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## Context to the conversation

Ricardo speaks about the 7 levels of energy we could all tap into (physical, emotional, and spiritual) for us to access the “power plant” inside us that has unlimited energy.

## Transcription

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Deepak Jayaraman (DJ): Let's get into the book, Ricardo. Your book centres around seven levels of the human energy field. You say the first four are physical, emotional, and mental and the next three are spiritual. Just sort of give us a sense of the architecture of how you think about human energy and also this term human energy field. I have studied these terms in physics textbooks, but it was interesting to sort of use the energy field being used in the human context.

Ricardo Sunderland (RS): Well, as you can imagine, connecting to your question on how I got curious about energy, one of the areas that I started to explore is the human energy field. I first got to learn about this from my energy teacher Lynda Caesara. Lynda, in her own unique way, introduced me to the work of Barbara Brennan. Barbara, she is a former scientist who later became a healer, answering to her true calling. When I started to learn about the human energy field, which in other parts of the world can be known as the aura, she started to realise that each of these layers, each of these levels has a very specific frequency and governs very specific experiences in our lives. If you are able to attune to each of the different levels of the human energy field, you can start to separate intentionally how you are going to work with each energy. So, for example, the first layer of the human energy field takes care of physical energy. So intentionally, what you do is you work with physical energy with the intention to feel pleasure. Why? Because as we were talking about energy, energy gets stuck in the body. So, when you are able to start to feel your body, when you are able to feel it with the intention to feel pleasure, you start to awaken the antennas in your body. When you are able to awaken them, you start to then feel the emotions that are going through your body or the emotions that get stuck through your body. So, it is essential to awaken the physical energy within your body. If you are tired, if you are restless, if you don't eat well, if you don't breathe well, it is going to be very difficult to connect to the other layers of the human energy field intentionally. So, whenever I start a programme with my clients, we always start there breathing and trying to help them integrate, connect well with their body so that they can feel the intake of energy and the outtake of energy in their bodies. As an example, second level would be a felt sense, the love of self. If you connect well with your body, you will feel how integrated are you or not with yourself. The gap that we have of love amongst ourselves can tell us how self-confident we are, how much we need to prepare or not for whatever we do.

So, when we are connecting to love of self, which is layer two, what I let my clients know is that there is always a gap emotionally, and we are born with our hearts completely full and our heads

completely empty, as Gabor Maté says. Then life gets in the way. And that's where the short circuit starts and we start to become less aware of our energy.

So, level number two is about love of self. When we are able to feel our bodies, we will be able to have greatest awareness of how much connected we are within ourselves. When we are properly connected, when we are connected and have a healthy relationship with ourselves, then it connects to level three; level three is clarity of thought. When we are in a positive relationship with ourselves, our ability to think amplifies and our clarity of thought allows for us to be able to prepare less, to be able to create more and the flow of energy from the way that we think and we solve things multiplies. Fourth level is about creating a proper and loving relationships with loved ones. So, if you can imagine, when we are in a positive relationship with the people that we love and that they care for us, we don't bring that burden into our thinking. So, if we are in positive relationship with us and in positive relationship with them, our clarity of thought amplifies incredibly. Imagine if you have an electric blanket and a cushy cushion and you are in a place where everything flows. Sometimes my clients would say, Ricardo, it is like magic. What's going on? I am able to think and I am able to solve things in a way that I never ever was able to before. I don't need to prepare as much as I need to. When we get to this point, it is what I call the physical realm, both physical, emotional on level two and level four, and then clarity, the clarity of mind, then it allows for us to be able to connect to the spiritual energy, which you may choose to do or not. Sometimes clients have an issue with secular organisations, and they will roll their eyes whenever I start to get them connected to spirituality, and I let them know that has nothing to do with religion. It is our ability to be able to reconnect to our original bliss. It is the journey that we go and that we unpack so that if we were to get that energy that we have stuck in our lives unstuck, and we can connect to that original energy to that essence that we came to this world. As I shared, we come to this world with our hearts completely full and our heads completely empty, then our ability to be able to create comes from a different place, from a place deeper within us. So, level five talks about truth, our purpose, how connected are we with why we are here for? And if we can be able to hold the spoken word anytime, anywhere, and we can speak about our truth, as you can imagine, if we are in a good place and relationship within, and if we are in good relationships with our loved ones, we are actually more confident, more stronger for us to be able to speak around truth anytime, anywhere. And when you are in that place, your ability to connect to your purpose amplifies, discovering amplifies. Level six, then it's about to be able to learn how to nourish your inner self. As much as we need to eat, sleep, relax, we also need to nourish our soul. So, how purposefully are we connected to nature, to a sunset, to music, what gets you connected to energies that are essential to us, like gratefulness, forgiveness, hope. And when we are able to do that, then of course, level six completely impacts our ability to feel more caring about ourselves. We can feel more compassionate about ourselves and forgiving ourselves. And then the last level of energy, it is about leaving in understanding the true power of creation and it is from this place that we can be able to create the most wonderful ideas as they are connected to the deepest wiser sense within. How to be able to peel these onions differently than the onion. When you peel an onion, the onion centre is empty. When we are able to peel the human energy self, what we find in there is our true essence and everyone one of us has a true essence. And whenever we can find it and we can lead from that place, as some of my clients do if they choose to go this far, then incredible things can happen. That's where you can lead from a place of immense energy. We have unlimited energy and there is only 24 hours in the day.

DJ: I am curious, at multiple levels right, one question that is emerging in my head is, is each level a prerequisite for going one level deeper in the sense, is it fair to assume that I need to sort of have worked on level one and be in a good place for me to access level two and so on. I am guessing there

is a sort of a... the way you have sort of stacked them up, there is a certain journey that you take clients through.

RS: Yes, yes. Stacking it up just I am doing it in the purpose to trying to understand each of them but it is not, it is not a cascade approach. You can start, in fact, you need to work in all of these layers in parallel. If you do, you will be able to start to feel your body, then connect to your inner self, and then at the same time clarity of thought amplifies, that serves as a resource and then through love of self you start to connect deeper with your loved ones and at the same time you start to find your purpose, your depth, your truth, you start to use forgiveness and compassion and you start to create. So, it all starts to...

DJ: It's like a fly wheel?

RS: Like a flying wheel, exactly. It is just... it is just to try to make it accessible, it was important for me to be able to do it in a way that it can be explained in discrete levels and also to make it credible so I could use stories that could make it come to life because otherwise it is such an abstract topic that it was difficult to be able to explain in a small book, which is the intention.

## End of transcription

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## Reflections from Deepak Jayaraman

DJ: Thank you for listening. If you want to tune into any of the specific themes that we touched upon here you can do that in the member section of the podcast. You can just go to [Playtopotential.com](http://Playtopotential.com) and go to the curated playlist section and you will have themes like Authenticity, Self-awareness, Formative years, and so on where you have miniaturised content with insights from multiple speakers organised by these themes.

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### About Deepak Jayaraman

Deepak seeks to unlock the human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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Podcast Transcript [103.02 Ricardo Sunderland - 7 layers of the human energy field](#)

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