

(((O)))(((O)))DANCE

THE CAREER DEVELOPMENT PSYCHE

BY TRENT RHODES

INTRODUCTION: HOW I ARRIVED AT THIS STUDY

I'm a scholar-practitioner in the spiritual sciences. To me, the world is a fine matter and energy blend and I've been drawn to the metaphysical since I was young. The fascination began with television shows like the X-Men and martial arts-oriented games like Street Fighter. These media have distant origins but the themes were common: overcome challenges, win the battle within, self-evolve, tap into your potential, fortify your energy, and become magical.

While attending formal school, I took advantage of the first Internet access at home to research to my mind's content. That began around age thirteen. Three years prior, I urged my mother to enroll me in a martial arts school and Taekwondo was the most accessible in yellow pages. I had a sample class shortly after and fell in love with the experience, environment and energy. Moving the body in such a focused-yet-instinctual way felt natural to me despite taking just one class. My passion was ignited nonetheless, and that first day sprouted into a 25-year long-term love with martial cultivation.

As my metaphysical interests grew, so did my martial competency and I began intuitively sensing the relationship between the body and mind, and the spiritual influences upon daily living. I recognized the stronger I became internally, the more efficient my desires manifested, and the ease with which I handled situations that before would be deemed struggles.

My learning became more precise with time, acquiring definitions and terms, becoming comfortable with words like qi, prana, Shekhem, life force, kundalini, tantra, Qigong, Wu Wei, Jin... the list continues.

A consistency I recognized was no matter where my private learning took me, there was a reference to energy centers housed within the physical and spiritual bodies. Often they were grouped in sevens with some traditions alluding to more. These were the chakras, the energy vortexes that formed houses for specific energy frequencies the human being stores and radiates. Each chakra was associated with a particular body realm, with both health and disease indicators.



I also recognized there were psychological health and disease indicators; certain mental states would correlate to a high-functioning chakra while the more chaos-inducing states reflected energetic blockages in the corresponding chakra.

In my professional life, I recognize the value of incorporating chakra knowledge into my element. Working as a career advisor for a college, and a career consultant in my own business, there are ample opportunities for understanding how chakras work to benefit clients, college graduates and anyone seeking to elevate their career platform.

The core focus of my work in this area is: marry energy and matter, alchemy with analysis, magic to the mundane and the chakras with career performance.

Everyone's professional challenges differ, but the common theme I recognize is the barrier manifested from within. Because of either a lack of knowledge in this space or disinterest, professionals do not merge energy concepts with daily living. Often, I've coached people on mindset and transmuting emotions before covering resumes or interview practice, without using the specific language. These inner blocks form an initial locked door that, without attention and resolution, prevent the client from excelling in a career development sphere: as above, so below, as within, so without.

NOTE: I propose outlooks, insights and challenges for the reader to recognize the chakras' psychological patterns and how they relate to professional development. This white paper is designed to illicit the possibility of synthesizing and further observing the states of consciousness we are inclined to call healthy and those harmful, or ill-sufficient for well-being.

Lastly, this chapter aims to bring a stronger focus on mindfulness and the importance of observing our inner states so that we remain integrated with energy moving and flowing, and applying that understanding to our professional lives.



ROOT CHAKRA
SANSKRIT: MULHADARA CHAKRA
COLOR: RED
NUMBER: 1

"Root" is an adequate name for this energy center, as its position is located at our tailbone. This rooting connects to our instinctual motives including survival, food, shelter and safety.

Balanced Root Chakra

When this chakra is balanced, we feel safe enough to live within the world without a constant fear of loss or danger. Our emotions are secure in that we have enough to sustain our lives nutritionally. We feel capable of earning the income necessary to produce what we require for living. An older caricature of this root chakra balance is the American Dream: married couple, pets, children and a gated home. The children go off to school happily and ace their classes. The pets have just enough to eat and are openly happy about their lives. The couple hugs and kisses and dances, not to mention take vacations alone and with the rest of the family. In this scenario, there are none or very few material trifles.

A more modern version may be the financially independent Millennial, who lives in an open loft or co-working space. She sips her Starbucks coffee and ventures off to work, headphones in ears, casually strolling to the destination. At home, she relaxes and surfs the Internet. At work, she's a tech wiz. Challenges that come her way can be given optimum attention because her basic needs are met.

This mental state reinforces the inner locus of control, or self-empowerment to influence life in one's favor. There's a sense of inner agency, solidified enough so the person with balanced root chakra can face a situation that might otherwise cause an imbalanced root to emotionally crumble.

Grounding is a focus keyword for the integrated root chakra. Stability is actualized, and this provides the possessor with the reserve energy to handle higher-level demands.

Unbalanced Root Chakra

Imagine the same couple from the American Dream stuck with major debt. They owe on the mortgage, the car, the school tuition and personal credit cards. The children are not producing high grades. During the parent-teacher meetings, the couple verbally spars with the instructors. They host a blame game for the kids' poor performance. Now, the couple begins blaming each other for their lack of attention to guide their children. Each feels they're doing all they can. And



seeing the results of "all they can," they feel even less successful as parents, spouses and in life.

One of the pets falls ill; it seemed sporadic to the husband, and the wife believes it was from the new food they bought. In her opinion, they never should have changed their diet. This adds another stress layer for the couple. The entire household is on unstable grounds.

This is a rather extreme-but-realistic example of what an unbalanced root chakra can produce. An ungrounded mulhadara shakes up the locus of control, causing the person to give her power to outside forces. Psychologically, she is at the mercy of everything external. There is no change, unless something outside of her changes for her. Needless to say, this mental state is incapacitating and potential factor in the hopeless feelings we can experience when we believe nothing in our lives go our way. An unbalanced root chakra is the epitome of the victim mentality.

Root Chakra – Conscious Career Development

Professionals have a visceral feeling when personal survival is at stake. Before considering any vocation, we aim to ensure our basic needs are met: shelter, food, an overall safety. More adventurous souls might be willing to go without these needs guaranteed, but generally we feel comfortable and more capable of seeking higher-level pursuits when we can reasonably say our security is handled. In the work sphere, this comes in the form of a consistent paycheck, medical benefits, insurance, a place to call work, a place to live, feeling our skills are valued and utilized.

The struggle to progress from a job to vocation often involves securing this foundation, ensuring we will have food the next day and enough money to get by. It is when we face scenarios that threaten our financial / resource stability that we tend to experience the stress involved with a ruptured root chakra. Acquiring a consistent cash flow, whether through a formal occupation or self-employed business can assist with amplifying this root center.

While we may feel passionate about a cause, practicality may require that we attain a job so that we can financially sustain ourselves while building our private enterprise. Based on weighing the options, ensure that your choice considers strengthening the root.



SACRAL CHAKRA
SANSKRIT: SVADHISTHANA CHAKRA
COLOR: ORANGE
NUMBER: 2

Balanced Sacral Chakra

The sacral chakra house is what is commonly known as sexual energy. The sex force is our creative energy, the power that gifts us with the ability to bring our imagination into physical existence. Often "fertility" is perceived as solely a consequence of sexual union, but all of our ideas that manifest in the material world are "conceived" through energetic fertilization. So we then can say, a fertile mind is a creative mind. Consequently, this force is essential for all of our activities in the world. It provides the raw fuel to operate with abundance and zest. Traditions throughout the world offer practices, arts and sciences to cultivate this potent energy because of its vital necessity for living.

When the Svadhisthana chakra is balanced, there is deepened life quality. Psychologically, there is reserve energy to handle mundane tasks without a drain.

The healthy sacral chakra also manifests healthy beliefs and actions around sexuality and sensual expression. The individual is comfortable within and this reflects externally. There is an understanding of the sexual functions and the relationship between the sexual energy and life force, or creative energy. There is an empowered creation sense; the person can conceive and manifest ideas without the common mental blocks often associated with inhibited imagination.

Unbalanced Sacral Chakra

This chakra unbalance can be summed up with the word "addiction." Tibetan tantric practitioners, because of how rapidly one can elevate, and how fast one can fall if abused, consider cultivating the sacral energy, the "lightning path." Addiction, the inability to control impulses, is common to the abused sacral creative force. These addictions range from drugs to sex to gambling to death-defying experiences. They all come from the need to express the sensual energy, to gain a high and altered state of consciousness.

Addictions can damage the sacral chakra due to its overstimulation and weakening willpower. The ability to say no decreases, so each temptation results in an indulgence. Eventually, the indulgences must intensify to induce gratification. Results of an unbalanced Svadhisthana include ruined careers, relationships, businesses and personal lives.



The Sacral - Conscious Career Development

Career growth will require significant creative energy. This energy is the same as the sex force and can be harnessed by a process called transmutation. Transmutation involves developing energy in one area and refocusing it on another endeavor. That same energy fuels our drive to pursue a new project, position or growth.

One method to igniting this energy in a non-sexual way is to discover a passion. This activity or experience moves us to exuberance; we can do the work for free and rarely if ever feel drained. We love it. This passion sparks the sacral chakra in a way that allows us to use its force to produce creations other than children. Professionally, the passion we have is ideally associated with our work. We convert that sacral energy into career-oriented pursuits, so that we emanate that same exuberance in our craft.

SOLAR PLEXUS CHAKRA
SANSKRIT NAME: MANIPURA
COLOR: YELLOW
NUMBER: 3

Balanced Solar Plexus Chakra

The "solar" energy center refers to its ability to project strong light; that light manifests in the form of many intangible qualities connected to the masculine principle, including confidence, self-control, a sense of agency, willpower, focus, charisma and forward movement. This chakra houses the energies often required for successful ventures involving people.

In a balanced manipura, a person has a well-integrated personality. Worldviews are formed in such a way as to enable an individual to function within an environment, and to do so with considerable influence. There is recognition that environments require certain quality emergence and the person is capable of adjusting when necessary. Both this chakra and the anahata play a vital role in establishing empathic connection with people, the heart-to-heart and solar radiance form a general charisma that creates likability based on rapport.

Unbalanced Solar Plexus Chakra

When this chakra is out of control, we witness excessive ego. Overt personality strength, charisma and will without the empathy or moral grounding can lead to a domineering persona capable of capturing the people's hearts, swayed by the alluring energy, yet unaware of potential malicious intent. By masking malevolent intentions, this persona embodies a public character that makes people say, "She understands me. I understand and will follow her."



If allowed to continue, such a force can rise to high positions of influence and ensnare ever-larger audiences. The more people believe in him or her, the more power they attain and the more ego-gratification the experience brings.

Solar Plexus Chakra – Conscious Career Development

Of the many chakras available for our use, the manipura is one of the most career-vital, as it pertains directly to our charisma and personality. Self-confidence requires that we understand our talents and purpose, and how we desire to project them into the professional environment.

What does your successful-self appear like?

What do you envision as your ideal occupation?

What is your self-concept?

What kind of company matches the self-image that you hold?

What type of company do you see yourself designing?

What are your values?

These are questions the yellow power helps you to propose and clarify. Once you decide upon these ideas and commit to embodying, your personality will amplify, radiating into how you handle career relationships. Quickly people will realize you're in alignment: body, mind, spirit and values, the definition of integrity.

The solar plexus chakra is also involved in how you apply willpower. This means setting professional boundaries for what you stand for and what you choose to not tolerate. This challenge often manifests in choosing service / product pricing. Sometimes we can feel uncomfortable about telling someone there is a cost to have our product or service. In these moments we face an emotional dilemma, and this becomes more of a challenge when we're dealing with those closest to us. If we've been accustomed to assisting friends and family using our talent, it may feel uncomfortable for us to suggest they now have to invest in it monetarily. If we don't activate this chakra power, we face being overused and miss out on opportunities for energy exchange: talent for money or some other form of return.



HEART CHAKRA
SANSKRIT NAME: ANAHATA
COLOR: GREEN
NUMBER: 4

Balanced Heart Chakra

Quotes throughout the centuries speak of the love's power. It is universally associated with the heart. This energy center forms the seat of our relationship possibilities. From this vortex, we radiate magnetic energies that pull or attract relationships at all levels to us: people, animals, opportunities, materials and experiences. The famed law of attraction has its source in the anahata. It is from here that a healthy anahata can manifest desires that bring personal evolution, an ascension process, while it transmutes negative experiences into energy most useful for the person. A person with a balanced heart chakra is capable of meeting new people, creating connections and maintaining long-term relationships.

Unbalanced Heart Chakra

Coldness, unwarranted personal reserve and an inability to maintain relationships are signs of an unbalanced or weakened heart chakra. The wall created prevents other warming energies from spiritually "touching" the person; harmony becomes difficult to establish. Consequently, this spiritual isolation can produce physical effects we commonly recognize as depression, social anxiety, jealousy and a victim mentality. These states manifest from love deficiency and the healing energies it provides.

Heart Chakra: Conscious Career Development

"Heart" in this view refers to the ability to develop professional rapport. Imagine attending a career event and each contact you make there is a visible connection. Eyes reciprocate, energies match, the topics you cover are discussed with like-mind. There is clear resonance and you exchange business cards, eager to assist each other with talent or information. This is an example of what an awakened heart chakra can do.

The anahata enables you to shift from a self-focused (yellow chakra) vibration to another vibration where you reach out to someone else. Your interest in another's occupation, their abilities and what they desire to accomplish becomes a focus, and this energy projection dissolves the mental distance between you. What we call "networking" involves potent heart chakra resonance.



THROAT CHAKRA
SANSKRIT NAME: VISUDDHA
COLOR: BLUE
NUMBER: 5

Balanced Throat Chakra

The visuddha vortex manifests through our communication skills and overall self-expression. To sing, to dance, laugh, argue, persuade, and speak our truths are all forms emerging from this chakra. When healthy, we express our inner world externally with clarity; what we think, we say with precision. The audience who understands this can digest this precision, and this strengthens our rapport connected to the heart chakra. We can flow with the impulse to voice our opinions when angry, sad or feel moved to be present for another in counsel.

Unbalanced Throat Chakra

If you've felt shy, timid or need to hold back what others might need to hear, pertinent information, these are symptoms reflecting a weakened throat chakra. To dodge the consequences of revealing a truth, we can be tempted to opt for lies. The lies build upon each other, and because they are fabricated information, we feel our truth is more protected behind this armor. What lying accomplishes, however, is deeper throat chakra suppression. It becomes more difficult to speak truth as lying becomes more habitual.

Throat Chakra: Conscious Career Development

Technical skills and knowledge aside, one of your most effective tools in professional life will be communication. This is not just your ability to read and write; it also involves your body language, tonality, diction and timing the environment to know what to communicate and when to do so. A strong throat chakra will empower you to project your messages with clarity. It also involves how to ask for what you want, engaging problems. Imagine yourself performing at your best in a presentation. You've practiced several times. Mind is calm. Technology works just right. You hit all of the accurate points in the slideshow, answer the audience's questions and deliver this engaging presentation in a way that everyone leaves with new insight. This is an example of the throat chakra at work.

An inhibited visuddha can show up as shying away from speaking opportunities in meetings, being bashful about your skill sets when asked the famous question, "What do you do?" or uncertainty when discussing matters of personal value and how you assist people. When empowered, this communication arrives to the conscious mind directly from the intuition. As the channel to the truth emerges,



we communicate with greater passion and purpose and this can be reflected throughout our work.

THIRD EYE CHAKRA
SANSKRIT NAME: AJNA
COLOR: PURPLE
NUMBER: 6

Balanced Third Eye Chakra

The third eye is given a location between the two eyes spiritually and deemed as the pineal gland biologically. Described as being a seat for multidimensional thinking and wisdom, this chakra houses our intuition. When activated, we access nonlinear thinking, capable of extracting solutions in holistic downloads rather than analytical steps. Understanding can pour into our minds in chunks or we can receive insight moments.

Unbalanced Third Eye Chakra

A weakened ajna creates situational blindness; we become unable to read experiences in layers or creatively. Restricted to excessive logic, we function with narrow-minded agendas that cannot see the dimensions necessary for a holistic solution.

This can influence our personal lives and relations with family, friends, lovers and the environment.

Third Eye Chakra – Conscious Career Development

We can study knowledge for a considerable amount of time and eventually realize that the gut feeling can surpass this type of information. Especially in leadership positions, we may receive advisement from staff. As we sit upon this information, we come to a conclusion about a course of action based on a combination of this knowledge and our own intuition. This is an example of the ajna at work.

When we give an interview or receive one, we're meeting someone for the first time. We assess the physical, the energy, the environment and intentions and form a synthesized "vibe." This is the ajna at work.

When we have a meeting with a potential client, we assess based on the experience's feedback. We then sense that this person is a fit or not for the service. We also may sense exactly how our gifts may be of service to them. This is ajna at work.



Our third eye is a powerful perception expander. Applying this chakra in one's career elevates the insight we gain in an experience. We can penetrate a process, application or system with both a creative and analytical mindset. It gives rise to original thinking sometimes contrary to structural maintenance organizational life.

CROWN CHAKRA
SANSKRIT NAME: SAHASRARA
COLOR: PINK/WHITE
NUMBER: 7

Balanced Crown Chakra

The upper three chakras take a person to the more energetic, spiritual perception realms. The crown manifests body-mind connection and a holistic perception that encompasses inner sight as well as a fullness experience with all creation. This may manifest as joy, inner contentment or the energy of cosmic love for all beings. At this level, one sees the self in others and a unity in all things.

Unbalanced Crown Chakra

When this vortex is dormant, dualistic thinking rules. Competition overtakes cooperative mental states, and the individual sees separation of self from everything else. With this distance, it becomes easier to harm another or pillage an environment without concern for the consequences. Only the rational calculations in excess, equating the means justifying the ends finds value in an unbalanced crown chakra.

Crown Chakra – Conscious Career Development

The crown chakra endows us with the power to see connection in all things. As a consequence, we may feel less motivated to continue working in a company that does not support our values that connect to some truth, and we may experience a new level of soul-searching to discover the right vocation that does match. After 10 years in a job, crown chakra emergence can crash down on all of those years of beliefs and attachments. Suddenly, we're off on a new path, ready to leave the old and begin a new vocation.

Professionally, the sahasrara will keep you focused on your career's root mission. Your purpose will remain present in consciousness as you develop it into a business or practice. With your spiritual purpose as the guiding light, rather than solely material gain, your service quality will expand along with how you choose to assist others.



EMOTIONS & PROFESSIONAL LIFE

What do you do professionally/personally to balance chakras/emotions?

Three ways primarily. One, I maintain a consistent intake of high-quality herbs as part of my nutritional program.

Two, I trained in a specific meditation practice called Men Ab and prior to discovering this practice, came to recognize nuances of it through my own self-study. It involves activating a place of silence in the mind to observe the emotional fluctuations occurring inside. With advancement came the ability to make conscious choices about how to engage emotions. In college I learned how to transmute toxic emotions so they transform into energy that is of use to me.

Three, I trained myself to recognize the connection between chakras and their outward expression as virtues or habits. If I wanted to activate a chakra I could either work directly with a crystal, color or meditation, or I could focus on specific virtues that align.

As an example, if I sense the need to amplify my sacral chakra energy, I can work with crystals such as red jasper or carnelian, simply carry them on my person or meditate with them in hand or in presence. In meditation, I can visualize successful outcomes with positive sacral energy activation. Recognizing this is the seat of creative force, I can place myself in a situation of creative engagement, perhaps penning a blog post, or finishing a manuscript chapter. Perhaps I am sitting in a park or in a massive library at a work desk customized specifically to my liking. In this imaginative experience, I am enjoying the creative flow. I also experience the creative work's results, seeing its product in my hand or on the desk in the vision.

In the physical world, I can support this metaphysical work by creating an environment that nurtures my creativity. I'll place books with covers that convey this concept to me on my desk so I see them often. The images pour into my subconscious. My smart phone wallpaper will feature a striking image that evokes creative energy. I'll watch a movie that also stimulates creativity.

Assisting aspirants, I help them identify factors they can manipulate in their immediate environment and guide them through this sensitivity experience, recognizing how to detect a chakra from the behaviors, thoughts and feelings they experience.



A STORY...

Michael Madison's eyes snapped open upon hearing the alarm clock. He huffed, recognizing it was time for him to prepare for work. His body felt sore; set in a position he knew he did not start sleeping in. Even a contortionist would be challenged to compete with his current pose. With a grunt, he tapped the button on his smart phone to shut off the sound.

Then, Michael rolled over. Facing the wall, he stared, almost through the structure. A wave of energy rushed over him. His heart pounding, he realized today was possibly his very last at the office. He replayed various scenarios in the mind: his manager walking next to his desk, calling him into another room to deliver the news. Or, his manager not even having the consideration to bring him into another office, instead telling him it's time go on the spot in front of everyone. Or even worse...he might walk to the front door only to swipe his I.D. card and it's canceled. Blocked at the front gates of paradise for all to see. What could be worse than traveling to work only to be denied entry, fired without a word? **(Humiliation)**

Michael's heart raced **(Anxiety)**. He knew he wasn't performing at the top of his potential. He's had a tough few months with his cat dying and having to move. So much was going on in his life that the last thing he needed to experience was a termination. But the warning signs have been present for a few weeks now.

Last week, Michael's coworker informed him he overheard the other managers talking about the weak team member links, how the teams needed to reorganize because some weren't meeting their monthly sales goals. His peer told him that his name was mentioned a few times in not the most pleasant way regarding performance. Michael nodded in acceptance about this situation, and since then has approached his work from a defeated perspective **(Despair)**. His philosophy used to be one of, "Do your best and the best will come from that **(Optimism)**," and now he feels detached and no longer a valuable company member.

Michael rolled onto his back in the bed as his mind juggled these thoughts. He thought he would be very successful in this job. The interview months ago went favorable; the hiring manager who interviewed him even mentioned how he would be taken under his wing and would receive the best training. Imagine that...an employer ready to support their new staff as soon as possible. This knowledge fueled his desire to give his all to the company **(Trust)**.

And in his bed, here he was, feeling down that what that supervisor told him at the interview table did not become a reality. He had multiple bills to pay and on the verge of losing his apartment if he missed another month's rent, and he just might lose his job today. To Michael, this wasn't fair. The company



promised him something and did not deliver. He put in the effort and they did not do their part. What kind of company was this? Was it a scheme? A joke? Was he just being used up until they found the next person? Someone had to answer for what he was experiencing (**Blame**).

As he sat up in bed nearing the limit of the extra time he could play around daydreaming, a voice from within called to him. It said, "Responsibility." Without further contemplation on it, Michael understood. Even though the company told him what they would do, it what mattered was how he reacted to the information that mattered. It was also his responsibility to go to work each day and do his best. It was his responsibility to own his days' outcomes whether they were goal-successful or not. What happened that led him to this point was no one else's responsibility but his own (**Forgiveness**).

With renewed energy, Michael jumped out of bed and to the shower. He did not know how this workday would turn out, but he accepted that it was his responsibility to set an intention and make the best of it.

Emotional Understanding

Michael Madison represents an archetype that mirrors professionals who experience rollercoaster-style emotional fluctuations throughout the day. As human beings living in more rapid-paced environments like the United States, we have grown accustomed to these changes, sometimes seeing them as both natural and necessary elements of career and personal life. Emotions, especially those spectrum's toxic side, gain greater control over our decisions and thinking patterns as we cultivate a normalcy that this is their role.

Are emotions meant to control us? Are they our decisions' guides? Or do they have other functionalities?

If we examine the word "emotion," we recognize "emote," which means to gesture or express, and we have "motion," which means to move or take action. In both words we recognize the intent towards movement, ultimately resulting in our physical bodies acting out to express the energy.

Since we tend to recognize an emotion in the outward expression of our physicality, the origin or birthing of an emotion begins from within.

Emotions are energy flows, frequencies that develop synergistically with our thoughts, the environment and how we perceive an experience. This blend is evidenced in how people respond differently to the same experience. A spider may terrify one person while another smiles with joy at being able to hold one in his hand. The thought of skydiving might scare a person into high blood pressure standing on the ground while another person feels calm exhilaration dropping from a plane miles above the earth. And in professional life, co-working peers in



the same role may experience their job functions through different emotional states.

The Focus

This chapter considers the emotions and their influence within professional life. In the first chapter, we explored how the chakras, psycho-spiritual energy centers influence the daily life. Each chakra houses external expressions for behaviors, virtues and vices in their balanced and unbalanced states. As we raise these centers' vibrations, the more conscious we become in the material world; the more aware we become of living spiritually.

The root chakra reveals our interests in security and protection. The sacral shows our capacity for creative work, to be fertile; it is where the fire of sexual energy resides. Our solar plexus associates with self-image and identity, charisma, the capacity to engage the world with confidence. The heart demonstrates our ability to connect with others and nature with conviction, perseverance. The throat chakra center supports our capacity to express on all levels: writing, speaking, acting, thinking.

On our unique development paths, we eventually realize that everything in our experience is spiritual; these are realizations from the crown and third-eye chakras.

Using similar methodology as employed in this volume, self-reflection, I will cover the seven best known chakras and expression in the balanced and unbalanced states. With this guide, readers can better understand which of their centers are most active and healthy or suppressed.

In this chapter, we will delve into the spectrum of two primary emotions, Peace and Fear. Also practicing the skill of drawing on our own life experiences, we will make the connection between emotional states and the general behaviors, mindset and consciousness associated with each. We will also explore a resolution for each, an option for transmuting emotional energies experienced as toxic, and how regular meditation acts as a catalyst not just for becoming a calmer individual, but as a transformative practice to evolve the human being into one who experiences life with greater vitality and mastery.

Emotions and Trance

Emotions are trance states; their energies induce specific breathing patterns that generate a relative of the hypnotic state often seen in hypnotherapy sessions or guided meditations. These states effectively silence the conscious awareness, enabling the emoting individual to behave under the total control of the



particular emotion generated. They come with their own thought patters, behaviors and responses.

Simultaneously, this is the state that enables an individual to be programmed through the subconscious. When an individual “snaps,” she enters this trance state that can resemble possessions in sensational movies. In a state of emotional rage for example, she may yell, curse, attack, knock over items and generally behave in ways she never would without being under the influence. When she “snaps out of it,” she may feel regret. She could not believe she said. She did not feel like herself. Something came over her; these are phrases we use to describe the experience of being overcome by emotion.

With self-reflection, we can revisit times in our lives when we were “overtaken” and self-examine our thoughts and actions at the time. We can also make the distinction when we “snap” and “snap out of it.” Use those experiences as proof of emotions having the capacity to generate the trance state and possess.

Emotions & Stress

Toxic emotions also produce elevated cortisol levels that raise heart rate and place the individual's body into a distress state. Cortisol's role in our survival enables us to become hyper alert in dangerous environments; sustained over an extensive time period it causes immune system problems, mental fogginess and a host of other deleterious effects.

Today's challenge invites us to examine how often we are in distressed states daily, and how these states continuously flood our systems with cortisol outside of dangerous domains.

While we may have experienced a range of emotional states in our lifetime, they are in reality fluctuations or frequencies of the vibrations we call Peace and Fear. In between these two are a range of states that move us closer to one of being fearful or one of internal harmony.

MEN AB MEDITATION: KEMETIC BEHAVIORAL TRANSCENDENCE MEDITATION

I refer to the Kemetic (Ancient Egyptian) science as it is the oldest recorded, symbolized by the hawk, named Heru (some may know him as Horus) and called Ab. “Ab” has simultaneous connection to the heart and will. The will is our ability to act and it does so independent of external prompts. This means **the true will is not reactive**. It also means that the idea of an actual “willpower” is false, as it doesn't house energy, but acts upon energy/matter (our body-mind) to manifest in the world.



When we take action based on universal laws we are accessing the Ab. When we are reacting to something out of emotion we are not accessing the Ab and responding through ego-identity.

Let's put this into context, because often what comes to mind is, "So we're not supposed to have emotion?"

If John Doe is cut off by another driver on the road and he drives up next to the other guy, gives him the finger and a verbal attack, he is not acting out of freedom of the will. He's reacting out of emotion, controlled by his emotion.

If Jane Doe listens to her young baby cry for two hours straight and she lashes out, "Shut up!" She's consumed with anger in this scream, she is not acting out of freedom of the will. She's controlled by her emotion.

If John Doe loses his girlfriend to another guy and plots how to exact revenge upon the new couple, he's controlled by his emotion. No freedom of will.

If Jane Doe knows she's supposed to complete her college assignment and decides to put it off because she just doesn't feel like doing it, she's not acting out of freedom of the will. She's controlled by procrastination.

If we continue to run these scenarios and examine, we're going to realize that very few of our actions are actually established in freedom of the will, or "Men Ab." If we haven't been doing this work regularly, living blindly from day-to-day, it is possible the majority of our activities are done being controlled by everything else other than our own independent will. Heru is asleep.

Heru, or the true will awakens when we establish an inner space where we can consciously make a choice. Heru is a cosmic force (neter / angel) and represented by the hawk because of its qualities; it flies, has higher vision as it soars over lands, demonstrates keen insight and intelligence. It is efficient, perseveres and demonstrates piercing understanding.

When we can make a choice, Heru wakes up within. To make a choice, we have to not be pulled by spiritual afflictions.

Referring back to the above scenarios:

*With Heru awakened, John Doe can **choose to not react to being cut off** by the other driver. His internal state remains unmoved as he continues to work.*

*With Heru awakened, Jane Doe recognizes the baby's excessive crying means something for her to pay attention to. Instead of responding annoyed, making the experience about her, she is **able to intuit the situation from a position of calm and clarity.***



With Heru awakened, John Doe is **able to examine the situation** and why he lost his girlfriend to another guy. He realizes ultimately the relationship wasn't meant to be and moves on, seeing the experience as valuable for his next relationship.

With Heru awakened, Jane Doe **can see the consequences of putting off her assignment** and can take action knowing completing it early will better serve her.

Meditation enables us to mentally step back from an experience and sit in the center, allowing us to perceive the range of possible choices. In this space, we are not grasping or being tugged. Emotions we feel in the moment are acknowledged and allowed to pass. We do not fester on past experiences or memories. We are not blaming anything about anything. Wanting, needing, forcing afflictions dissolve. From this space, we cultivate the clarity to act not based on compulsions but what the universal laws present to us that will best serve all parties involved.

THE PRACTICE

Sit in a comfortable space. Close your eyes and breathe deep from the lower AB-domen (Ab-Will-domain). Apply a bit extra pressure on that space as you push the belly out. Breathe slowly for a count. It could be 3 or more seconds. Inhale through the nose, mouth closed. Pause for the same amount of seconds. As you exhale (same seconds), apply a bit extra pressure on the AB-domen as the air exits. This slight pressure stimulates the vagus nerve, which is a major energy activator that flows up into the brain's frontal lobes, prefrontal cortex: physical houses for our higher wisdom faculties. This physical action will help you to establish a mental space of calm and perspective, where you can observe a situation from your divine Self and take action accordingly.

The effect may be instant, as some have informed me going through the practice. Ultimately you want to use this in the moment of a challenge. When you feel an emotion rising up to the point of trying to control you, practice the Men Ab and experience the results. The more you practice, the more skillful you become, the more Heru within you awakens, the more your Men Ab is active in all parts of your life.

The lightheartedness that results from this type of independence can be described as "silence" even though there is sound everywhere. The unnecessary mental chatter ceases.



Peace

Peace is the internal state that needs nothing and is free of grasping. While in this state, our mental, emotional, physical and spiritual systems are in optimal coordination. This enables us to perform at our peak expressions for each of these areas. Peace empowers us to operate with awareness that we are more than just a body and have the consciousness power to access for manifesting success in our endeavors.

Fear

This is the opposite side of the emotional spectrum, with each of the toxic or negative emotions having its source in fear. Fear results from our lack of awareness that our natural state is to be at peace, and from ignorance of our understanding of Self. The more unaware we are, the more we tend to fear.

Fear tactics are readily employed in organizational life and professionals are laced with the emotion so long as knowledge of Self is not given priority.

For the Professional

Understanding the emotional states is an important step for the professional aiming to manifest success within a vibration that serves her entire being. This approach differs from the traditional focus on success at all costs. The presumption under the at-all-costs paradigm is one must be willing to sacrifice not just time and effort, but health, family, friends, relationships and those experiences that support deeper elevation of the professional's consciousness.

My premise is that emotions are not to be followed blindly, but recognized and transmuted to develop emotional mastery. This mastery will enable the professional to approach his work affairs with mental clarity and access to the intuitive wisdom already present for effective life choices. Emotional mastery will also teach professionals how to self-regulate inner states so that extreme emotional outbursts do not manifest.

In this section, we will explore commonly known emotional states and how they influence a professional in the work environment.

Hate

Hate is a vibration of passionate dislike. The object of dislike arouses this high-energy trance state that can be slow to induce action. This is a festering emotion. Hate grows over time. The more the individual thinks about the object of dislike, the hate intensity increases. Some individuals may respond quickly with this emotion or allow it to build up for days, weeks, months or years. Due to being



possessed by hate, an individual's entire perspective can be colored through this emotional lens. Eventually, the object of dislike is reduced to a level beyond oneness; there is no feeling of connection with it, and in this state the individual becomes capable of inflicting harm.

Hate & Professionalism

Hate can develop from a perceived-negative experience that lingers without resolution or amends. In our example with Michael Madison, he was given certain statements that alluded to commitments from the employer. Since those statements did not manifest, his expectations and the current experience created conflict, and he chose an object of dislike to express his building emotion towards. He directed it towards the entire organization.

For months, this emotion developed until Michael reached a point where he was able to reduce the company's value in his eyes. At this level and with enough anger backed behind it, Michael would have been capable of demonstrating a physical retaliation. We see these types of responses in disgruntled employees "getting back at" their managers and coworkers by inflicting harm with weapons. Collateral damage can include people being injured who had nothing to do with the disagreement; this is possible because everyone associated with the hate target has been reduced to the level of disconnection from the Self.

Hate can become a bothersome emotion on the job because the professional is working daily with this energy state as the default setting. Its festering frequency can transform even positive experiences into toxic thoughts; a hateful employee who receives praise from a manager will not recognize the positivity in the message, only find more reasons to dislike. The manager, unaware of how these emotions work may feel puzzled as to why positive treatment results in increased negativity from his staff member.

Resolution

Understanding that hate has a viral nature in its capacity to spread into multiple life areas, the professional can work against this by going into the Men Ab meditation and acknowledging the oneness in all things, that we are all connected through the one Self or creator of the universe. That to hate another person is to consequently hate oneself, and that vibration must run through the professional before it is directed towards the target.

Imagine the dislike object and visualize having a positive experience. Embody the feelings of what it would be like to achieve mutual success where all parties enjoy each other's company. Visualize the results of that success. What does it look like? After experiencing the visualization, write it down in a journal.



Anxiety

This is a state of restless anticipation. It differs from the nervous energy one might experience waiting for his time to give a presentation. Anxiety is produced as the imagination conjures potential negative realities. "What if?" may sound off these conceptions, which drive up stress levels. The presentation could be days away and the mind is capable of generating thought forms that create toxic outcomes. These thoughts then affect the bodily system. Some anxiety symptoms include the inability to focus, to sit still, dissolved calm and patience.

Anxiety & Professionalism

In today's U.S. employment market, growing concern exists regarding robots and their role in the workplace. More advanced machines are entering the job market, shifting into roles normally held by people. Currently, they offer the capacity to complete jobs without the need for vacation days, sick time, overtime, any type of compensation and can work for hours with the same level of efficiency. For companies seeking to scale and do so fast at all costs, these technologies are ideal, and replacing people for robots appears like an ideal strategic action.

Robots entering the workplace may create an anxious feeling among populations who view their jobs as being at the forefront of replacement. In particular, those professionals who have not increased their skills or have knowledge in these technology sectors may feel specifically subject to being impacted. The possibility of being phased out can generate anxiety, as it is unknown whether a job will exist for them now or in the coming years. If the job is tied closely to self-identity, the ego's attachment to the current way of doing work may create anxiety to such a level that a professional may lose either interest or overall life purpose.

Anxiety can also show up in smaller ways on the job including:

- *Anticipating a meeting*
- *Anticipating a presentation*
- *Thinking about how a performance review may go*
- *Considering how one might perform on an interview*

If we look at the commonality, we can see the underlying trait in anxiety is the **imagination going into negative unknowns**. Creating outcomes that are detrimental to the potential success. In some domains this is called "self-fulfilling prophecy," as repeated thoughts on these outcomes eventually produce them in the physical world.



Resolution

The professional can eliminate anxiety by using the Men Ab meditation to enter a neutral state. From this position, he can examine all of these outcomes and undergo self-inquiry without being attached. While in meditation, silently ask:

1. *Is this scenario serving me?*
2. *Is thinking about this going to help me succeed?*
3. *What is a better way of going about this experience?*

Visualize yourself being successful during the performance, whatever that may be. Experience what it is like to be in the position of total calm, power and confidence. Imagine the postures, tone of voice and how the audience responds in successful ways. Once the meditation is complete, write down your experience.

Despair

Despair is an emotional state of intense, continuous defeat. Under its influence, a person gives up on an endeavor or is said to "lose the will to go on." Despair can develop from a singular, impactful experience or a series of experiences that further take an individual's mental state along the lines of Fear. While in despair, the drive to overcome an obstacle dissipates, as it is believed overcoming it is impossible.

Despair & Professionalism

Michael Madison provides an example of a professional who reached despair over long time duration. Depending on the professional's innate resilience, the amount of setbacks needed to generate this emotion will vary. In Michael's case, he failed multiple times before he accepted a reality of defeat.

Positions that deal strong defeat blows tend to exist in the business development, recruiting and sales realms. These areas require contact with many individuals that result in revenue generation if successful, and revenue loss if not. Often there are more rejections in these roles and the professional requires a firm self-image and foundation in order to thrive in these environments. Energy is exchanged upon each contact with a prospective client or customer; the professional's inner state will influence that exchange. Salespeople in despair will unlikely manifest successful sales.

Resolution

It is important to recognize the power of projection, which is our capacity to use previous experience and reference on a present experience. This does have



value; we can anticipate future patterns and respond accordingly, wiser. When misused, we can project toxic references onto new experiences that have no association and reinforce the self-fulfilling prophecy.

Unmanaged, the business development executive who experienced a negative conversation two days ago may project that conversation on to the current client. Assumptions cause her to make statements that affect the energies between herself and the client. At some point the client may be turned off by this energy, and she had no clue about what transpired a few days ago.

The professional has the power to reframe an experience, recognizing that the present moment is one new moment after another. The future and past can be accessed by means of the imagination, and awareness is needed to maintain focus so as to not succumb to these two paths in time. Imagination can send us to what happened before and to what could happen, while the reality happening in the present is a fresh moment in time. Each one of these moments is an opportunity to create a new outcome, and the past's baggage does not have to travel to the present.

This means every new client, each new day at the office and each new project is a fresh opportunity to take action with clean vision, because we have the power to create it.

Gratitude Practice: When faced with an experience that challenges you to feel despair, ask yourself, "What was the jewel in this experience?" The question will prompt you to search for not just the positive element, but also one that is most useful for your growth. Sometimes the growth element does not necessarily feel pleasant, but remains necessary for being able to move on to the next step.

Blame

Blame is projecting responsibility of an experience onto another entity. This can also show up as self-blame: taking responsibility for something that was not one's fault. Both forms emphasize agency projection; some thing or person caused another to occur. What intensifies this emotion is the conviction that the agent must also pay for being the cause. Some form of ramification is to take place to establish closure.

Blame can be an effective strategy for creating distance between the outcome and ego-self. Denial. With responsibility externalized, the individual no longer holds on to the burden of bringing the situation to closure. There is an element of fear existing in blame that prevents an individual from facing the responsibility directly.



Blame & Professionalism

Blame can manifest in a number of ways in professional environments, especially when teams are tasked for producing individual work to accomplish a collective goal. If one member fails to carry her weight of the project, she can either own it or seek a way resolve it or find a way to externalize blame with a scapegoat. While there may be external factors influencing a task's outcome, ownership still remains with the individual team member.

Expanded to the supervisory level, leadership team members are responsible for the members in their groups. An employee's underperformance may be his responsibility, but the performance outcomes remain the leader's responsibility; she must be accountable for the results produced under her leadership. The blame emotion only works to extend the issue's duration because it does not focus on finding solutions, only transferring responsibility. The cycle may continue for as long as the ego-self refuses to first accept the responsibility and then face it.

Resolution

Acceptance that our results are ours to own is a first tenet for dissolving the blame emotion. If a situation arose out of another's actions, blame will not evolve it towards solutions. Acceptance of how the situation is being reacted to is also necessary; realize that we ultimately have control over how we respond to a situation. This is where the Men Ab meditation can be applied to enable a 360-degree perspective.

If the situation is your responsibility, see yourself acknowledging this in your meditation. Experience what comes up for you as you see the responsibility directly. Give it a persona. If you had to transform your blame into a figure, who would it be? What would it look like? Create the persona and allow it to stand in front of you. Talk to it. Have a conversation. Ask it all of the questions you might want to ask yourself, because it is an extension of you and will provide you with the answers you're seeking from within.

Once you understand the blame's nature, you will be better equipped to work on creating solutions. Ask the blame how you can help it to rest. Let the feedback come to you.

After this exercise, you may have deeper clarity and know how to take next professional action.



Humiliation

This energy involves feeling indignity; it is an attack on our ego-identity. When humiliated, any number of emotions may arise that spark the desire to satisfy revenge, fight or flight.

Humiliation & Professionalism

As our ego-identity can connect strongly to our occupations, any kind of infraction upon the public perception of that relationship can make an ungrounded professional feel humiliated. Some workplace environments house hazing-type atmospheres where playing jokes on staff is commonplace. Some spaces create highly competitive environments where numbers and data are displayed for all to see; the producers are praised and all know those at the bottom. This potentially creates environments where antagonism becomes a norm; the weakest links are ripe for criticism, jokingly or seriously.

Our western society is largely built upon foundations that tie the individual to what we do rather than who we are. What we do then becomes the essence of who we are. If we work as a retail associate, our self-identity is wrapped within this role. We are not a being with a retail job; we are the retail associates. This consciousness trap confuses the essence of our nature as beings of infinite light with a job title. When the job title identity does not perform, it affects our sense of self-worth.

Resolution

Know that self-worth and the functions we hold in society are different benchmarks. We are conscious, divine beings first and all else on the earthly plane is secondary, transitory, subject to change, while our essence does not. This understanding can empower a professional to maintain a healthy distance between the job's rigors and personal value on the planet.

Apply this self-inquiry:

1. *Am I my job? No.*
2. *Am I the clothes I wear? No.*
3. *Am I the name I've been given on the birth certificate? No.*
4. *Am I the social media profiles I created? No.*
5. *Am I the work I do? No.*

Continue to go as deep as possible until you reach a point where you cannot ask any further questions. Once you are done discovering what you are not, attempt to ask what you are. You will find that if you can define it here on the earthly plane, you are not that.



Love

Love in the metaphysical sense is the energy of unconditional connection and giving. It is the frequency of offering connection without expectations of a return. In the cosmos it shows up as attraction of elements; they come together to form larger pieces of matter. In the human world it shows up as wanting to give to another, to see them succeed, be happy, excel, to grow and enjoy their experience of that growth without desiring reciprocation.

Love & Professionalism

This is a powerful emotion closer to the spectrum of peace; inner peace cannot be attained without a sense of love energy flowing within and transmitted externally. Professionally, love manifests when there is such a passion for the experience that there is total devotion. If this is a skill, say marketing perhaps, her love for the area of study will inspire her to stay up late or make the sacrifices needed to practice it. This type of love is pure and shows up as wanting to deploy the skill without focusing on receiving something in return, such as money or followers. The love of working in the marketing field is what she cares most about, and the consequence of this purity is high levels of success. Customers and clients can recognize this frequency and it is attractive. People want to work with professionals who have a love for their craft. It is infectious.

Love for an organization's mission may show up as a passion to work with it without thinking about the caveats or perks. The work is what matters. This scale of comfort places the professional near a space of peace so she is not worried about whether she will make money or land the next deal. With a healthy focus on the work, the love of it naturally magnetizes opportunities that grant her continued growth.

Resolution

Commit some time to consider what you truly love to do. For this exercise, forget about what barriers may exist to pursuing it. Delve into your heart space and acknowledge to yourself the love you have for whatever hobby, interest, skill or industry you have. Visualize what this looks like as you live out the experience in your imagination. From there, reverse-engineer it. Work backwards. What steps did you have to take to create that experience?

Happiness

This emotion on the spectrum towards peace is likened to contentment; a satisfaction of the way an experience exists in its current state. It is recognized in its positive energy-inducing effects mentally and physically. The elated state, like



love, can also be infectious; it is an aspiration energy that results in treating others with that positive energy, which in turn will likely reciprocate.

Happiness & Professionalism

Contentment can be a challenging emotional state to exude given the metrics-based approaches of western organizational life. Each year, month, week and day there may be goals to achieve. It can be easy for company cultures to negate the benefits of being content with performances knowing more could have or should have been done. This is why true happiness is an internal state, independent of the external circumstances. When we link our internal states with what happens outside, those externals effectively control them, and that means we are not in control of ourselves. On the contrary, we are at the mercy of the external world's fleeting experiences.

The professional attuned to governing her emotions, and with a solid Men Ab meditation practice can be exposed to external transience like sales goals and budgets, the fleeting acknowledgements of securing a corporate client, a not-so-satisfactory performance review and other workplace challenges without having her state of happiness affected.

Resolution

Acknowledge the state of happiness is an internal experience and does not depend upon what happens in the world. We can apply proof of this by using the exercise of seeing two people go through the same experience and respond differently. The X-factor is the mental frame of reference; this is proof we have control over our reactions and emotional energy.

Forgiveness

This emotion is a releasing energy. Experiences held as grudges or within the blame space are set down and pardoned. Once an individual shifts internally from blame to acceptance, the natural flow of energy transforms into forgiveness, as the release allows the person to move on.

Forgiveness & Professionalism

If a professional experiences blame or resentment and refuses to move to a place of acceptance, forgiveness may never manifest. This creates a challenge, because workplace dynamics do not stagnate. Change continues, and with those changes come new demands from talent. New skill combinations are needed to accomplish new tasks. Grudges held with coworkers or leadership accumulate negative emotions within, eventually leading to sudden outbursts



that can sabotage performance or circulate throughout the system internally and create illness manifestations.

Whatever the dispute may have been, expressing forgiveness will serve the professional's highest well being on the job and in personal life.

Resolution

Forgiveness warrants acceptance without blame. Acknowledge the situation, what has been done. See it for what it is objectively. To forgive may not be to forget the lessons, but it does involve letting go of the revenge or resentment developed from the dilemma. Like a waterfall, forgiveness allows emotions that try to stick to fall away, slip off and leave the individual cleansed of toxic thoughts.

Trust

This is the emotional energy of credibility, faith and conviction. Trust empowers us to set down the feeling that we have to verify every step in a process or experience, with the conviction that the other party will produce on their word, or that others have conviction in our credibility that we will produce on our word.

Trust & Professionalism

The basis of professional relationships is built upon trust. It is not given immediately; it requires time and series of experiences for all parties to reach a point where trust can be established, and exchanges based on that trust take place.

Credibility is the foundation where a professional begins to earn trust. If just starting a career, the challenge exists regarding where to begin speaking of credibility. At this level, it can be earned by offering skill sets as a service. This can be done to build a satisfied clientele and testimonials that can be leveraged as credibility; each new client can be referenced to the previous successes. This builds reputation. The stronger it becomes, the less demonstration the professional will need to exert.

The resume is a credibility document. It is used on interviews as a communication tool to share skill sets and experience in reference to an opportunity. There is a trust level the candidate and employer have for each other that ensures both parties are agreeing to mutual value: the employer receives the talent and the candidate receives the opportunities.

In the daily workings of organizational life, trust is established, dissolved and reestablished in dynamic ways. Professionals make mistakes, learn lessons and



receive training, shift departments, experience downsizing, mergers and promotions; these all utilize trust among stakeholders.

Resolution

I encourage professionals to resolve themselves on meticulously cultivating credibility and trust, seeing them as valued assets that go beyond a professional environment. Perceive trust as an invisible connection between beings not to be lightly thrown away or disregarded.

SELF-KNOWLEDGE INFLUENCES PROFESSIONAL LIFE

While we may want to solely focus on external factors on our career development paths, underlying our experiences are metaphysical operations, which influence and can be influenced by our mental states and emotional makeup. Rather than indulging the role of a victim of our emotions, we have the capacity to become engineers, self-directed in how we work with these energies to maximize our professional experiences. We can do so in holistic ways so we grow in career, character and in relationship to the rest of the world.

Portfolio: iamtrentrhodes.com

Business: masterlearn.co

Blog: crownofmind.com

© Trent Rhodes