

## Fully Expressed Energies

If TIA brings awareness and practices toward masterful living, this aspect of TIA – Fully Expressed Energies – cultivates wholeness by noticing areas of energy that we’ve marginalized and inviting opportunities to fully integrate them. Out of this comes subtle-level preventative maintenance, increased choice, greater power, and increased resourcefulness to reach fulfillment.

Looking at types of energy we can uncover answers to questions like:

- Who are we as human beings?
- Who am I relatively in comparison with others?
- Who have I habitually become (either through having been trained, or through training myself)? Energetically, where have I been taught to shrink away (“taboo” areas)? Where have I chosen to shrink myself? What stories have I consciously or unconsciously held that keep me small in these areas? What experience do I live as a result of this training?
- What aspects of myself have I not cultivated, that if I cultivated them, would reduce the number of “problems” I experience?
- What triggers me about myself, others, or the world? How do these symptoms teach me about aspects of me I have not yet come to terms with, not yet integrated?
- What parts of myself have I been unwilling to express, and what are the costs to me of banishing these parts of myself? What might I get to enjoy if I gave myself permission to express these parts of me?

### **Energy - Core Premises**

Fully Expressed Energies includes two core premises:

1. What I experience as challenges, problems, or triggers are actually symptoms about me – symptoms of my dis-integration or imbalance. By this we mean:
  - a.) imbalance - there are skills I have not yet fully mastered, or
  - b.) dis-integration – there are energies that I have not yet integrated / come to terms with.Energetically-speaking, what I have not yet found a way to master or successfully integrate will show up symptomatically as problems, triggers, or challenges.
2. What we resist, persists. Energy cannot *not* flow. Whatever we submerge, repress, banish, marginalize, avoid, or villanize as “taboo”, will return in darker (less choiceful, less conscious, less desired) forms. What we refuse to allow expression in a spirit of play will express itself in forms we enjoy far less. In others, this shows up as autonomy fits in more or less dark forms (rebellion,

intensity, hostility). Energy wants room to flow unblocked, unresisted, unconfined.

Beth spent most of her life as an eternal optimist. She chose to look on the bright side. She enjoyed creating visions, she enjoyed following a higher calling. She saw possibilities and opportunities in life's experiences. However, Beth found herself devastated when, in a single year, her unreliable finances turned to bankruptcy, and 2 trusted friends lied to her. It knocked her back several steps emotionally.

Where Beth had cultivated and enjoyed the upbeat and the intangible, she found "problems" show up in the realm of the practical and the "darker" sides of our humanity.

## **Core Premises - Questions for Exploration –**

Choose a category in the Types and Energy Sets pages. Where is your center of gravity personally? Where do you experience challenges, problems, or things you dislike about others from the opposite pole? Try this exploration with yourself professionally. Try this exploration while thinking about us as a country in relation to other countries.

## ***Why Fully Express Energies?***

What's the point? Why bother cultivating areas we've not yet mastered? Building awareness and skills in a wide range of energies and types brings us a higher level of actual choice, increases our capacity to fully self-express and fully self-actualize, and increases our resourcefulness for problem-solving and for living a passionate and fulfilled life.

## **Dynamics of Full Choice**

We think we are free humans living by our own choices. But are we living out of full choice, really? Let's define "full choice" as the capacity to select a course of action out of pure equilibrium where both possibilities are equally peaceful, desired, and acceptable. Do I live out of choice? Or do I live out of conscious or unconscious reaction, avoidance, or preferences? Am I living by open, spaciousness, or am I living out of fear, compulsion, following the directions I am compelled to follow? Am I masterfully at free will and choice?

"Full Choice" is the capacity to select a course of action out of the state of pure equilibrium that comes when opposing options are consciously, equally peaceful, desired, and acceptable.

Let's take an example. It's Monday; today I will go to work. Is my going to work an act of full choice? Let's do a thought experiment and see. On the subject of "going to work", what are my two possible (opposing) options?

Go to work                      Don't go to work

If these are my two options, do I have equal peace and equilibrium about them both, or does one weigh heavier than the other?

The following table explores possibilities around this example, showing the dynamics of choice:

<b>Emotion</b>	<b>Thought</b>	<b>Choice</b>	<b>Source of Choice</b>
I feel anxious at the possibility of NOT going to work.	I might get fired!	I go to work.	Fear.
	I have to, it's my job.	I go to work.	Obligation.
	I can't stay home, that would be lazy.	I go to work.	Moralistic judgment ("it's bad to be lazy")
I feel delight at the possibility of not going to work.	Screw this! I need a day off!	I don't go to work.	Rebellion.
	Ugh. I could use a day off.	I don't go to work.	Compensation for exhaustion.
	You mean I get to choose to stay home? WooHoo!!!	I don't go to work.	Compulsion toward expressing autonomy.
I feel delight about the possibility of going to work	It's way better than being here! I love my job! And it's not ok to stay home.	I go to work.	Compulsion (toward desire)
	My spouse would not want me to stay home.	I go to work.	Compliance; compulsion to please others greater than self-connection.
	My boss would think I'm a woosie if I stay home today.	I go to work.	Avoidance (of shame or humiliation)

Confusion, defensiveness	What do you mean, why do I go to work? I just do! That's what you're supposed to do!	I go to work.	Unconsciousness, possibly unconscious compliance or fear.
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Notice how, in each of these previous examples, both “stay home” and “go to work” are not equally acceptable, not equally desired, not equally peaceful.

Emotion	Thought	Choice	Source of Choice
Equilibrium	There are pros and cons to both. I am fine either way. I'd like to go.	I go to work.	Full choice.
Inner peace.	If I go or not go, both are fine. I think I'll stay home just for fun.	I don't go to work.	Full choice.

In the first examples, the course of action was set not by choice, but by reaction (to fear, compulsion, compliance; out of a “have to” coming from moral judgment or obligation; to avoid punishment or shame; out of compulsion toward preference or out of some surging inner drive, in this case, autonomy).

In the second set of examples, full choice was available from within the rested state available when both options (go to work or not go to work) are equally acceptable, desired, and appreciated.

Our hope is to increase our consciousness, and increase the frequency of our choices coming from full choice rather than compulsion or reaction. In your life, who runs the show, consciousness or unconsciousness?

## Preventative Maintenance, Full Self-Actualization

Cultivating integrated energies also provides opportunity to fully express all of who we are. In this full self-expression, we have the possibility to reach full self-actualization. Without it, our soul and emotions can become frustrated and turn dark, or manifest the energy in darker expressions.

To make sense of this, let's use an analogy. Consider energy like muscles in the body. Fully expressed energies are like limber, stretched muscles for the psychological and energy body. When we stretch muscles, it creates flexibility to move as we wish with less effort, more ease and greater strength. On the other hand, unattended to muscles will stiffen, tighten and eventually atrophy, creating weakness and opening the door to potential injury.

Likewise, when we cultivate stretching our energy body muscles, when we stretch our psychological envelope, when we challenge ourselves to step into energy expression we would normally repress, banish, or avoid, this practice gives us increased psychological flexibility to adapt to life's moments, and increases our inner (subtle energy) strength.

On the other hand, unexpressed or repressed areas of our energy body can stiffen or turn dark if not expressed in a healthy way. Resisted energy becomes personality kinks, weaknesses, "problems".

Janet grew up with a very cynical father. Unconsciously, she learned that if you had cynical opinions, it meant you knew what you were talking about; that if you could voice a critical opinion it demonstrated that you are smart. However, in her 40s, Janet found that her habitual focus on what she did *not* like and what was *not* working and what was *not* as it should be left her chronically depressed. After years of exhausting depression, and not wanting to turn to medication, she sought me out, a TIA coach. Daily practices of gratitude and celebration lifted Janet out of her depression in 2 months.

Could Janet have avoided years of depression by practicing a balance between the information of her cynic-style and the appreciation-style of a daily practice of gratitude? I believe so.

***To prevent "problems", cultivate non-preferred energies  
in a spirit of play and curiosity.***

Resisted energy will amplify and eventually explode in one way or another.

I've done many workshops on communicating compassionately, where the focus of the workshop is alternatives ways to speak and perceive that can replace habits of blame, shame, guilt, punishment, and moralistic judgment. Inevitably, some people will erroneously hear the material as "you have to be nice". In one workshop, a male participant stood up and screamed, "This isn't fucking real! You people are fucking bullshit artists! I don't want to sweeten up everything! I want room for all of me!"

I relished what I heard behind his intensity. Communicating compassionately isn't about being "nice", it's about being real. He was making a stand for the more intense side, too. He had deep pain for having had his intensity banished, villainize, and labeled "messy". So I welcomed his point, listening silently while he expressed himself.

After several minutes, three people (uncomfortable with his tone, volume and vocabulary) stood to leave. I asked them to stay a moment and turned to the screaming participant and said, "Yeah, you fucking want room for ALL of you, even the MESSY shit! Is that it?" Instantly the man, finally met in his energy and intensity (maybe for the first time in his life), began to calm. He took several deep breaths. He sat down. Finally he asked quite curiously, "Yeah, how can I

communicate this way AND have my intensity too?" This question was a perfect segue to a learning for all of us – how to scream compassionately.

By the end of the workshop, the 3 who had considered leaving each came and told me how rich it was for them to see how a willingness to be with that energy opened the door to deep learning for them.

In history, how many acts of violence or physical harm have occurred because a message, voice, or style was banished, repressed, or labeled “unacceptable”? Interpersonally, resisted energy becomes autonomy fits demanding full choice and acceptance. Globally, ignored energies become defensive; conflict escalates and we have war.

Some hippies hate rich folk, some corporate folks bash the hippies. To some women, masculine directness is “harsh”; to some men, feminine softness is “weak”. To some thinkers, emotional intelligence is “too touchy-feely”. To some grounded do-ers, intellect is considered “elitist crap”.

How much could we benefit and grow if we had space to welcome in and cultivate what we are normally unwilling to embrace? How much could we learn if we approached different kinds of energy with curiosity and playfulness? Interpersonally and globally, how much fighting and strife could be prevented if we were willing to give space (in a workable way) to energies otherwise banished?

## **Increased Power and Resourcefulness**

Genetically, in breeding creates defects. Strong genes are created in the cross-pollination of diverse populations. As individuals, as organizations, and as nations, when we’re unwilling to cultivate something “taboo” or “different” as a form of welcome play, we are doing psychological in breeding.

On the other hand, increasing our capacity and stretching our energy-body envelope increases our power and gives us greater skills and resourcefulness.

<p>Each energy (type, style, skill, tool) is necessary, but each alone is insufficient. For wholeness and strength, each aspect is vital, critical, necessary.</p>
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As a child, John lived 2 years in foster homes because of child abuse at the hands of his father. As an adult, John vowed to be nothing like his father, and did all he could to develop himself “better than that”. Unfortunately, his commitment and fear lead to John throwing the baby out with the bathwater – in wanting to avoid violent actions, John deliberately repressed any tone or style that seemed “aggressive” to him. He developed an overwhelming reticence to use directive tones, even if coming from his love.

As a father, this contributed to chaos in John’s home when the children would run wild around the house, screaming, knocking over furniture. They knew

Dad wouldn't stop them. John resented picking up after the kid's mess, so he'd get irritated when the children played. By the time he would speak, it would explode out of him in a burst of anger and rage.

One day when John's anger showed up, he grabbed the arm of his little girl too hard. Pushing her into her room, he bruised her arm.

As a father, how could John experience greater power and resourcefulness if he would integrate a healthy form of assertiveness? How would this kind of balance benefit John's other relationships, personal and professional?

Imagine walking with one leg strong, the other weak. We laugh at the thought of it, yet in our energy body, when we are unconscious in our development, we inevitably cultivate preference and avoid areas that would require greater effort to integrate. We'd never walk with only one leg strong, the other unused, untrained, and weak. Yet psychologically, and in our energy and our preferences, that's how we walk.

When we build awareness of diverse styles and energies, and when we live a lifestyle of cultivating domains where we habitually have not developed strength, we compliment our resources, increase our skill, and progress toward greater wholeness.

If "power" is the capacity to mobilize our resources to manifest what we want to manifest, cultivating integrated energies gives us more power, flexibility, strength, and choice.

Are you integrated, or dis-integrated?

The following pages give a variety of type / style / energy sets. Which sets are you familiar with? Which sets are new to you?

In type dynamics, we are capable of and may use all poles in a particular set. At times we may tend toward certain poles (preferences, our particular style). Which types and styles do you prefer? In which circumstances do you prefer which pole(s)?

How can a "yes, and..." approach of curiosity to integrate all poles support you in integrating new skills?

How would you go about it?

## Type / Style / Energy Sets

This section provides a brief overview of many type sets, style sets, and energy sets from many traditions. See which ones draw your attention. What do they have to give you?

### Type: Spiral Dynamics vMemos (centers of gravity)

Based on: Spiral Dynamics, by Don Beck and Chris Cowan.

Link: To order this item, click here or copy this URL into your browser:

[http://www.amazon.com/exec/obidos/tg/detail/-/1557869405/ref=ase\\_4abettelife/](http://www.amazon.com/exec/obidos/tg/detail/-/1557869405/ref=ase_4abettelife/)

Describes: cycles of development of consciousness; development of core intelligences. Aspects of our totality as human beings (all vMemos are within us, more or less active depending on circumstances, resources, and previous development.

Color Symbol	Spiral Dynamics Label	Sample Core Values	Symbolic Metaphors
??	??	??	??
Coral	??	??	??
Turquoise	Holistic; global order	Fulfillment thru world access, diversity, non-duality	Holographic Universe; Interconnectedness – as One with All
Yellow	Integrative; Integrated Self	Flexible adaptation thru interconnected, system, big-picture views	TIA in personal development; Systems Theory?
<b>SECOND TIER</b>			
Green	Communitarian	Well-being of all; harmony, community	Green party; social activism
Orange	Achievist	Personal Accomplishment	Entrepreneurs, Corporate America
Blue	Purposeful	Honor, order through Truth and obeying authority	Religious Right, Military service.
Red	Impulsive	Independent Self-expression; Enforce power	Alexander the Great; Street gangs
Purple	Magical	Make sense and find protection through tribal relations and magic	Clans, rain dances and spirit medicine; Tribes, hexes, and please the spirits.
Beige	Survivalistic	Stay alive	Gorillas, early mankind, infants
<b>FIRST TIER</b>			

## Type: Myers-Briggs

Based on: MBTI Manual (3<sup>rd</sup> Ed.) - Isabel Briggs Myers research and work.

Link: To order this item, click here or copy this URL into your browser:

[http://www.amazon.com/exec/obidos/tg/detail/-/0891061304/ref=ase\\_4abettelife/](http://www.amazon.com/exec/obidos/tg/detail/-/0891061304/ref=ase_4abettelife/)

Describes: cycles of development of consciousness; development of core intelligences. Aspects of our totality as human beings (all vMememes are within us, more or less active depending on circumstances, resources, and previous development.

Types	Descriptions	
E / I	(E)xtrovert – gets energized through interaction with others; processes externally; changes topics frequently; preference for groups.	(I)ntrovert – gets energized through alone time; processes internally; prefers to pursue one topic in depth; prefers one-on-one connections.
N / S	I(N)tuiting – Perceives and processes information through patterns and interrelationships	(S)ensing – Perceives and processes information through the 5 senses, experience, doing.
T / F	(T)hinking – Basing conclusions on objectivity, logic, detachment.	(F)eeling – Basing conclusions on values, understanding, harmony.
J / P	(J)udging Type - Relating to time through planning and scheduling in advance.	(P)erceiving – Relating to time through a spontaneous, go with the flow approach.

## Type: NLP Types

Based on: Mindworks – Anne Linden and Kathrin Perutz.

Link: To order this item, click here or copy this URL into your browser:

[http://www.amazon.com/exec/obidos/tg/detail/-/0836221680/ref=ase\\_4abettelife/](http://www.amazon.com/exec/obidos/tg/detail/-/0836221680/ref=ase_4abettelife/)

Describes: Types of cognitive and learning functions (including speech).

Sameness and Difference Processors	Learners – Auditory, Visual, Kinesthetic
<p><b>Sameness Processors</b> – understand based on what is common, compatible with, similar, like something from before, or what we’re saying “yes” to.</p> <p><b>Difference Processors</b> – understanding based on what is different, unique, opposed to, unlike anything previous, or what we’re saying “no” to.</p>	<p><b>Auditory Types</b> – attend to and perceive cues received through hearing, or about hearing-related elements.</p> <p><b>Visual Types</b> – attend to and perceive cues received through sight and vision, or about sight-related elements.</p> <p><b>Kinesthetic Types</b> – attend to and perceive cues received through the bodily or experience, or about body-related elements.</p>

**Type: Yin/Yang (Masc./Fem. Principle or Shiva/Shakti Energies)**

Based on: Several sources and traditions, including transpersonal psychology, archetypes, esoteric disciplines, Eastern mysticism, shamanism, feng shui., David Deida’s intro work.

Describes: Types of manifest energy.

**Masculine Principle / Yang Energy**

Linear  
Stillness  
Freedom  
Nothingness  
Death  
Ascendant  
Insight, Discernment  
Observe it, describe it  
Order  
Penetrating  
Structure  
Hardness  
Strategies  
Maps  
Do  
Destruction  
Exhale  
Forward  
Productive

**Feminine Principle / Yin Energy**

Curved  
Movement, Flow  
Love  
Matter  
Life  
Descendant  
Body, Experience  
Experience it, enjoy it  
Chaos  
Receiving  
Openness  
Softness  
Values  
Processes  
Be  
Creation  
Inhale  
Inward  
Receptive

**Type: 4 Energies**

Based on: Multiple sources including Steven Gillian’s work and King, Warrior, Magician, Lover, by Moore and Gillette

Link: To order this item, click here or copy this URL into your browser:

[http://www.amazon.com/exec/obidos/tg/detail/-/0062506064/ref=ase\\_4abettelife/](http://www.amazon.com/exec/obidos/tg/detail/-/0062506064/ref=ase_4abettelife/)

Describes: How we energetically relate to others and to challenges.

Royal	Fierce	Playful	Tender
Queen	Kali	Ecstasy	Inviting
King	Warrior	Fool	Lover
Leaderful	Samurai	Child-like glee	Passionate
Directive	Hard-love	Irreverent humor	Reverent appreciation

## Type: Enneagram Types

Based on: What's My Type? // My Best Self - Hurley and Donson

Link: To order these items, click here or copy the URLs into your browser:

What's My Type: [http://www.amazon.com/exec/obidos/tg/detail/-/0062504215/ref=ase\\_4abettelife/](http://www.amazon.com/exec/obidos/tg/detail/-/0062504215/ref=ase_4abettelife/)

My Best Self: [http://www.amazon.com/exec/obidos/tg/detail/-/0062504215/ref=ase\\_4abettelife/](http://www.amazon.com/exec/obidos/tg/detail/-/0062504215/ref=ase_4abettelife/)

Describes: Personality types resulting from the triad mix of dominant strengths and helper strengths.

<p><b>1 – The Achiever</b> A Dependant type. Dominant Doing Supported by Feeling. Less cultivated Thinking.</p>	<p><b>2 – The Helper</b> A Dependant type. Dominant Feeling Supported by Doing Less cultivated Thinking</p>	<p><b>3 – The Succeeder</b> An Aggressive type. Dom. &amp; Repressed Feeling Supported by Thinking. Supported by Doing.</p>
<p><b>4 – The Individualist</b> A Withdrawing type. Dominant Feeling Supported by Thinking Less cultivated Doing</p>	<p><b>5 – The Observer</b> A Withdrawing type. Dominant Thinking Supported by Feeling Less cultivated Doing</p>	<p><b>6 – The Guardian</b> A Dependant type. Dom &amp; Repr. Thinking Supported by Doing Supported by Feeling</p>
<p><b>7 – The Dreamer</b> An Aggressive type. Dominant Thinking Supported by Doing Less cultivated Feeling</p>	<p><b>8 – The Confronter</b> An Aggressive type. Dominant Doing Supported by Thinking Less cultivated Feeling</p>	<p><b>9 – The Preservationist</b> A Withdrawing type. Dom &amp; Repr. Doing Supported by Thinking Supported by Feeling</p>

## Type: Miscellaneous Energy Sets / Type Sets

Based on: several sources. Can you say, “Yes, and...” and comfortably embrace, welcome, or come from any pole choicefully?

- Binary Types – 0 / 1 – individual or interconnected? separate or part of a whole? Dual or non-dual?
- Archetypes – savior/helper, outrigger, devil’s advocate, dreamer, maternal, ...
- Sexuality Types – Heterosexual, homosexual, bi-curious

## **Recap**

- The Fully Expressed Energies aspect of TIA cultivates wholeness by integrating areas of energy we've marginalized or forgotten.
- Problems, triggers, and challenges we experience are symptomatic of energy/skill imbalance or dis-integration.
- Energy cannot *not* flow; therefore, energy we attempt to repress or avoid (consciously or unconsciously) will manifest itself in less desired forms.
- Just like trying to walk with only 1 strong leg, each individual energy type, skill, or style is necessary, but insufficient.
- Cultivating non-preferred energies in a spirit of play and curiosity can prevent “problems”; cultivating wholeness can be considered a form of preventative maintenance.
- “Full Choice” is when an action is selected, not out of compulsion or preference, but out of an equilibrium where two apparently opposite options are equally peaceful, desired, and acceptable.
- We all contain and are capable of all poles in any given energy set or type set. However, in a particular circumstance we may prefer one pole over another. Strengthening our ability in multiple poles gives us multiple resources and strengths.
- Cultivating balance and integration among energy sets brings us full choice, increased resourcefulness, and greater potential for full self-expression, self-actualization, and living a fulfilled life.

## **More Practical Applications:**

1. Pick one of the energy sets to consider. Within this set, what do you learn about yourself? What do you learn about others you know? Is there such thing as one pole being “better” than the others? Why or why not?
2. When you see the scope of types, how does this shift your thinking about yourself? about others? about “things that are different”?

3. Pick one of the energy sets to consider. What are the possible costs of cultivating one energy at the exclusion of the other(s)? How can integration (cultivating balance of skill) within this particular set:
  - build your personal resources?
  - help you more successfully and effortlessly (with less friction) meet others where they are?
  - benefit you interpersonally?
  - benefit you professionally?
  - benefit us as a community / organization / culture / country?
  - benefit us globally?
4. Sometimes, we're unwilling to cultivate a given energy because of previous trauma, because of fear, or because of disparaging stories or beliefs we hold about those types. How can deliberate addressing these barriers and healing them liberate energy and support growth?
5. Among the types / styles / energy sets, pick 3 sets that attract or intrigue you. What can you discover about yourself in these? about others? about us as a human race?
6. What other type sets or energy sets are you aware of that you can share with others in the TIA community?

### ***Integration***

1. What knowledge, data, and information did you learn from this document?
2. What insights did this information bring you?
3. What would be possible if this knowledge were applied by you/us:  
personally, professionally, interpersonally, as community, as a globe, in evolution
4. When and how do you intend to practice, apply, and operationalize this?
5. Having used it, what does using this information do for you?