



energy events

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Understanding Energy Model

"Above the Line/ Below the Line"

A Simple Model for Understanding and Managing Our Energy Field
Ginger Bowler, Ph.D.

ABOVE THE LINE

THE LIGHT

(Divinity)

SOURCE ENERGY

We were made in the image and likeness of God.

High Vibration Beings, Angels, Holy People

Prayer, Meditation, Singing, Chanting

Awareness, Truth, Integrity

Positive, uplifting thoughts, words and deeds

Giving and/ or receiving Blessings, positive intentions

Positive Emotions: Love, Forgiveness, Joy, Laughter, Kindness, Compassion, Empathy,

Enthusiasm, Joy, Appreciation, Acceptance

Music, Flowers, beauty of all kinds

Holistic and Energy Medicine Modalities such as BioGenesis, Hanna Kroeger's work, Light

Therapy, Acupuncture, Massage, Essential oils etc.

HEALTH / BALANCE

HAPPINESS / Positive State

Good food and beverages (Organic foods, pure water etc)

Herbs, Homeopatics, Vitamins, Minerals, Nutrients (good quality)

Exercise, FUN

Under the
guidance of the
purified heart -
the real Self:
HIGHER SELF

BELOW THE LINE

THE DARKNESS

Complaining, nagging, bragging, gossip, etc.

Non energy movement...stagnant energy

(Energy by its nature wants to move)

Dead, chemicalized food, drink and water;

heavily processed and microwave foods

Food that have absorbed negative vibrations

from anger or arguments

Negative Emotions: Hatred, Jealousy, Resentment, Lack of Forgiveness,

Critical Judgment, Self Pity, over dramatizing events and issues.

DIS-EASE/ IMBALANCE - NEGATIVITY / Negative State

Allowing the mind to think negative thoughts

focusing on what we don't want and what does not FEEL good.

Negative Entities and Dark Forces, the Guy with the Horns...The ABSENCE of Light

OUT OF RESONANCE—THE EXPERIENCE OF SEPERATION FROM SOURCE

Under the
guidance of
the
Undisciplined
Head and Ego
OUR LOWER
NATURE

From the book, "Listening and Communicating with Energy" by Ginger Bowler