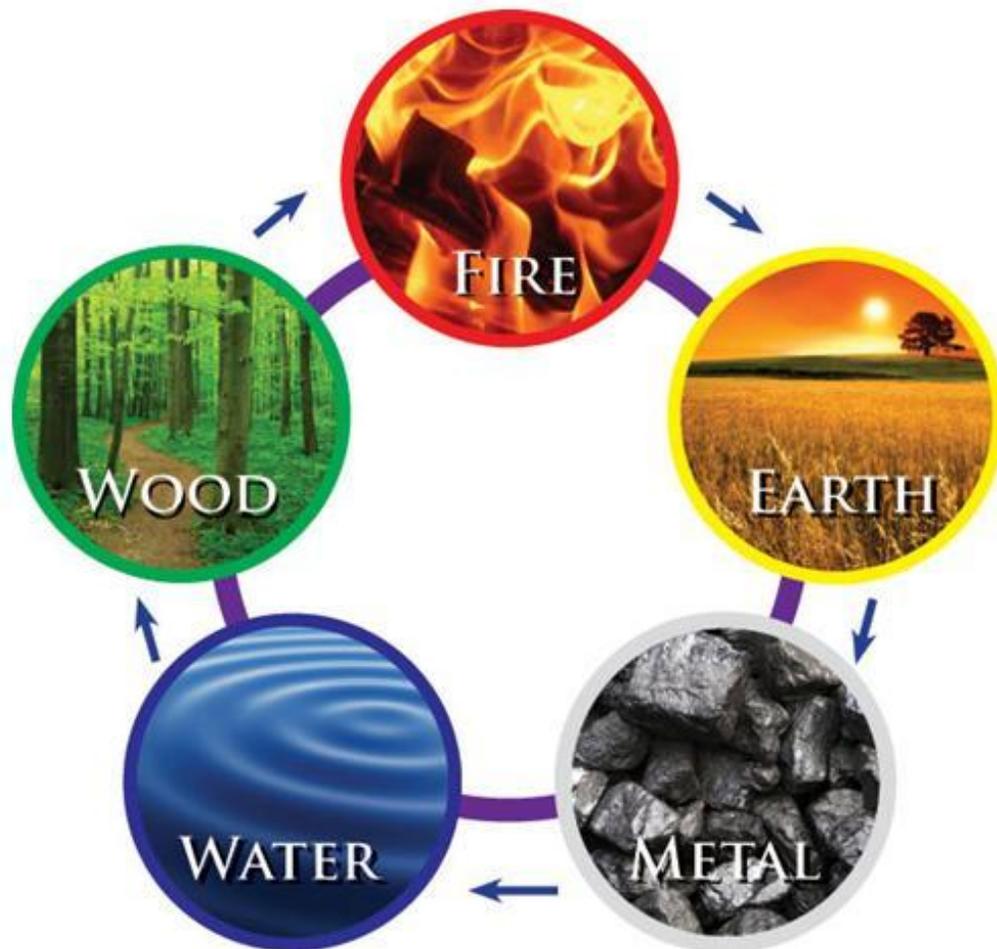


The Five Energy Needs



**The Habits and Rituals that Shift
your Energy toward Happiness**

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RELATIONSHIP ALGORITHM: Matching Energy Needs

<u>ELEMENT</u>	<u>PARTNER ATTRIBUTE</u>	<u>YOUR (INVITING) ATTRIBUTE</u>	<u>YOUR NEED</u>
WATER	Doesn't keep word / Disappoints	High Value Standards / Sensitive	ASKING
WOOD	Bossy Disrespectful	People Pleaser	TEACHING
FIRE	Doesn't appreciate me Blames me	Serve until it hurts!	ACQUIRING
EARTH	Uninterested Inattentive	Sacrifice for others.	ATTRACT
METAL	Self-centered Acts helpless	Fix (try-to) other people's problems	EMPOWER

Natural energy flow suggests avoiding using criticism or blame (of 'self' or 'the other')...rather, use observation and response.

If you observe preferred behavior, respond with appreciation. If you observe non-preferred behavior, respond with the indicated energy.

The Five Energy Needs

The Five Elements Philosophy is an observation of natural rhythms, cycles and energy flow. It is called the five ELEMENTs because it begins with the basic essences of nature, fire, earth, metal (mineral), water, and wood.

A basic nature observation is the shift of seasons. Fire is associated with summer, earth with late summer, the time of harvest, metal with fall, water with winter, and wood with spring.

The five elements philosophy is practical. Without knowing anything about the history or studying the application, you can connect to the essence just through common knowledge. Fire and summer are hot, energetic, alive, colorful...it is easy to see the passion and desire attributes of fire. Water and winter are cold, still, and dark...it is easy to see the patience and flexibility attributes of water.

That is the beauty of the five elements...it is based on common observations, and then applied to all cycles of nature...using the same characteristics and attributes.

The development of an individual passes through these elements many times. An egg resting in the ovary is the essence of water...as it is released into a fallopian tube, it is sprouting from rest, the essence of wood...we won't get into the fire essence to keep this G rated...and the earth essence is harvest...the birth...which is followed by the essence of metal...reflection, richness, and relaxation.

Once a child is born, the emotional needs become the primary goal. Here are the goals of each element emotionally, how it develops naturally, and what experiences impact the health of each energy (which associates with organ health also).

Fire element: A healthy fire energy allows a person to give and receive love in many relationships, appropriately and confidently. This element is developed through inclusion and acceptance. Experiences of feeling rejected, abandoned or unloved create imbalance in this element and lead to challenges in developing and maintaining relationships.

Earth element: A healthy earth energy allows a person to give and receive emotional support and nurturing. It is formed largely by the relationship to mother, or the primary caregiver. Experiences of a lack of bonding or lack of support or care lead to imbalances, resulting in a continued need to seek support or nourishment throughout their life (always looking for someone to take care of them).

Metal element: A healthy metal energy allows a person to take in the richness of life, feel that they have purpose and meaning, and process loss (grief/sadness) and move onward in life. This element is developed through validation (you are OK/normal) and the father relationship. Experiences of not receiving validation create imbalance and leave the person seeking recognition and approval in life.

Water element: A healthy water energy allows a person to assess risks and use good judgment in making decisions. It is formed through reassurance in the face of fear as a child. Experiences of fear without acknowledgement or reassurance or projected fear (over-protection) lead to imbalances and a life of "bad decisions," which can include a fear of worst case possibility in routine aspects of life.

Wood element: A healthy wood energy allows a person to have a clear vision of their path and the patience to allow it to unfold. This element is developed by clear rules and structure as a child. Experiences of unclear boundaries leaves a person struggling with their own boundaries and a seeking of power and needing to be right or correct.

When emotional development has been affected with imbalance, there are characteristic observations that can be made in life experiences, particularly with relationships.

FIRE: You will know you need the energy of the fire essence when you observe a lack of appreciation for your efforts, being taken for granted, or being blamed for others problems. This experience indicates that this energy is weakened, and needs the energy described below.

EARTH: You will know you need the energy of the earth essence when you observe a “backing away” in your relationships, leaving you feeling alone and unsupported.

METAL: You know you need the energy of the metal essence when you observe immaturity or selfishness in the people around you.

WATER: You know you need the energy of water essence when you observe feeling disappointed or betrayed by others.

WOOD: You know you need the energy of wood essence when you observe bossiness, overbearing, disrespect, or abuse from others.

It is likely that you see one or more of these patterns in your life even if it is a little bit. If your fire element is crushed...very weak...you will feel like a doormat or slave. If your current need is fire...you will notice just a bit of lacking gratitude...just a bit of blame. Maybe a whole lot! It's all relative right!?

Regardless if it's a little bit or a whole lot, here it the solution!

Fire: The energy of acquisition

To acquire = to obtain an asset (useful, of value) for oneself.

This is the energy of me, my, and mine...to more fully indulge in your heart's desires and passions. If you need this energy, you will feel unappreciated in your relationships. You will observe that people take you for granted, and no matter how hard you try, you can't seem to please them. They may even blame you for their own struggles and problems

Increasing this energy begins with honoring your preferences and opinions. You never “don't know, or don't care,” rather you always share what you prefer or think. Take a guess. (And while I use the words “think and guess” it actually forces you to rely on your heart desire to answer...your head is the location of “I don't know”) What I mean is, when asked a question, such as, “where would you like to eat”...always give an answer. If you can't think of anything, just clear your mind of thoughts, through focus on the topic and provide the first thing that comes to mind. I believe that first answer is

heart...gut...intuition. If you are willing to do this, you will begin to hear that message more loud and clear.

Fire energy includes acquiring time for your greatest passions and interests, which should include yourself (a massage or manicure), what you like to do (dance, sing, paint, play, read, write, etc.), what you like to see (waterfalls, castles, oceans), and what you like to hear (music, teachers, gurus, conversation, etc.) This energy is all about having fun, and enjoying life, through self indulgence (let's rename that "self-responsibility to your heart").

Fire energy wants it to be "your turn." You are important enough to get what you want, at least some of the time.

If you have served other people a large percentage of your life, and aren't sure what you would do with your acquired time, start looking around...in your personal space, what is the theme? Do you collect anything? What are the books you have read cover to cover about? When you surf the internet, what sites do you save to your favorites. Even the most watered down fire will have embers of desire and passion.

Fire energy is selfish indulgence. While we may have a negative view of both selfish and indulgent, your Fire desires both. Don't worry, you won't ever qualify for what truly is a "disconnecting selfishness" because you are wired to serve others....you need this energy.

Have you ever been at a gathering and one family or couple is laughing and joyfully playing in total heart desire. They are focused on their connections and their heart desire...and YOU want to be friends with them...or at least be more like them. This is the energy of BE-ing that person.

Earth: The energy of attraction

Attraction = a characteristic or quality that provides pleasure. Attract = tending to cause to approach or unite...by appealing to the emotions or senses, by stimulating interest, or by exciting admiration.

This is the energy of "I am important and valuable." If you need this energy, you will notice a "backing away" in your relationships. You might feel lonely or alone, and wonder why people don't call or visit. You might feel like you have to initiate every interaction, and possibly feel like a burden or annoyance to others.

Increasing this energy begins with speaking highly of yourself, to yourself...and then to others. If you aren't sure of your value, begin by interviewing your best friends, asking why the heck they like you, love you, and value you. We have an intermittent ritual at our dinner table, called "what do you like about me."

When you observe your value, speak your value. Speak up where you let others dominate the conversation, sharing your value based opinion, belief, and experience. Do your best to avoid low value communication, such as self criticism (making you wrong) or gossip (typically making someone wrong). Do your best to enter conversations with communication from your highest values, such as

consideration, love, or peacefulness. Converse 5% more about your talents, wisdom, and successfulness.

Speak of the amazing and unique features and attributes of your life and its parts. Maybe it is intimidating to speak of your service value...start with other people and things. Tell the detailed story of your amazing and unique partner or child. Paint every detail and value of her as if writing a story that will move others to be more of themselves. Tell the detailed story of your amazing and unique golf club, pen, or favorite restaurant. This is NOT selling...but it sells like crazy. If you speak of the tremendous value of your pen, and do it well, I will want one.

If you researched your pen, street light or anything about and around you, you will find an amazing and unique story. This is the energy of telling that story.

This is the energy of gravitation, just like the earth. The earth literally draws you toward her. If you are important and valuable, the people around you want to be around you more. Because they find value in you, they also want to provide value to you. They want to give and serve, and you grant them that privilege and pay them with appreciation. Think of how many times you have said, "no, thanks, that is ok, I can do it myself." Never do that again...that is repulsion...the opposite of attraction. Welcome every approach, and show appreciation for every opportunity to let people help you.

Metal: The energy of empowerment

Empower = to give power or authority, to give ability, as in "response-ability."

This is the energy of the richness of experience...wisdom. A wise guru teaches their students to fish, so they can own a resource and fulfill their own needs. A wise guru allows (perhaps enjoys) their students pain of failure, knowing that their pain is growth. A wise guru always knows, or asks, when the student is ready for direction.

If you need this energy, you will observe immaturity, selfishness, and even helplessness in your relationships. You likely have an adult that is dependent on you to provide the basic essentials of life...food, clothing, shelter.

Increasing this energy begins with accountability...let them clean up their own messes. If one of our children spills something, we might encourage them... "it's ok, you can fix this" ...show them where the spill towels are...and watch over them as they clean it up, guiding them to a missed spot. Sometimes they are stuck in upset...perhaps their root beer spilled, a valuable asset. We might soothe and teach how to calm down... "take a deep breath." We might acknowledge their loss...how disappointing it is...that they love root beer. We might give them the words to ask for another root beer, or if the root beer is out, something of equal value. If there is nothing to replace the root beer, we teach them how to be disappointed with 5% more grace.

We start with nothing...we poop our pants...we have NO resources...NOTHING...and everything must be taught...including how to nurse. If you have attracted infants into your life, you must adopt this same attitude.

Do your best to not get upset about their mess. Why would you...it belongs to them. The mess is not your responsibility, but teaching them how to clean it up is.

When the child becomes an adult, you have taught many lessons. Now it is time to step back and allow them to use the resources you have gifted them. Now you hold back...when the milk is spilled, you ask, "What are you going to do?" You encourage... "You can do this." If the struggle continues, you might offer your assistance. "Do you remember where the spill towels are? Would you like me to tell you?" And sometimes the spill is sooo overwhelming, you might offer help... "Would you like me to help you fix this."

How To EMPOWER...step by step...

It is an innate desire, perhaps even an emotional *need*, to be helpful to others. Contribution is an essential energy that flows into significance and love/connection, energizing the caretaker, receiver and the relationship.

But...there is nothing more exhausting than trying to help someone who doesn't want help. For both sides!

So, what do you do? It's a fact that people will tell you their problems. It's also a fact that it doesn't mean they want your help.

One more fact...some people even make a career out of complaining about their life...and seem committed to NOT doing something different (which happens to be the ONLY way to get a different result!).

There are still others who are clearly heading into disaster, yet don't see their negative direction.

We can still be helpful to those people, and all people, while protecting your energy from chronic complainers...what to know how? Let's take an example.

Your friend (let's name her Carol) is struggling with depression, fatigue, and muscle pain all over. When she calls, she does nothing but complain about her health, her husband, kids, job, politics, food, and anything she can think of. You are exhausted by the time you end the call, not because of the complaining, but because you want to help her, and either strain to not say anything (because you know how poorly it has gone in the past), or you actually try to convince her to do something different, which doesn't go well...AGAIN.

The first thing you have to change is **your** mindset. Realize that everyone has pain (of some sort), and that their growth process is dependent on that pain reaching a certain threshold (level) which will lead to a DECISION to change.

So your best and most loving intention toward their healing and growing is to INCREASE their pain!

So the next time she calls, instead of waiting and dreading the complaining, you lead the conversation... right into her pain.

STEP 1: “Hi, Carol, how are you doing?...when we talked last you mentioned that your husband never helps you and your back is so painful you can barely stand for a few minutes.....really, no better...and probably a bit worse. That must be horrible...frustrating...exhausting...horrific...”

Yes...instead of comforting or reassuring, you amplify the pain using powerful words to emphasize and empathize with the pain. The results you get will define how well you do. If she says, “Well, it’s not all that bad.” ...then you are an over achiever!

If the person is an “innocent” pattern (hopes for the best and is not facing the reality of the pain or the need to change), this is exactly what they need. Keep asking and inquiring... “Wow, that knee looks bad...you look exhausted...”

That is exactly what they need...to keep their attention on their problem.

If the person is a “complainer,” then the next step is what they really need. They need to notice that what they are doing is not working. They need to notice that it is critical that they do SOMETHING differently. You still need step one, because, as I mentioned, they have to reach a threshold of pain to make that decision.

STEP 2 is checking resources. “What are you doing about that?”

You will discover a couple patterns here. One is another variant of the innocent. “I’m doing what my doctor says.” Another is the martyr pattern. “Well, what can I do, this is how it is.”

Pattern one needs **STEP 3A:** “How is that working?” They need a reality check. And your intention at this point is to amplify failure. Not a criticism, just the awareness that what they are doing is not achieving their desires.

“Are you feeling better...is he communicating better...is it improving...what do you think is missing?”

And, of course, if she says she is feeling better with her resources, you just stay there. If the complaint comes again, you ask... “I thought you said you were improving...is it still getting better? Oh no, that is horrible, etc....back to step one (amplify the pain), and start over.

Pattern two needs STEP 3B: “Do you think that anybody, ever, has solved that problem?” They need a model. (no, not Sports Illustrated swimsuit models...somebody to model their behavior after). And your intention at this point is to amplify possibility. Not a solution, just the possibility of a solution.

“Do you think there is a solution...what do you think it might be...who has overcome depression...what do you think they did...do you think that might work for you...why (not)...?”

We are at step 3, and it is important to note that you never move forward a step if you don't have a green light. If they don't see the problem, you stay at step one. “Wow, that looks painful...wow, that looks painful.” Repeat and repeat.

If they have a resource, you only ever notice the resource. “How is that going?”

If they are stuck, you only ever notice positive models. “I read an article about so and so beating depression.”

STEP 4 is critical to your energy! You have to ask if they want your help or opinion! And only if they acknowledge the pain, agree that what they are doing is not working, and agree that there is a possible solution or improvement.

“Would you like my opinion (help)?”

“No.” Back to step 2. “Well, what are you going to do?”

“Yes.” That's a green light for STEP 5. Are you prepared? Can you help them? Absolutely. They are here because you are the right person. But don't just give them opinion...give them experience. If you don't have experience with their problem, give them an expert.

“Here's what I did...or...here's a book written by someone who overcame your situation.” Other resources to provide might be a doctor, therapist, minister...anyone with specialized knowledge in solving her problem.

Rinse and repeat.

Carol calls again...this time it is her kids. She complains...and complains. And you are ready. “Wow, that sounds horrible...frustrating...exhausting...mind boggling. What are you going to do? Oh, how wonderful...let me know how that works. It's not working...Oh, no...what will you do next? Is that working? Terrible, you must be incensed! What will you do next? Not sure...would you like my opinion...?”

Just remember...you had to reach a certain level of pain to ask for help. And quite possibly, your first resource didn't work, and kept you looking. So, don't stress over their problem...amplify it and get them looking too.

If you find ANY situation that doesn't move forward using this process, email me and I'll see if I can figure out some other patterns and solutions.

Review:

STEP 1: Amplify the pain or problem...emphasize and empathize using powerful words.

STEP 2: Check and follow up on resources. "What are you going to do?"

STEP 3A: Connect to results. "How is that working?"

STEP 3A: Connect to possibility. "Do you think there is a solution? Do you think anyone has ever solved this problem?"

STEP 4: Ask for permission to help. If help was offered and not taken, you might say, "Will you take my advice if I give it?"

STEP 5: Provide personal experience or resources with specialized knowledge in that problem.

And of course, follow up. "Did you try that? How did it work?" Go back to step 1 or 2 if needed.

Water: The energy of inquiring

Inquiring = Seeking, requesting, investigating, clarifying direction.

This is the energy of flow and fluidity...and when frozen, how to thaw. If you need this energy, you will notice that your relationships disappoint you, let you down, even to the point of betrayal or unfaithfulness.

Increasing this energy begins with this concept... "You may not be upset or disappointed with me, if I do not know what you want." Preferably, politely asked for. And the same in reverse. "You may not be mad or disappointed in someone else, if they do not know what you want, and politely asked for."

The energy of water is flexibility and choice. Water makes choices without hesitation, and always chooses the path of least resistance. That doesn't mean the "easy way out," it means the most simple, effective direction, which is ALWAYS the honest truth. Keep that in mind with each choice you make. Water may swing around a barrier, but it is still on course for its destination. That is the energy of win-win. If two seemingly opposing desires or needs are confronted, the solution must fulfill both desires or needs.

How? We ask and keep asking. Ideally, we ask until we can clearly see the opposite perspective, so we can include both perspectives in the solution. If you are in an impossible confrontation, you should stop telling, and start asking. Water instantly knows the best way to maintain its desire and needs, while honoring anything it confronts in its environment. Would you say that is a good ideal?

So just start asking. In fact, decide right now to NEVER do anything for anyone else, ever again...and then, when you want to serve FOR YOU, ask them what they want.

This is a protective energy. If you attempt to please, serve, or sacrifice for the ones you love...STOP...and ASK what they want. If you have prepared dinner every day for 30 years...STOP...and ASK if they would like you to make something for dinner.

This is an expansive energy. With all the free time have discovered from not serving without asking, you can expand your influence. Ask "OF" your people as well. Ask for help. Ask to allow people to be significant to you. Give them an opportunity to serve you. It sounds like this... "Would you be willing to do ____?" You will become more in life and more to people by asking for help.

Ask "INTO." This is a connective energy. You are inquiring into their head and heart. What do you think of so-and-so? How do you feel about such-and-such?

Imagine water with a thinking brain...faced with a barrier such as a hill. It might say... "would you move out of the way (no), would you sink into the earth (no), would you let me climb over your peak (no), would you let me turn left and take this little valley around you (YES)." When paralyzed in choice (frozen) ASK questions to find your way.

Now in your life. If someone in front of you is facing a barrier...ask them what they want. If you are facing a barrier...ask for what you want. And keep asking until you get a solution or a YES.

Wood: The energy of Teaching

Teaching = To impart knowledge or skill, to give instruction

This is the energy of non-preference converted to preference. This is the energy of taking on the responsibility of teaching everyone you interact with HOW TO TREAT YOU. This is the energy of "That is NOT OK."

If this is your need, you might notice bossiness, disrespect, or abusiveness in your life and relationships.

Increase this energy begins with noticing your non-preferences. Make a list, including large and small non-preferences. Everything...the looks...the voice tone...the words...the actions. For each non-preference, consider what the boundary crosser wants from their energy output. And then memorize this statement:

"You wanted _____, so you did _____, if you want _____, then you may _____. Would you be willing to do that?"

If your spouse left his socks on the bedroom floor, he may have wanted you to wash them. If your friend called you an idiot, she may have wanted you to do something differently. If your child kicked you in the shin, she may have wanted you to let her do something.

"You wanted me to wash your socks, so you left them on the bedroom floor...if you want me to wash your socks, then you may put them in the hamper. Would you be willing to do that?"

“You wanted to have a treat, so you kicked me...if you want a treat, say “mommy, I want a treat. Try that now.”

This is the energy of teaching others how to get what they want. Never say no again. Instead, give the precise instructions as to HOW they can achieve their desire.

“Mom, I want to burn the house to the ground.” Mom teaches how to make that happen... “Of course...well first, you need to purchase the house...then get a burning permit from the city...then you take a course on safe burning...” I support you completely in your every desire. (I’ve never encountered that request, but if you can handle that one, you should be fine with the treat, right?) Just in case...

You want a treat...if you want a treat, you will need to finish your chores and have a vegetable and protein. (our rules...you can make your own or steal ours)

This is the energy of agreements and accountability to agreements.

“Would you agree to do this instead of that?” (OK) When it doesn’t happen... “You agreed to do this, and you still did that. I need this, so what do you need to make this happen?” (something) “Ok, so if you get that, you agree to this?” (yes). If it still doesn’t happen... “You agreed to do this, if you got that, and you still did that. I need this, so what else do you need to make this happen?” Rinse and repeat.

If it never happens...THAT IS NOT OK. “I’ve kept every agreement that you have asked for....you asked for something, and then something, and I’ve provided something(s). You did not give me this...that is not ok.”

Yes, it is possible that the person in front of you CANNOT or will not give you what you need, and it is possible that the need you are asking for is non-negotiable (ie. physical abuse, or any abuse, disrespect, etc.). People get divorced more than they stay married, but I think they find solutions much more often if they use this energy. The point is, teach them how to treat you...give them room for error...and if they still won’t keep their agreement, like the energy of water, you will know without hesitation that they are not meant for your life.

This is the energy of confronting. To confront in this sense means to stand strong and tall, like a mature tree...for your values, which are your strength or roots. This is the energy of uncompromising. If you compromise your value, you “sell out” your true desire and weaken your roots.

This is the energy of honesty and authenticity. What is your highest or greatest truth? Are you communicating with yourself and others based on your highest truth? Are your actions for yourself and others based on your highest truth?

This is the energy of acceptance. Trees, grass, weeds, and other sprouting energies all have a unique role and benefit on the environment. Your roots can coexist with every other root. Differing values must be considered and recognized. The statement above requires you to understand their desires and values, while maintaining a focus on and requesting from your values.

Does that feel practical enough to apply immediately...even if 5% more? We rarely transform our being...but with little changes, we see transformation happen over time. Go for 5%...or even 2%...more of the energy YOU need, and get curious...perhaps excited... to see what changes in your life.

Join us on facebook @ True Health Family Wellness Center, and share your experiences and thoughts about these Five Energy Needs.