THE FOUR ENERGIES
A QUICK AND POWERFUL WAY TO FIND YOUR TRUE WORK AND WHAT TO DO WITH THE REST OF YOUR LIFE
THE FOUR ENERGIES 1: BLISSED
BLISSED

Where you come alive
What you gravitate toward and are fascinated with
What gives you energy even when you expend energy doing it
BLISSED EXAMPLE
BLISSED EXAMPLE

Hope Davis
And it was at that age poetry arrived in search of me.
I don’t know, I don’t know where it came from;
From winter or a river. I don’t know how or when.
No, there were not voices. There were not words. Nor silence.
But from a street I was summoned from the branches of night
Abruptly from the others returning alone.
There I was without a face and it touched me.
I didn’t know what to say, my mouth had no way with words
my eyes were blind and something started in my soul,
fever or forgotten wings
and for the first time I went my own way, deciphering that burning fire
and I wrote the first faint line, bare, without substance, pure nonsense, pure wisdom of someone who knows nothing,
and suddenly I saw the heavens unfastened and open planets, palpitating plantations
shadow perforated, riddled with arrows, fire and flowers
The winding night, the universe.
And I, infinitesimal being, drunk with the great starry void, lightness,
Image of mystery, felt myself a pure part of the abyss.
I wheeled with the stars. My heart broke loose on the wind.
Follow your bliss and the universe will open doors for you where there were only walls.

JOSEPH CAMPBELL ON BLISS
THE FOUR ENERGIES 2: BLESSED
BLESSED

People who believed in or encouraged you
Being in the right place at the right time
Natural abilities
BLESSED EXAMPLE

Debbie Macomber
Who has blessed you?
In what ways have you been blessed?
When have you been blessed?
How has that blessing led to releasing or pointing your energy in a certain direction?
THE FOUR ENERGIES 3: DISSED
(WOUNDED OR DISRESPECTED)
When either you or someone you cared about were disrepected or treated badly
Some area or aspect of yourself in which you were wounded, hurt, shamed, cursed or denigrated
Dissed Example

J.A. Jance

Possibilities

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Betrayal of Trust

A J. P. Beaumont Novel

J.A. Jance

Possibilities
There’s a crack in everything. That’s how the light gets in. — Leonard Cohen
DISSED EXAMPLE

Patsy Rodenberg
FOLLOW YOUR WOUND

We all leave childhood with wounds. In time we may transform our liabilities into gifts. The faults that pockmark the psyche may become the source of a man or a woman’s beauty. The injuries we have suffered invite us to assume the most human of all vocations—to heal ourselves and others. –Sam Keen
THE FOUR ENERGIES 4: PISSED
Righteous indignation
What you want to fix or correct in the world that bothers you
PISSED EXAMPLE
PISSED

✓ What would you talk about if given an hour of prime time television to influence the nation or the world?
✓ What upsets you that you would like to correct in the world or other people?
✓ What can’t you sit still for?
✓ About what do you get righteously indignant?
THE KEY TO TRANSFORMING “NEGATIVE” ENERGY

Use the negative energy to find meaning and life direction and to contribute to others and the world
USING YOUR DISSED AND PISSED

✓ Where were you (or someone else) pissed on that pissed you off?
✓ Where have you been wounded?
✓ Where or about what have you been cursed?
✓ How can you turn this wound or disrespect or curse into a blessing or contribution?
Here is a test to find whether your mission on earth is finished:
If you’re alive, it isn’t
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