

Life guidance for our time

Lecture series for increased life
mastery and enjoyment of life

Course instructor: Per Hjalmar Svae

Session 7:

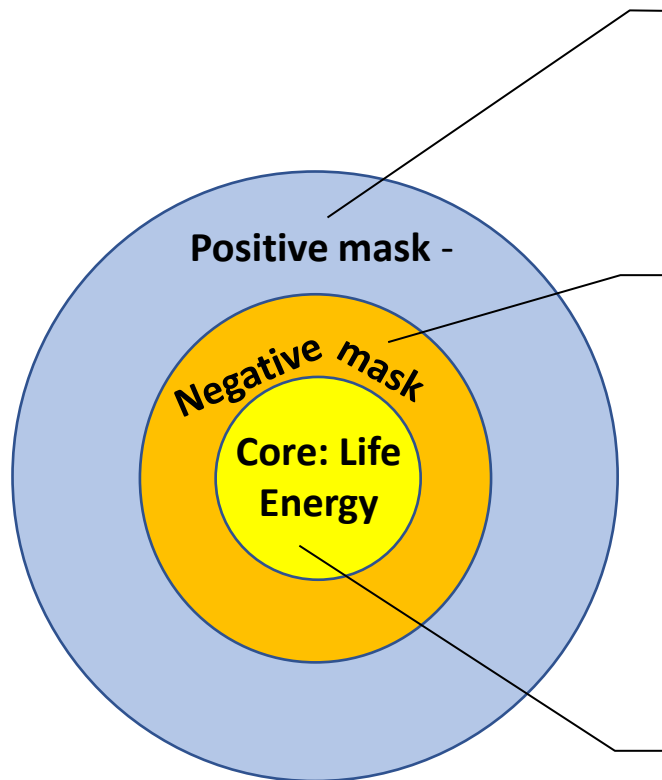
Being in life energy and being
able to change between life
energy and mask energy



Heart Room Self-development School

hjerterommet.no

Pierrakos' model of the human psyche



The Mask (The ego)

Learned patterns to cope with life.

Positive Mask Energy (Mastery)

What we do to adapt and make the best out of things when we can't be natural.

Being nice, competent, overworking, etc.

Negative Mask Energy (Discontent)

Discontent, struggle, or withdrawal when facing something we dislike or can't accept.

Feeling angry, jealous, frustrated, etc.

Life energy– Natural being

Innate lust for life, needs, abilities and life mission

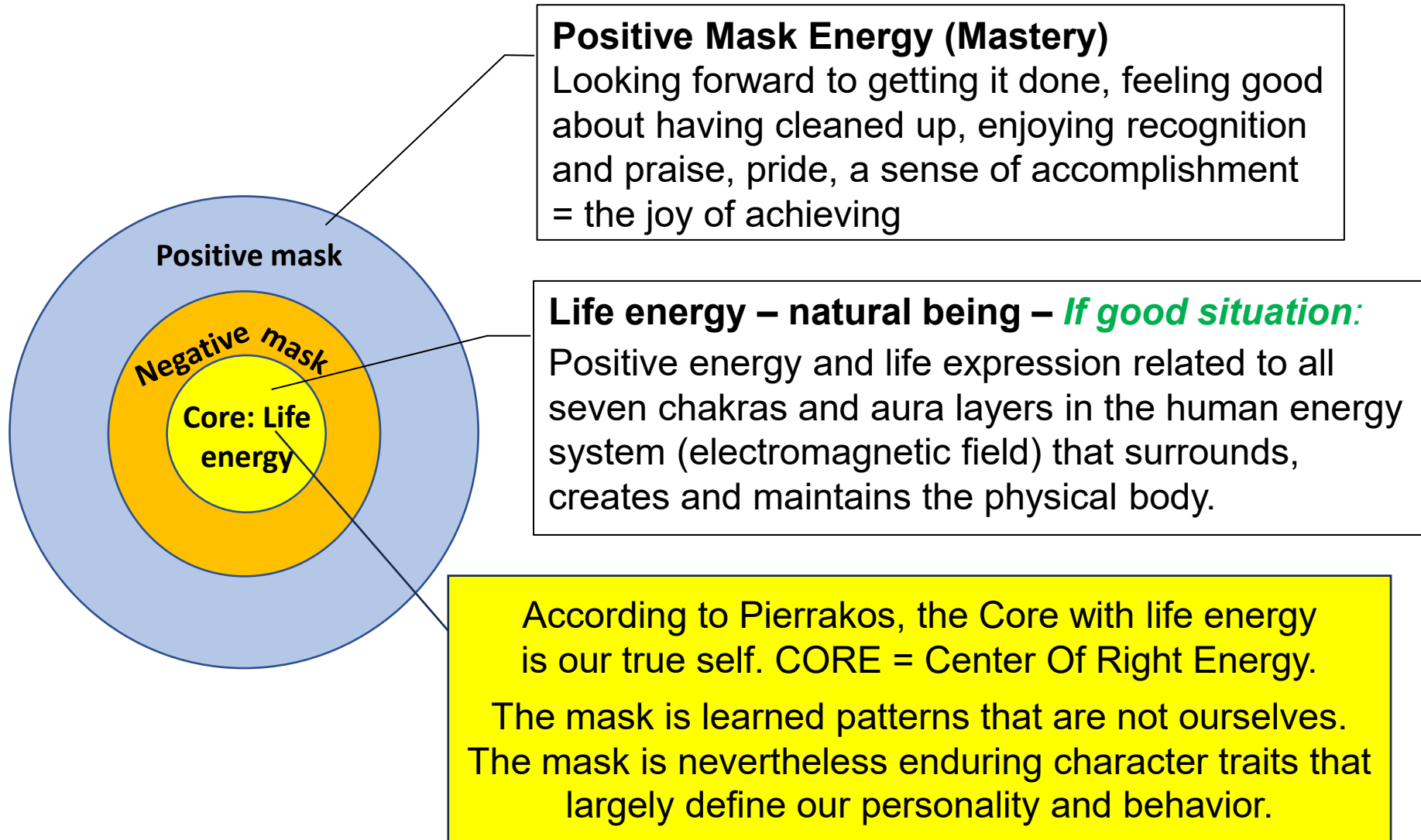
Life energy– Natural being

Contact with deeper feelings and longings, joy, heart, soul, and creativity.

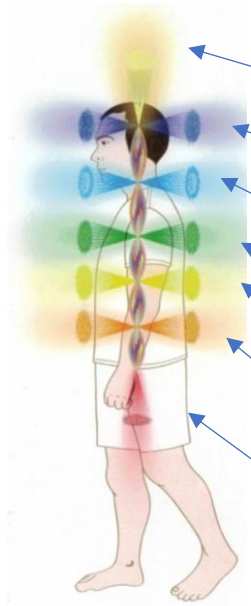
If good situation: Joy of life, love, creativity

If bad situation: Feel fear, sorrow, pain or nausea

Am I in positive mask energy or in life energy and feeling well?



Life energy on different life planes



Life energy – natural being – *If situation is good:*

- | | |
|------------------------|---|
| 7. Crown | Mindfulness, divine awareness |
| 6. Third Eye | Intuition, divine love |
| 5. Throat | Creativity, deeper meaning |
| 4. Heart | Love, care, joy |
| 3. Solar Plexus | Insight, "Aha!" moments |
| 2. Hara | Sensuality, bubbling joy |
| 1. Root | Physical pleasure and sensory enjoyment |

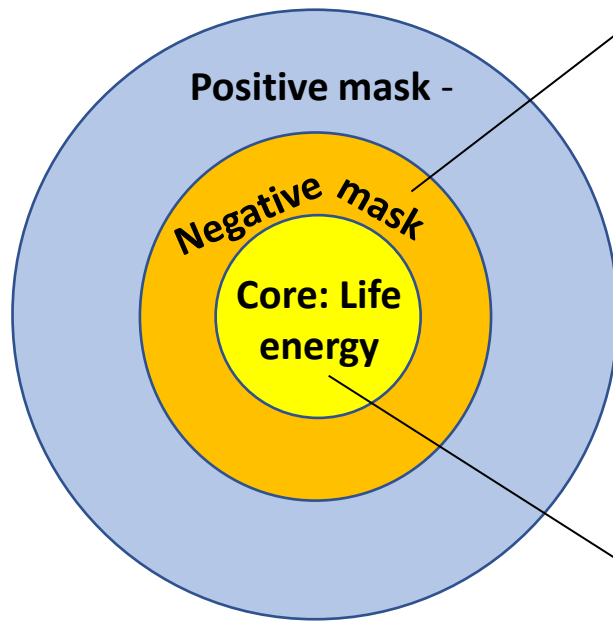


The human energy system

Source: Barbara Ann Brennan:
Core Light Healing

Am I in negative mask energy or in life energy where circumstances are not good?

The difference is that in negative mask energy you don't accept reality.



In life energy, you accept reality and feel what it means to you.

Negative mask energy – Dissatisfaction

Outgoing: Dissatisfied, frustrated, angry, jealous, envious, spiteful, malicious, cold, harsh,

Introverted: Disappointed, paralyzed, worried, can't cope, discouraged, melancholy, depressed. Feeling shame, guilt, embarrassment. Feeling of failure, inferiority complex, feeling worthless, dissatisfaction with one's own appearance, etc.

Life energy – natural being – *Bad situation:*

Feeling **fear, sorrow, pain, or nausea** are the underlying emotions that are masked and reduced through negative mask energy, or coped with through positive mask energy.

Brainwave States and Consciousness

Outwardly
directed life
energy.
Inspiration
and creativity



Gamma waves (25 to 100 Hz)

– **An enthusiastic, inspired, energized, happy state**

Gamma waves are associated with high-level cognitive processing tasks. Ability to take in completely new information and see new wholes. Wave of new insight and creativity. High peaks of gamma waves are seen during states of happiness.

Beta waves (12 to 33 Hz) – Our everyday awareness

Alfa waves (8 to 13 Hz)

– **When we calm down, relax and give ourselves free. Mindfulness.**

When we lie on the couch and watch TV or relax in bed, but before we fall asleep. By light meditation and mindfulness. Let go of the mask and come into life energy.

Theta waves (3,5 to 8 Hz) (The Earth has 7,8Hz)

– **Deep awareness and meditation, hypnosis, regression, channeling.**

Related to imagination, reflection and sleep. When we relax and let our imagination “fly”. Deep meditation and contact with the essence of life. Spiritual contact and experience.

Delta waves (1 to 3 Hz) – Deep dreamless sleep. Very deep wakefulness, trance. Very common in babies and young children. The older we get, the fewer of these brain waves we produce, other than in deep, dreamless sleep.

Increased
inner contact
with the core
of life, the
spiritual and
unconscious

Two ways to be in life energy

Free and conscious expression of life – “Being-doing”

You are freed from “autopilot” – Unconscious, automatic ego patterns.

You consciously choose your way of being and actions.

If you do this out of desire/care/intuition, not out of duty, and living in the present is as important as the result, it is life energy.

Life energy – Natural being

Life energy – natural being – *When it is good:*

7. Being, mindfulness. Divine awareness.
6. Feeling divine love and contact, intuition
5. Enthusiasm, creativity, experiencing deeper meaning
4. Love, being fond of, loving, desire to care
3. Joyful insight and realization. Aha! Eureka!
2. Bright, bubbling joy of life, sensuality
1. Physical pleasure in the body and via sensory impressions

When it is bad:

Feeling fear, sorrow, pain, or nausea

Free and conscious expression of life – “Being-doing

To be in the positive resource of each of
the six ego patterns, in a balanced way



1. Being particularly gifted and at the same time part of the community



2. Being vibrant, fun, social and/or artistic and at the same time giving space and room for others



3. Being mentally strong and at the same time sensitive



4. Being strong-willed and at the same time democratic and with respect for the needs, opinions and boundaries of others



5. Being caring and at the same time self-sufficient and able to set boundaries

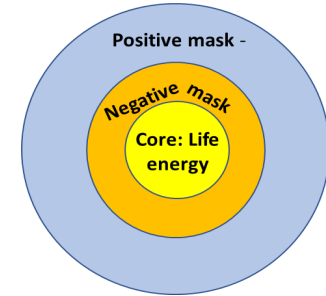


6. Being responsible and at the same time open and sensitive, self-sufficient and caring towards others

How do you come into life energy– Natural being?

1. Paradox

You can't do anything to get into life energy. If you do something to achieve something in the future, you are in mask energy, performing energy.



Therefore, the method is "doing nothing"

- Seek outer peace so that you can feel within yourself, not be disturbed (security) and not have to do anything.
- Do not do anything that lasts over time and becomes a project that must be completed. Go from doing to being.
- Feel your feelings well. Only do what you feel like, which you are sure is not positive mask energy.
- Calm down, go slowly and feel more deeply.
What do you feel?

This is how you enter a process of increased openness, increasing emotional contact and following your desires, heart and intuition.

When you do this:

- You will have alpha waves
- Blood pressure sinks
- Heart rythm slows down
- Oxygen consumption lower

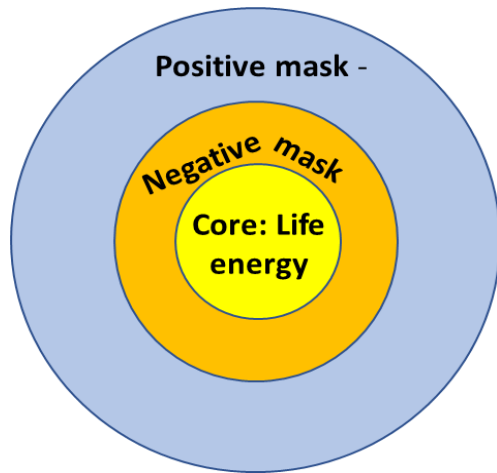
MD. Deepak Chopra

➔ The body rests while
sensitivity and awareness
increase.

The process of getting deeper into contact with yourself and your life energy

- 1. Seek solitude and stress relief, preferably for an hour every day. Meditate. Go on a retreat. Arrange a cabin vacation and seek inner peace for a week.**
Let go of obligations and denials. Play music that touches you. Meditate.
- 2. Search inward: Reflect on yourself and your life**
How did I function in that situation? What did I feel? What was my motivation?
What was my real need?
- 3. What is it that you really want, desire, long for and pray for?**
Visualize it. These four words are what the essence of life uses to speak to you. By visualizing this and putting emotions into it, you become like a magnet that attracts it to you.
- 4. Ask questions, ask for answers, and just let it lie there in the background**
Sooner or later an answer will come from the subconscious or the spiritual world.
- 5. Write thoughts, feelings and dreams in a diary**
The process of points 2, 3 and 4 goes deeper into you if you write down your reflections in a diary. You can also write down dreams and try to interpret them.
- 6. Be open to new ideas and impulses, feelings and thoughts, and to follow them up**

How do you come in life energy?



2. Paradox

When you let go of the positive mask, you can end up in the negative mask.

Negative mask energy – Dissatisfaction

Outgoing: Dissatisfied, frustrated, sour, angry, jealous, envious, spiteful, malicious, cold, harsh

Introverted: Depressed, paralyzed, unable to cope, discouraged, melancholy, depressed. Feeling shame, guilt, embarrassment. Feeling of failure, inferiority complex, feeling worthless, dissatisfaction with one's own appearance, behavior, etc.



Rusty or clean
water from
the source?

Clean water immediately comes only if you have processed and made conscious negative repressed emotional memories from the past and negative programming (neg. mask energy), and lived in free and conscious life expression and life energy/being.

Two choices when you end up in the negative

Exit

Start performing again.

1. Paradox

You can't do anything to get into life energy.
If you do something to achieve something in the future, you are in mask energy, performing energy.



Stay in contact with the negative

Feel it and sink deeper into it,
until it goes away on its own.
(That is, through acceptance,
recognition, and forgiveness.)

Self-observation, self-reflection and testing are also the way out of fear, anxiety, anger and other negative energy.

1. Put into words that you are overcome by fear/ distrust/ negativity/ anger/ blame. For example, worry, distrust, anger, condemnation, lack of courage, despair, overachievement, etc. That is, all forms of emotions that are deeply rooted in fear and distrust.

2. Stop and take a time-out

Stop yourself from continuing to act out of fear or one of its many derivations.

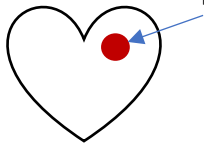
3. Witness the fear/negativity and engage in self-observation and self-reflection

Let the fear/negativity be in your mind and engage in self-observation and reflection.

- What are you really feeling? What do you feel like doing? Why?
- Behind fear/negativity/anger there is often an unmet need. Put words to this need. In this way you can find out what is causing it and what need you really have. You can also talk to others about it.

4. When fear calms down, think and act with positive motivation (testing alternatives)

Contact that place in your heart that is filled with kindness, compassion, and forgiveness toward yourself and others, so that you can come into positive energy. Then you devise a way to communicate and act that best meets the need.



The wisdom behind the method is: What you give energy to, grows in the psyche. What you do not give energy to, diminishes. By witnessing the fear and simply reflecting on it, you do not give energy to the fear. No life-energy flows to it!

Where
attention goes,
energy flows,
so it grows!

Source: Penny Gill: *What in the World Is Going On? – Wisdom Teachings for Our Time*

Some advice and precautions on the way out of the negative

- All feelings are allowed.
- Not all actions are allowed. Ethics, morals and etiquette apply.
- You speed up the process through conversations and journaling:
 - About how you really feel?
 - About what you really want, wish, long for and pray for?
 - + taking steps in the desired direction.
- If you can't get rid of a negative feeling, you can try symbolic expression.
- "There is no shame in turning around".
If it gets too "heavy", you can switch to positive mask energy.

It is your responsibility to consider what is wise.

What can you do if negative energy won't let go?

For example, one of these feelings: Worry, fear, blaming others, anger, jealousy, envy, shame, guilt, hopelessness, etc.

- **Meditation**

Try to actively witness the negative thoughts and feelings. Now that you **witness** them, they are something you have, but not something you are anymore. For example: You have anger in you, but you are no longer an angry person.

- **Talk to someone else about it.**

Or write it down. It can release it. By putting it into words, you get some of the energy that is pent up. The releasing process is acceptance, recognition and forgiveness.

- **Distraction**

Do something that captures your attention and takes it away from the negative. Watch a nice movie. Chop wood. Do a demanding job.

- **Symbolic expression**

Do symbolically what you feel like doing. Write the angry words you want to say, and throw it away. Hit a pillow, wring a towel, etc.

Warning!

The technique of daring to let go of the positive mask and remain in negative mask energy and simply witness and reflect on negative thoughts and feelings – so that the positive life energy can eventually emerge –
is not completely harmless!

There are two possible outcomes:

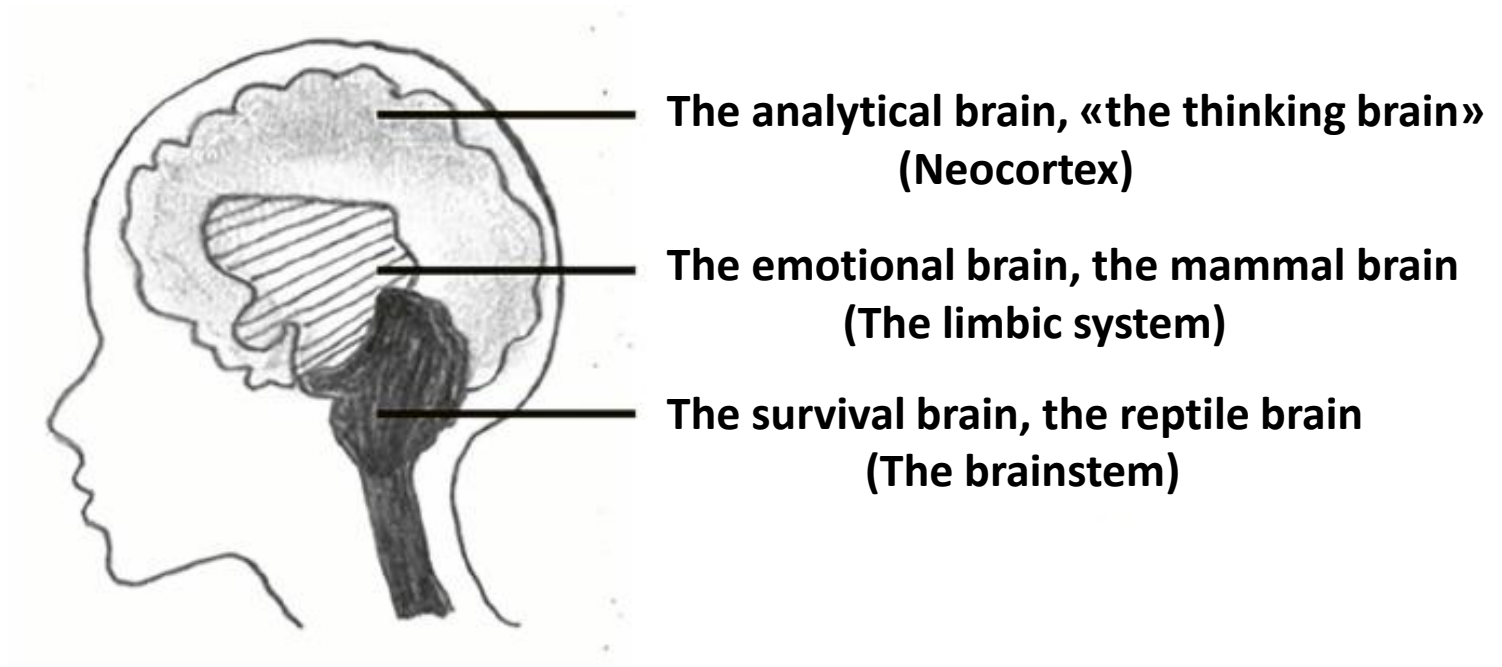
You come through the “darkness”

You are taken by the “darkness”.

To succeed, you must have a mature personality!

Personal maturity

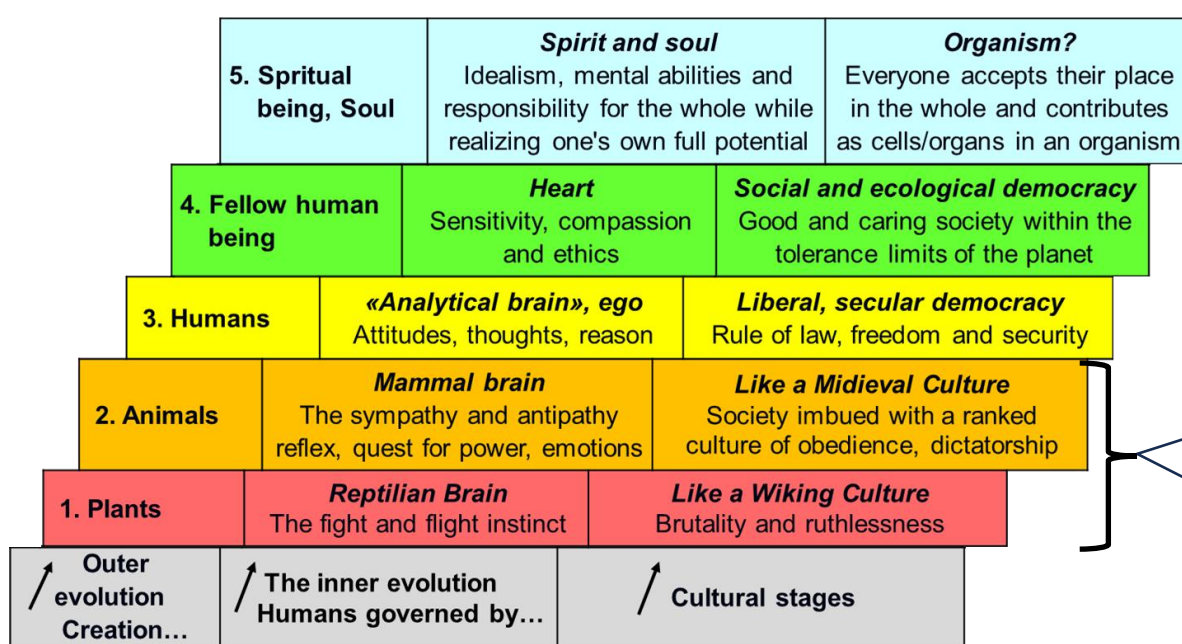
Which brain controls you the most?



The tripartite brain

To have a mature enough personality

The cerebral cortex and the ego must be the dominant control center when going through, processing and becoming aware of the "darkness", i.e. negative mask energy and repressed negative emotional memories.



Positive motivation

At the top three levels, it is **security, trust and caring** that govern emotions, thoughts and actions. → **Create something positive**

Negative motivation

At the two lowest levels, **fear, distrust and greed (egoism)** control emotions, thoughts and actions. → **Create something negative**

The reason for this is that you have to let go of mental control to get into life energy. If you have little mental control to begin with, the lower brains can get the upper hand = "the darkness wins."

Being able to switch between mask and life energy

Aspect	Mask Energy Mastery – Self control <i>Let the outer control the inner.</i> Adaption to outer demands. Pretending. Playing a role.	Life Energy Free life expression <i>Let the inner affect the outer.</i> Listen to inner feelings. Be how you actually are now.
Spirit	Choosing to be as required and doing what one must	Choosing to be oneself and doing what one desires
Head	Obligations and denials: Should, must, and ought to	Creative thinking to meet needs and follow desires
Heart	Sense of responsibility for the outer world; plans and deadlines	Sense of care for the inner world; nurture and express in the present moment
Stomach	Willpower takes control. Loses emotional connection	Tuning in, feeling, and following needs and desires
Body	Mental control. Rigidity. Duty-driven work	Bodily connection. Sensuality. Life expression

Some characteristics of being in life energy

- Safe and good inner peace within oneself
- Open up, become relaxed, warm and happy
- Get in touch with your own, deeper feelings, needs and longings
- Feel good about yourself and get closer to each other
- Get inspired and become creative and productive
- Experience and understand meaningful encounters
- Recognize and tolerate sadness, fear and pain, without losing hope and courage
- Ailments subside or become weaker
- Increased security, courage and trust, without becoming overoptimistic

The opposite of this is a sign of mask energy

The process of personal development

Dependency
Lower brains

Selfreliance
«Thinking brain»

Mutuality/Intimacy
Lust, heart, soul and spirit

Negative feelings

Mastery feelings

Deeper sensuality

Dimension	Negative Mask Energy	Positive Mask Energy	Positive Life Energy
Spiritual	Stuck. Must have it their way	Responsibility for the whole. Open. Creative	Being in the moment. Mindfulness
Heartfelt	Hard, ruthless. Demanding. Without norms	High ethics. Practical care	Sensitivity. Empathy. Love. Closeness
Mental	One-sided and selfish thinking. Distortion	Objective, balanced analysis	Aha moments. Realizations
Emotional	Complaining, sulking, condemning, yelling...	Respect and mutual equality	Joy of life and self-expression
Physical	Fight or flight. Evil. Revenge	Cooperation to meet various needs	Enjoy life. Enjoy life's pleasures

Recognizing different forms of mask energy

The expressions of the mask energy (ego)

MASK ENERGY IS:	POSITIVE - LIFE GIVING	NEGATIV - LIFE LIMITING
INWARD-DIRECTED	Demands of oneself Feels duty, need for mental control	Rejects, condemns, or punishes oneself Feels failure, guilt, shame, embarrassment,
OUTWARD-DIRECTED	Demands of others Feels entitled, obligated, or compelled to guide towards others	Rejects, condemns, or punishes others Feels the need to educate others so they stop doing what they do

Underlying these patterns of action is always **fear, distrust, and greed (egoism)**, which results in making demands of oneself or others.

Recognizing different forms of life energy

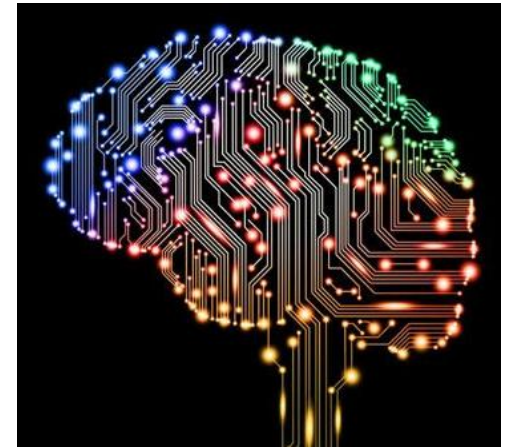
The expressions of life energy (the self)

LIFE ENERGY IS:	POSITIVE - LIFE GIVING	NEGATIVE– LIFE LIMITING This is the motivation behind negativ mask energy
INWARD-DIRECTED	Accepting oneself, others, and the world as it is Feeling pleasure, desire, joy or fear, sorrow, pain, nausea	Wanting to escape, flee, or die Feeling that it is unbearable
OUTWARD-DIRECTED	Giving of oneself without demanding anything in return Feeling creativity, love, willingness to care	Wanting to remove, destroy, or kill Feeling anger, rage, hatred

Beneath positive life energy there is always security, trust and a willingness to care, which results in accepting ourselves and others as we really are.

Self-development is like making a new path in the forest.

What we do in practice is creating new, well-functioning brain pathways and letting old, inappropriate brain pathways weaken and die out.



- ➔ **First you have to figure out where the new path is going to go**
= Finding a good way of being or a good alternative to the undesirable, e.g. always being in the tolerance window.
- ➔ **Then you have to make the path and step and step to make it a path**
= Practicing and practicing being in the tolerance window and practicing the core star.
- ➔ **Then the old path slowly grows back because you don't use it**
= you no longer fall into the old pattern and become emotional.
- ➔ **.... And finally the new path has become easy to walk**
= the new and better has become automated, being in the tolerance window.

Free course: Life guidance for our time
hjerterommet.no/livsveiledning/

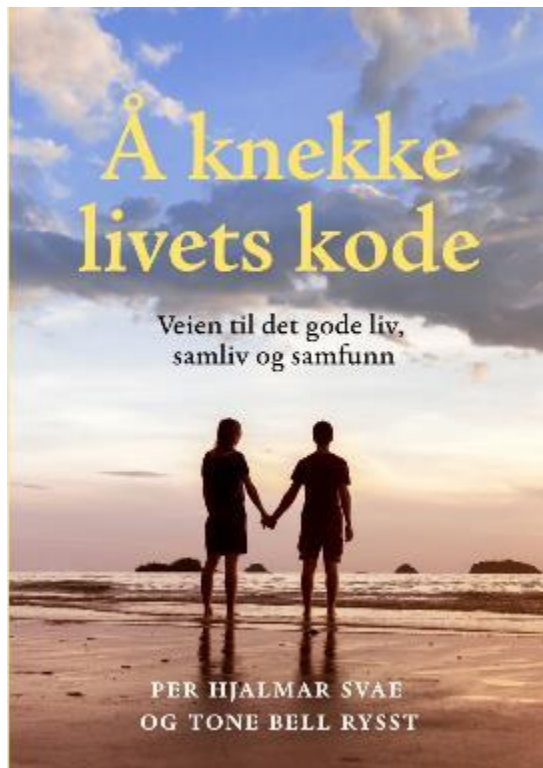
Book and compendiums

Available as pdf-files in Norwegian, which you can use webtools to translate to your language

**Breaking the Code of Life -
A Path to Good Lives,
Partnerships and Society**
A5 – 260 pages

**Book 2: Leaving
Inappropriate Ego
Patterns Behind**
A4 – 116 pages

**Book 3: Leaving Low
Energy Behind**
A4 – 98 pages



Å knekke livets kode Bok 2

Å legge uhensiktsmessige
egomønstre bak seg

Per Hjalmar Svae

Dette heftet følger opp boken:

Å knekke livets kode - Veien til det gode liv, samliv og samfunn
I dette heftet får du veiledning om hvordan du i praksis kan utvikle din personlighet slik at du i økende grad fungerer som et selvstendig, velfungerende individ på tredje trinn i utviklingsstigen, og unngå «å falle lavt ned» (trinn 2 og 1) i utviklingsstigen, som du lærer om i Bok 1 og som blir kort repetert i dette heftet.



Hjerterommet forlag og kursvirksomhet

Hjerterommet.no

Å knekke livets kode Bok 3

Å være i livsenergi og
leve fra hjertet og sjelen

Per Hjalmar Svae

Dette heftet følger opp bøkene *Å knekke livets kode - Bok 1 og 2*. Hefet veileder deg i hvordan du i praksis kan utvikle deg slik at du i økende grad evner å være i livsenergi – i stedet for i egomønstrene – og i stadig større grad leve fra hjertet og sjelen – i stedet for fra egoet.

Manus høsten 2022