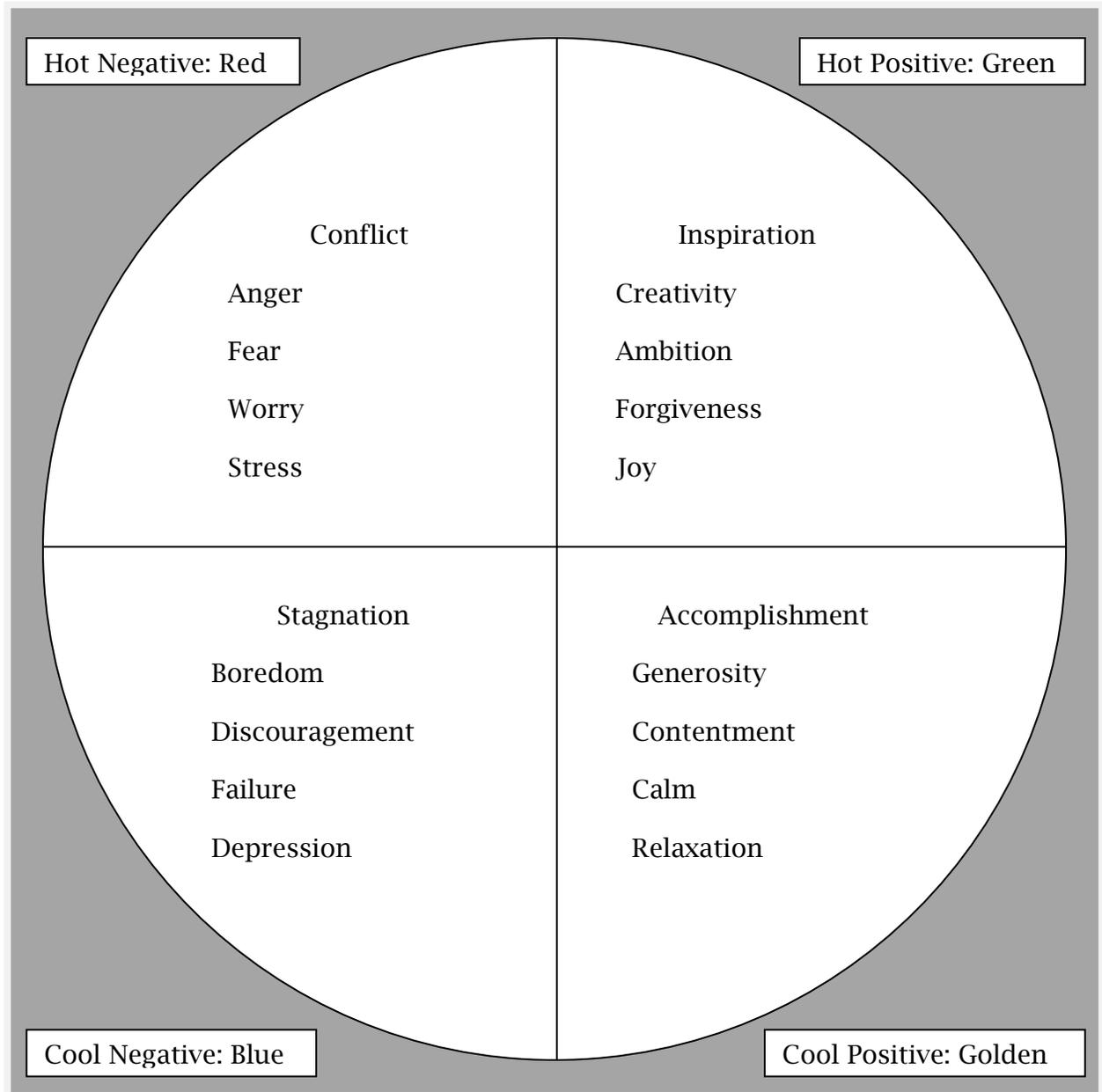


# The Energy Wheel



From "Work as a Spiritual Practice" by Lewis Richmond

(Text: words removed and edited in text section but material is from "Work as a Spiritual Practice")

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# The Energy Wheel

The Energy Wheel is a way of organizing various states of mind. The axis of positive and negative divides the mind into states that are unpleasant versus those that are pleasant. The Wheel represents the full range of our mental and emotional experiences. It is a natural human tendency to want to spend as much time as possible in the Cool Positive portion of the Wheel. But that is not the way life is.

The diagram is a Wheel rather than a straight line because we circulate around it and through it, moving from one state to another, sometimes happy, sometimes sad, sometimes hot, sometimes cool.

The Wheel is a map of change and a guideline for continuous transformation. Every sector of the Wheel can flow into any other sector. So, for example, Hot Negative states can transform themselves into Hot Positive ones. Hot Negative states can sometimes dissolve directly into Cool Positive ones. Anger and worry can sometimes lose their energy and sink back into the Cool Negative arena of depression and defeat, which often happens when these emotions are not deal with. And, finally, any sector of the Wheel can simply circle back on itself and persist, for days, months or years.

The Wheel teaches us that no matter how stuck we may feel, we are never entirely trapped. There is always a way to move, to circulate, to alter the hue of the particular place we have temporarily landed on the Wheel.

The Wheel, for better or worse, is our home. Whatever our situation, we are somewhere on the Wheel. The fundamental question the Wheel present to us is: Does the Wheel turn us, or do we turn the Wheel?

## **Practices for the Energy Wheel**

- What is your state of mind right now? What “color” are you?
- What was your state of mind four hours ago? What changed?
- Can you notice when your “color” changes? What happened? What caused the change?
- Make a list of what helps you to shift into the “cool positive” section.

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