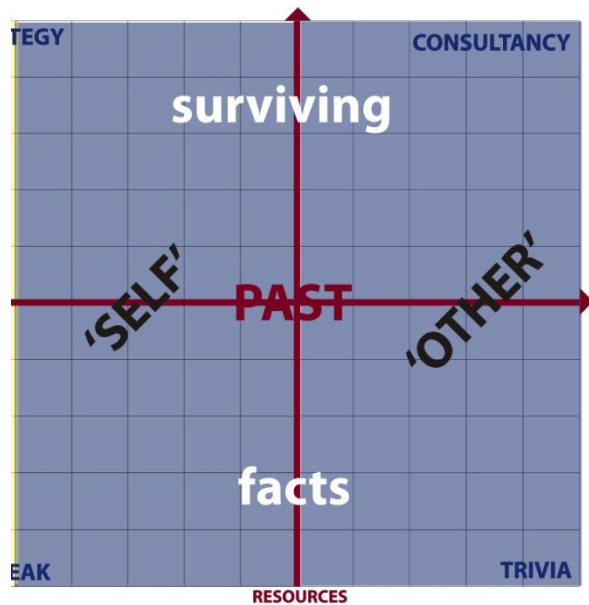
This is the whole map, but it is quite large. Not really practical to hold in the hands of your imagination to walk your daily path's with, all the time. Besides... who needs a map, when you follow day in day out the very same route(s)/ routines?



I already confessed earlier, that if and when I use the 2D map, I have the light side folded open.



But for now, let's fold it open at the dark side.



Take a very careful look and you'll notice that a person who uses this part of the map to navigate life with, assesses (rightly so(!)) other things to have more effect than on the light map.

Remember how Trivia and Consultants had the *least* effect on the light side?

Well, on this side, the Trivia and Consultants are *most* influential and therefore considered *most* important to invest energy in.

How in heavens name is that possible?

Well....seen from the actual here and now, these consultants of the past, the people you consulted on 'living' for a long period, paying them all attention you had available, memorising the facts supplied in those days as if they were written in stone, valid and usable forever, are in your past. The 'self' you were in those days, was called 'a child' and the consultants who took you under their wings, in exchange for you paying them a lot of attention, taught you about their life strategy: 'surviving'. Faithfully, (no nasty intentions there), most parents/teachers shared with you all they knew on applying that strategy.

Surviving, is a *future* orientated coping-technique. It is acknowledging that important things may be lacking now, but shall be better later, if only you *do*...what other's (those who supply your basic life sustenance) *say*, in the way *they* want you to do it.

Whenever you tried exploring interesting paths on the other side of the map, these consultants (who were also your prime caretakers and teachers) warned you first and then usually withheld supplies to support your explorations there: positive attention, care, safety, food, shelter.....

So, you learned.. they must be right. There *is* lack! There *is* lack!

But there was also *hope* built into this strategy.

Maybe, if you survive this childhood here-and-now, as a 'good boy/good girl' things will eventually automatically turn to the bright side of life?!

That strategy, might not be in accordance with how navigating any world really works.

The thing is, if you don't consciously, actively unfold the wings of your life-map and start navigating in the light side, you will have programmed your subconscious that this *is* how life should be lived. How you actually prefer it to be.

Based on a strategy of surviving, of seeing lack in the here-and-now, following the facts rules and regulations you grew up with.

Still dancing to the tunes of others, who are not actively involved in or well informed about your *current* life circumstances, but rule your behaviour for being internalised consultant now, paying high interest on a life-long mortgage. Being the always activated TomTom using *only* the outdated (!) data from the dark side of the map. Founding your energy investment-choices, on non-relevant-for-this-situation, not up to date intelligence. Probably not such a good idea...?!

Wake up sunshine.... you are an adult now.

You have survived childhood, hurrah. Time to invest some of your resources to update your TomTom data on your whole map!

Not just once, by the way!

Old maps stay inadequate to navigate on, for a long time, they simply gradually become more and more inadequate.

Living in the here and now, requires updating on a regular basis.

Especially if you choose to live a completely different life than you parents/cultural peers/ teachers, in very different social cultural circumstances and exploring very different path and ways!

So, it is recommended to update your map of real time present opportunities to invest your energy and talents on, on a day to day bases, sometimes even on a moment-to-moment bases.

You receive this update automatically, once a day, when you are asleep....

But if you then overrule (on auto-pilot maybe even, as a programmed setting) actually *using* the light side of the map, navigating on the bright side of life, obeying that life is and has to be about 'surviving this moment' by following the cultural facts and regulations to *live another day* and escape this here-and-now of 'lack', waiting for life's goodies to miraculously appear out of the hands of your prime caretakers.... (spiritually) wake up.

Who *is* the prime care-taker, the responsible adult in charge of your day to day energy investments in your world, in every here and now you are present in?

You do have choice in correct answers. What about the 'self', and/or the 'Self'?

The effects of being too much 'in the dark', not being *enough* invested in intelligently and actively being involved to *your* best natural ability, in there and now, is destroying something very precious: your soul. Your joy of being alive.

Your energetical self is not happy and fulfilled and.. when you proceed travelling this side of your world for long enough.... ruining the quality of other people physically and emotionally present in your life too. Plus, in a negative ripple effect, it is deteriorating the wellbeing and prosperity of your community, sacrificing the joy of life of other living beings too.

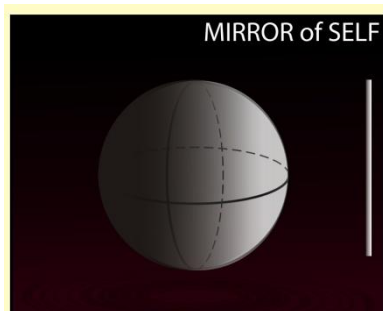
'I am, here, now', that is the key to being spiritually awake.

How can I invest my energy, here, now.

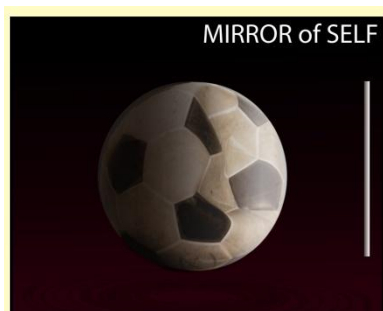
Appearance is seen as everything one projects out. It is more than just 'looks', it is the sum total of choices put into behavioural actions.

Focus and fulfilment, speaking of a (partially) deflated self

In order to see yourself 'in focus', sharp, clear in the mirror of self, it may be interesting to observe that the world of energy is a sphere when it is healthy, balanced and fully filled, like a ball.



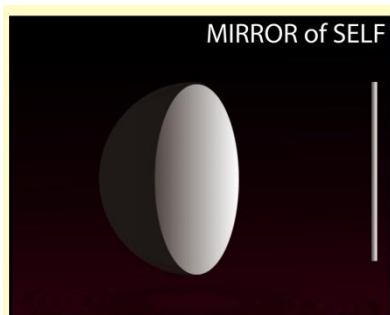
A fulfilled, self-realising self, can be imagined like this.



When there is not enough energy invested in the self, not enough tension, all over the surface, the energy will go to the part where one is invested in (often the dark side).

The light side is then buckling up and transforming.

If and when such a person would be looking in the mirror of self (in the here and now at its current energy-investments and the prettyness of the expression of the self.. he will rightly observe for himself that something is wrong...which will be echoed to be so, from the back of his mind, the highly energies past consultant's voices.



Deflate some more, and what he sees might look consistent, but empty and quite the reverse of his actual fulfilled self.

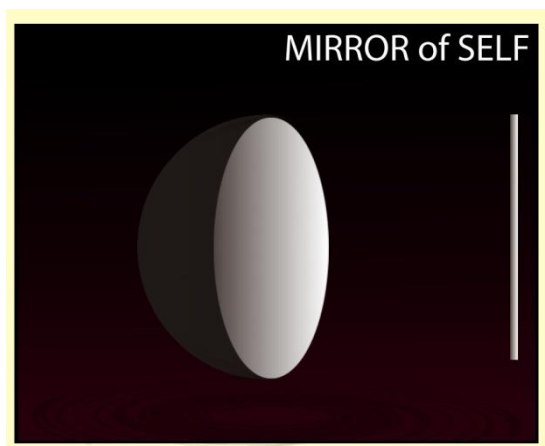
Invest your energy wisely

If you are not feeling fulfilled, you don't have enough energy to apply the right tension in your whole system.

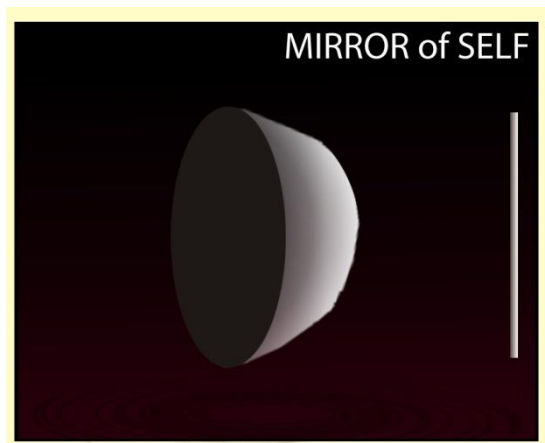
Let's not pretend any differently.

But the energetic situation doesn't have to stay in this highly unsatisfactory state, for both yourself as the people who are in the same here and now reality living with you.

Use the amount of energy you have, wisely, no matter how small it is and natural dynamics will bring you more energy.



If you are shaped like this, energetically speaking:



you **can** be this.

for it takes the exact same amount of energy!

Focus all the energy you have available on investing the *best* you have to give, all in the here and now. The situation you are physical in (like or no like), the people you are physically with (like or no like), the smallest tasks you *can* fulfil (like or no like) execute it to its intended end result, to your best abilities, in line with your (OWN) *honest* and *highest* understandings of what is healthy, friendly, pleasant.

In doing so, you simultaneously deflate the power of any voice, person, influence that is *not* actually present in you're here and now circumstances, to zero- energy, zero- presence, zero-(negative!) influence.

Which is, by the way, a very different strategy from doing the exact opposite of what you know your parents/teacher would advise you. This is about going to the opposite side of the map, not to the opposite side of doing sensible things!

If that means meditating all day, sit on a pillow, counting your breath, for a while.....for nothing else meaningful or useful can be undertaken for 'not being in form', lacking energy.....so be it.

Choose your priorities about your resources wisely.

Being in form, energetically and physically (in that order!) is important, on whichever side of the map you desire to travel, both survival as well as living.

Being conscious of your breathing and your form, your posture, has its benefits anyway, also in another respect.

If you choose your posture to be giving room to your breathing process, you are actually giving room to be more fulfilled with the energy bringer known as *air*: oxygen.

This simple, almost no-energy-costing, but lots of energy giving exercise is worth trying.



Stand still, both feet on the ground.

Arm pits open, palms facing up, chin up and say out loud, or think deliberately, with focus and intent:" I am, here, now., which you know to be a fully true and open expression of your being.

In doing so (being honest and open with all the focus and attention you can muster) you are maximally present in the here and now, taking in the maximum amount of fresh our, fulfilling your energy system though your lungs.

Equally (on breathing out), giving out tension and holding onto things that don't serve you anymore, in the here and now.

Invest that fresh amount of energy, that feeling of self, into the next here and now when you choose another activity to invest your time in. And make an habit of doing any things, in you're here and now, with full attention, full focus using your strengths and talents, to your best ability.

Alternative:

Stop whatever you are doing, disconnect from being anything for anything other than 'self'.

As this 'self':

"I ask the part of me, who can happily and confidently deal with this situation, to take the lead here. I surrender" (and you let go of all tension in your body, lying down on the floor, a sofa or a bed is ideal for letting go, completely).

Resume any activities no sooner than that you feel a boost of energy and a joyful impulse forward. You will then now, that you've internally flipped the empty ball, facing with a smooth the light side under the right amount of tension, the here and now. Or, if you were not deflated... you've recalibrated: refocused and realigned your attention with the lightest part present within you, right now.

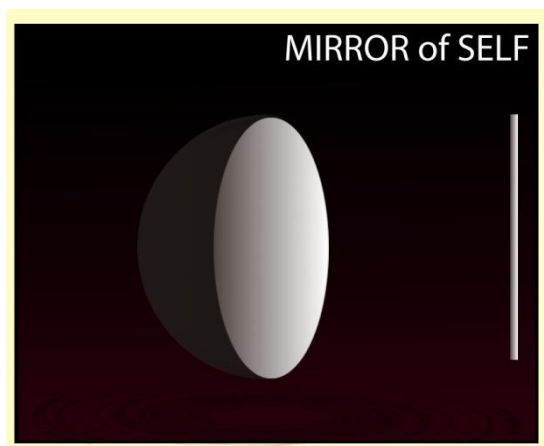
Feeling centred

Content people sometimes can report to feel *centred*, which is an inner calmness, inner connectedness with the core.

In a far deflated state, people don't report this to occur within themselves.

I would say, that has a lot to do with the feature that shows up in the 4D reality of the world of energy, the inner core.

Try picturing what happens to the free flow of energy (and information) through the core, when your energy world looks like this:



Has it been tightly squashed between the layer of past and the imploded layer of the here-and-now?

Is it still functioning between the north-pole and the south-pole of your energy-world, where you simply can't feel it within, for it isn't?

Whatever the correct answer might be, it cannot be in its natural rightful indented place, performing its intended function in such a way that you are fully aware of it.

Feeling centred, having this connectedness with free flowing open channels of energy and information within, is a great resource for making wise decisions.

The advise, to only make decisions when you are in a calm state, at peace with yourself, is one I second.

So, when your life needs a change and you are not calm about seeing your options...make becoming calm in your world of energy a priority. For decisions made from any other frame of mind, are doing yourself and others unnecessary harm.