

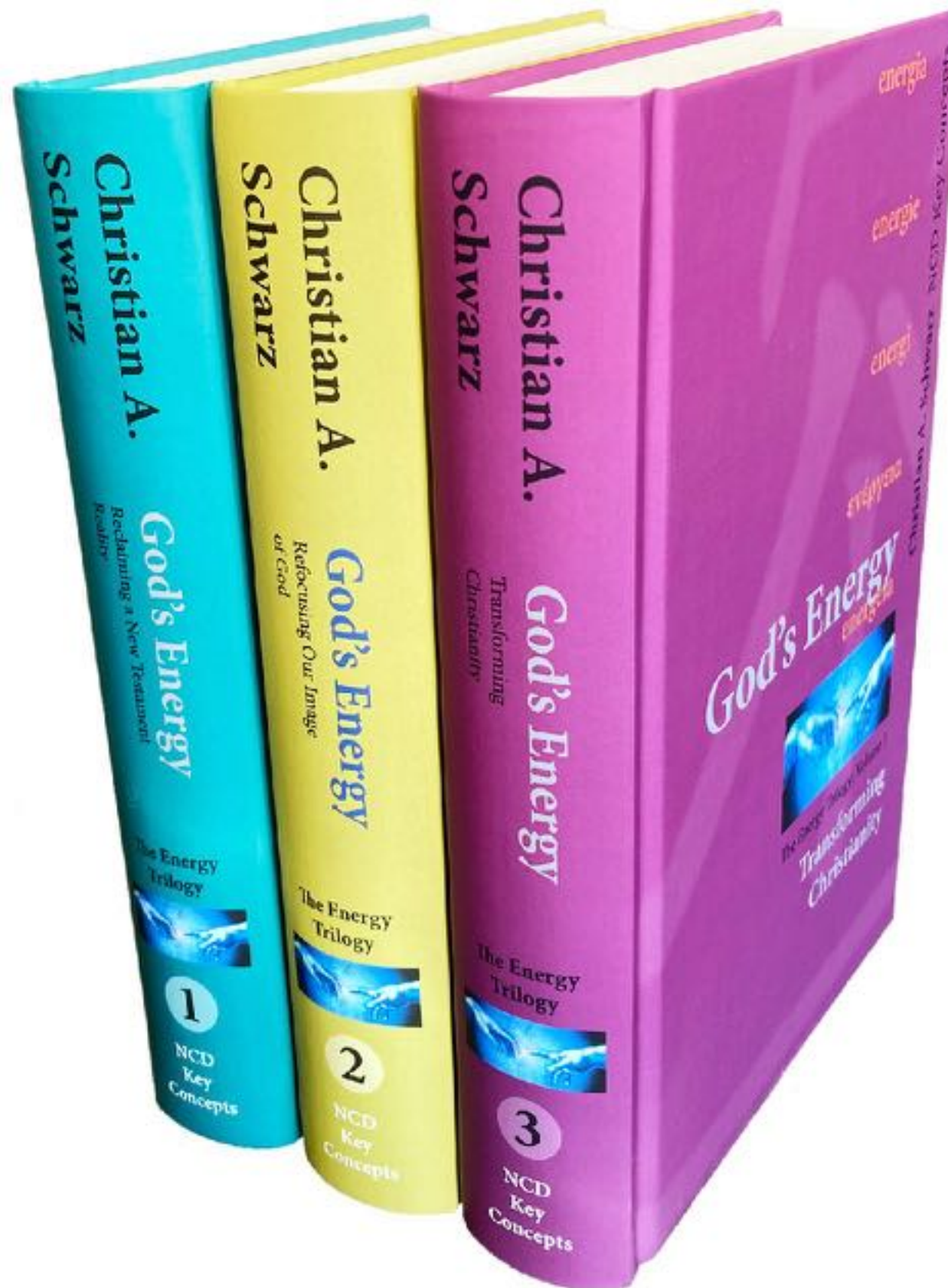


# The lightness of becoming

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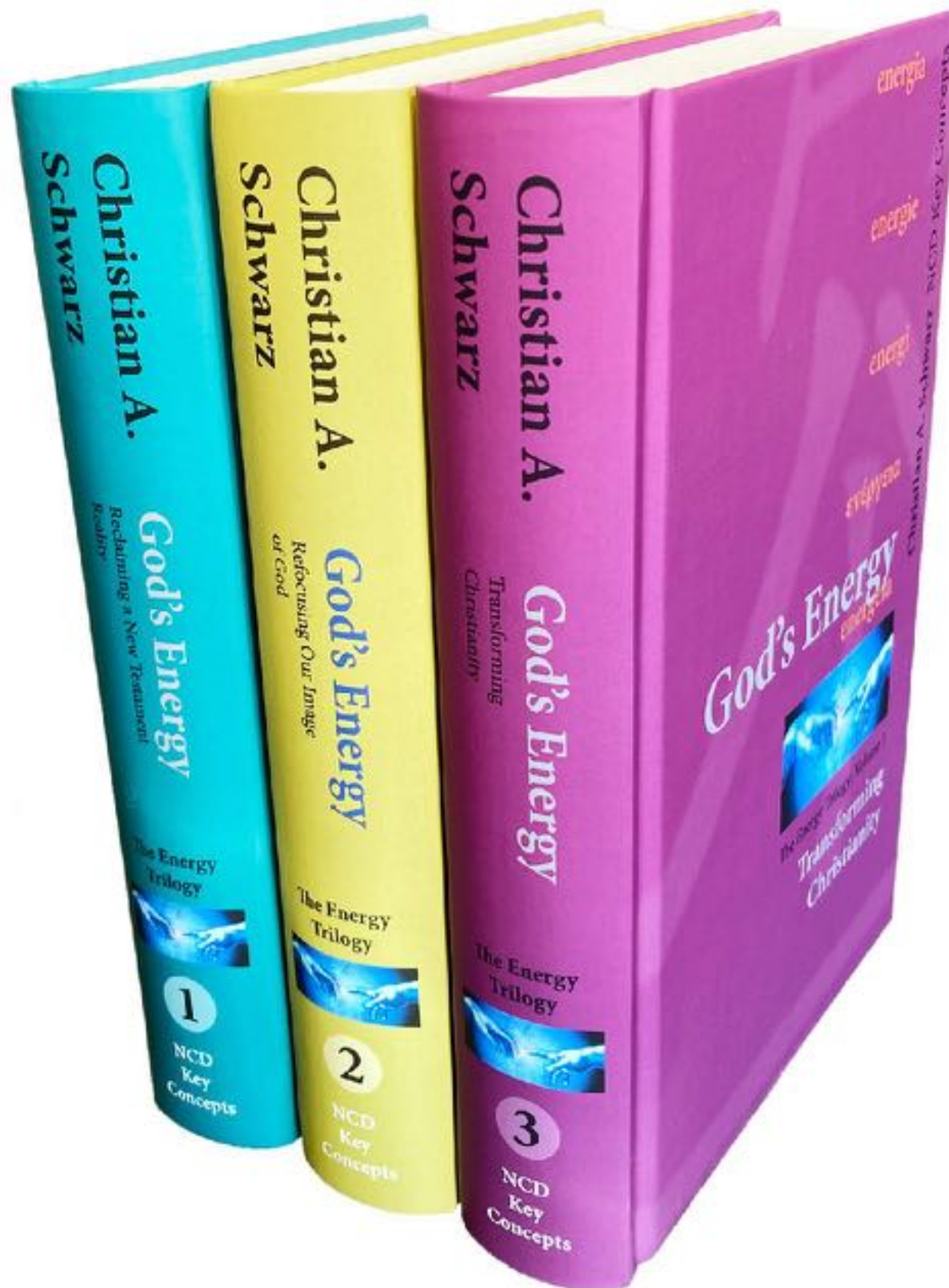
How transformation happens “all by itself”  
NCD Webinar November 10, 2021

# The Energy Trilogy



# The Energy Trilogy

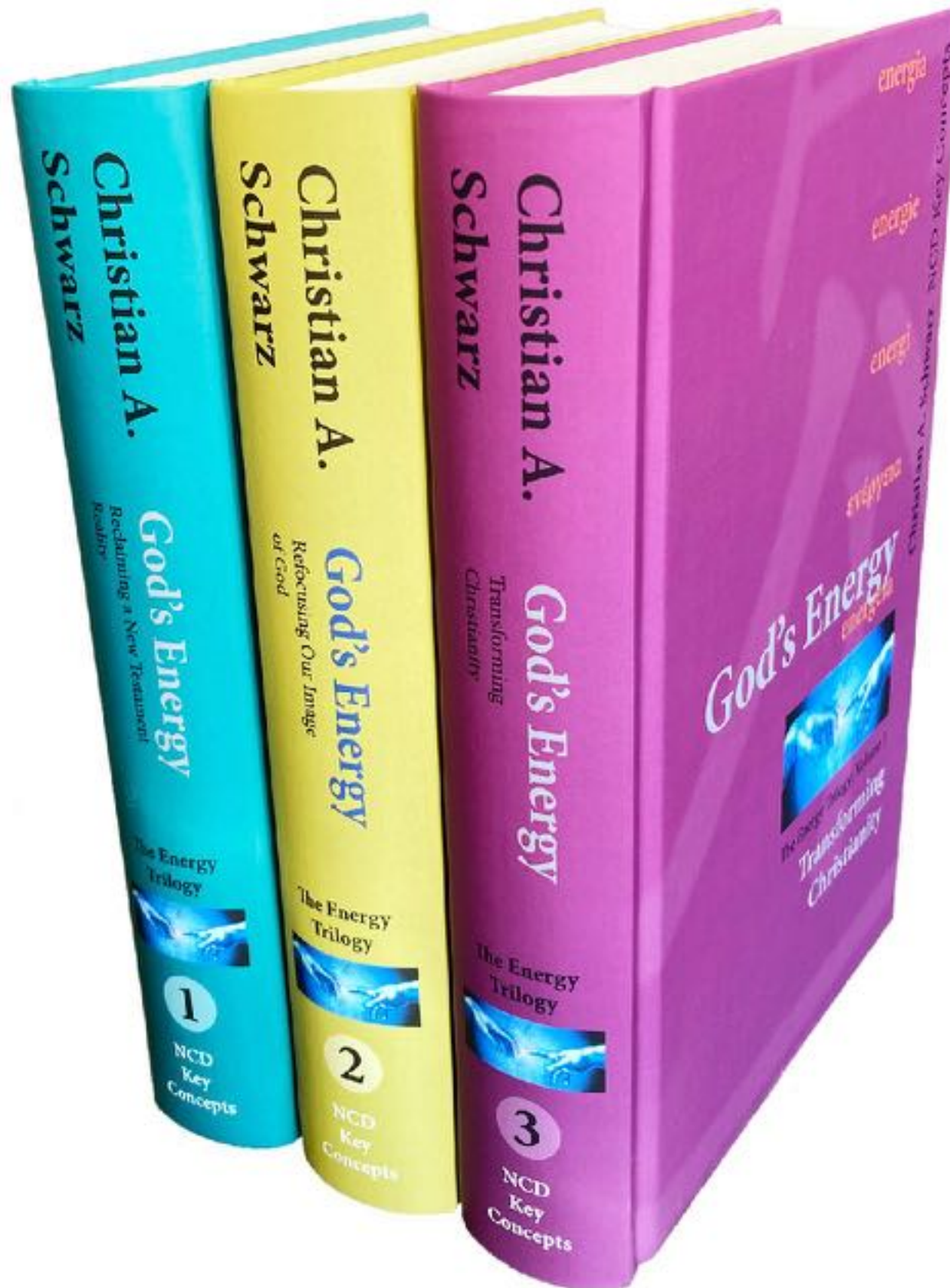
An interdisciplinary approach, covering:





# The Energy Trilogy

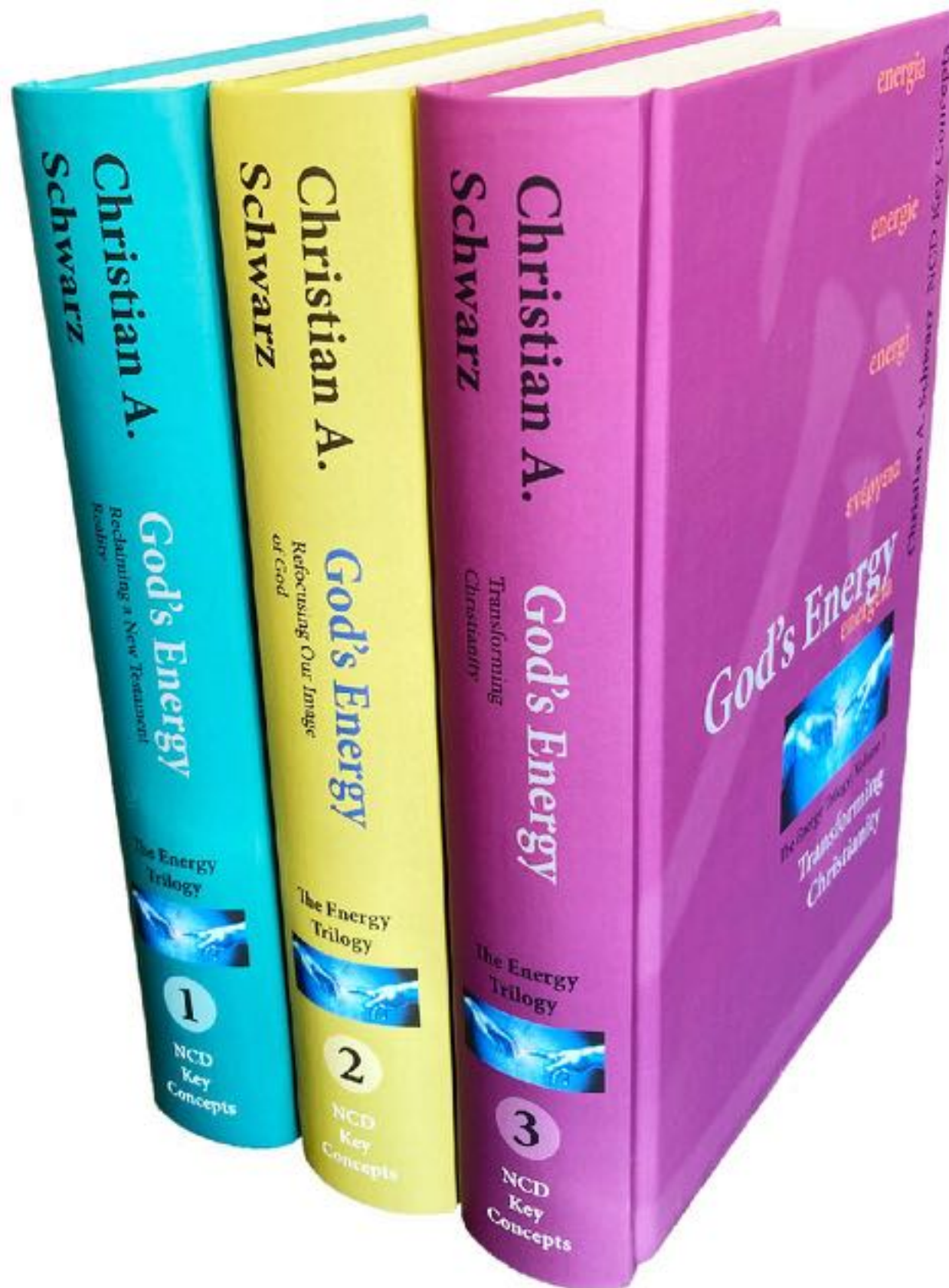
An interdisciplinary  
approach, covering:  
exegesis



# The Energy Trilogy

An interdisciplinary approach, covering:

exegesis  
church history

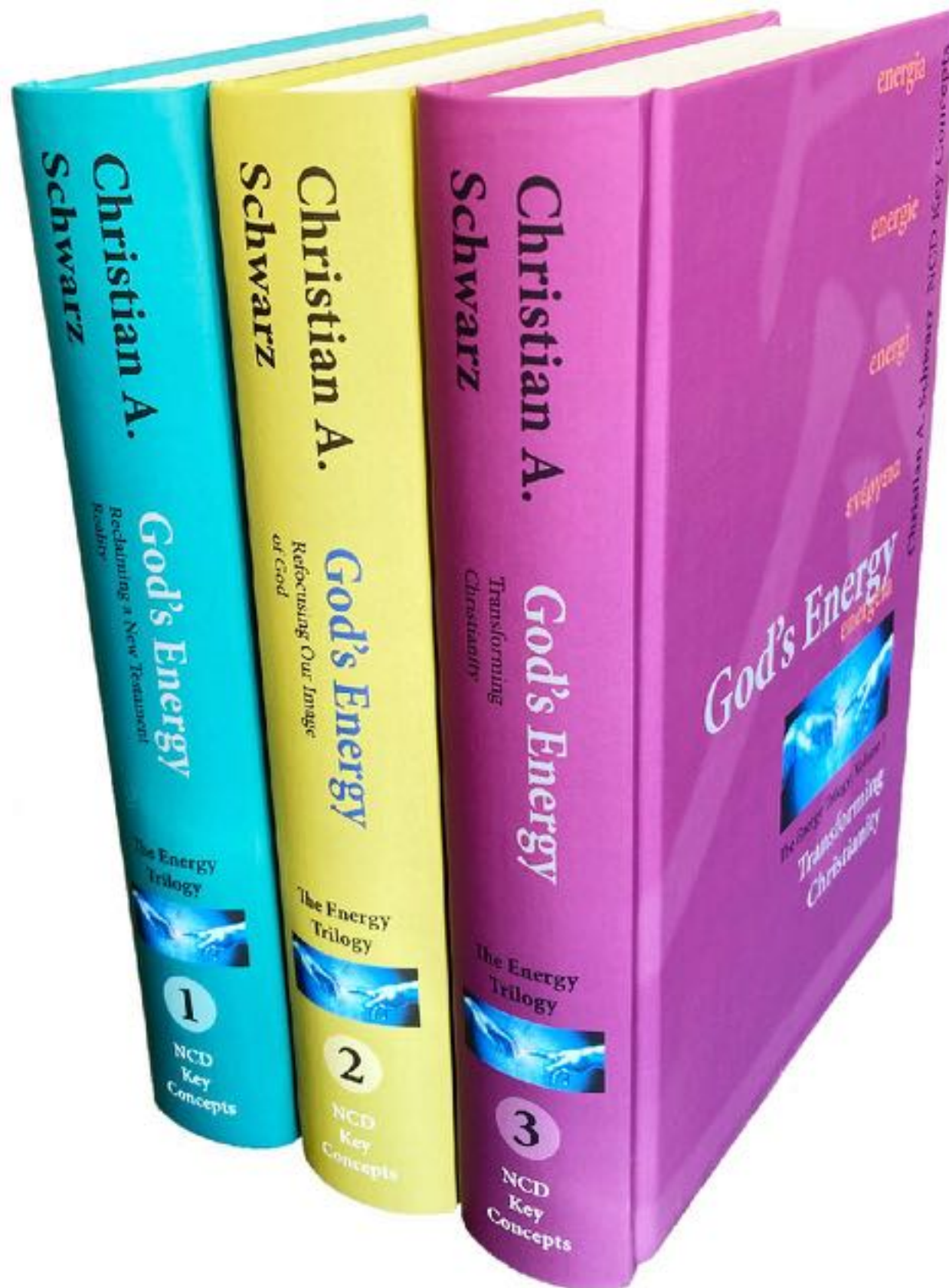




# The Energy Trilogy

An interdisciplinary approach, covering:

exegesis  
church history  
systematic theology



# The Energy Trilogy

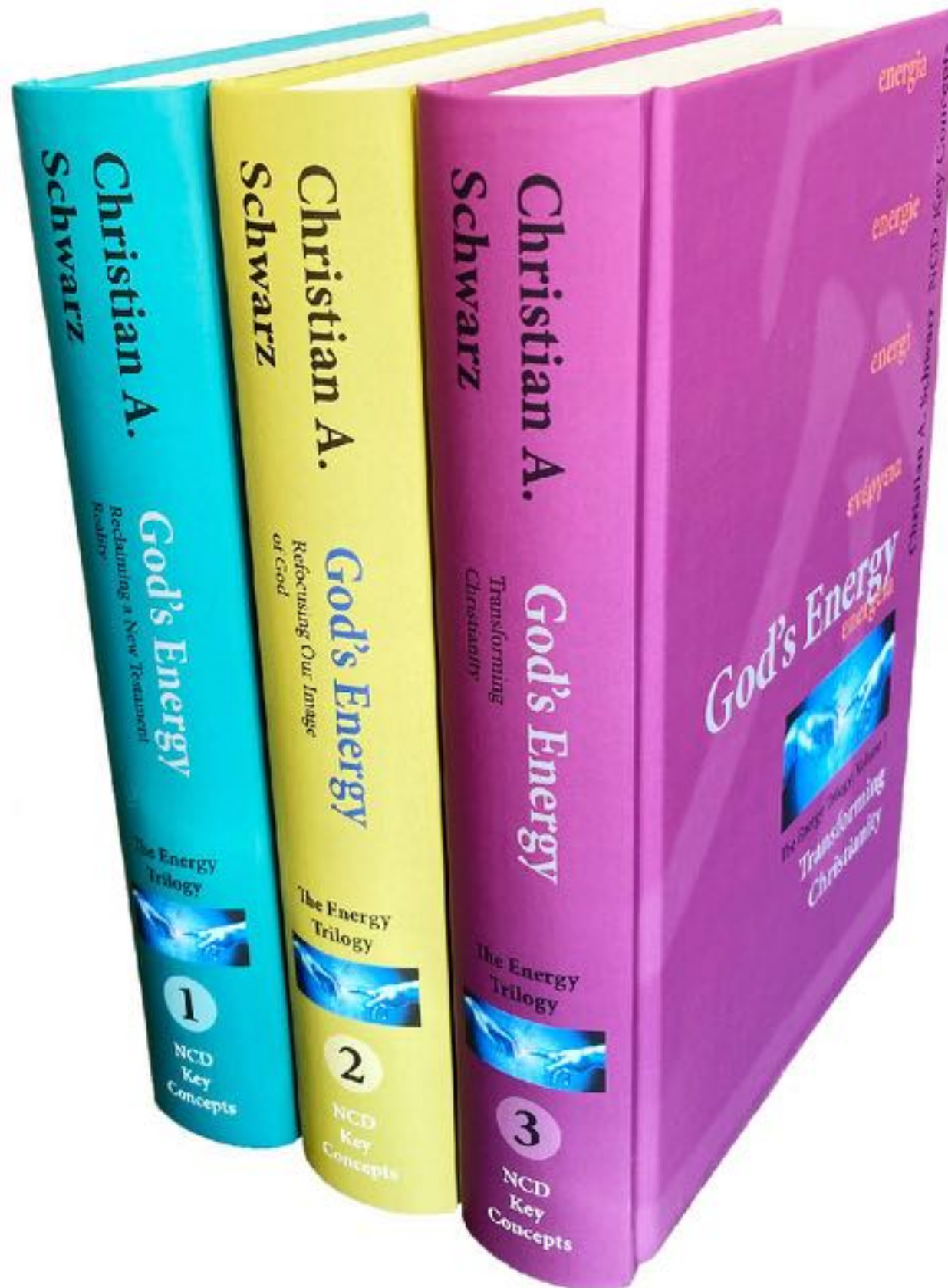
An interdisciplinary approach, covering:

exegesis

church history

systematic theology

philosophy



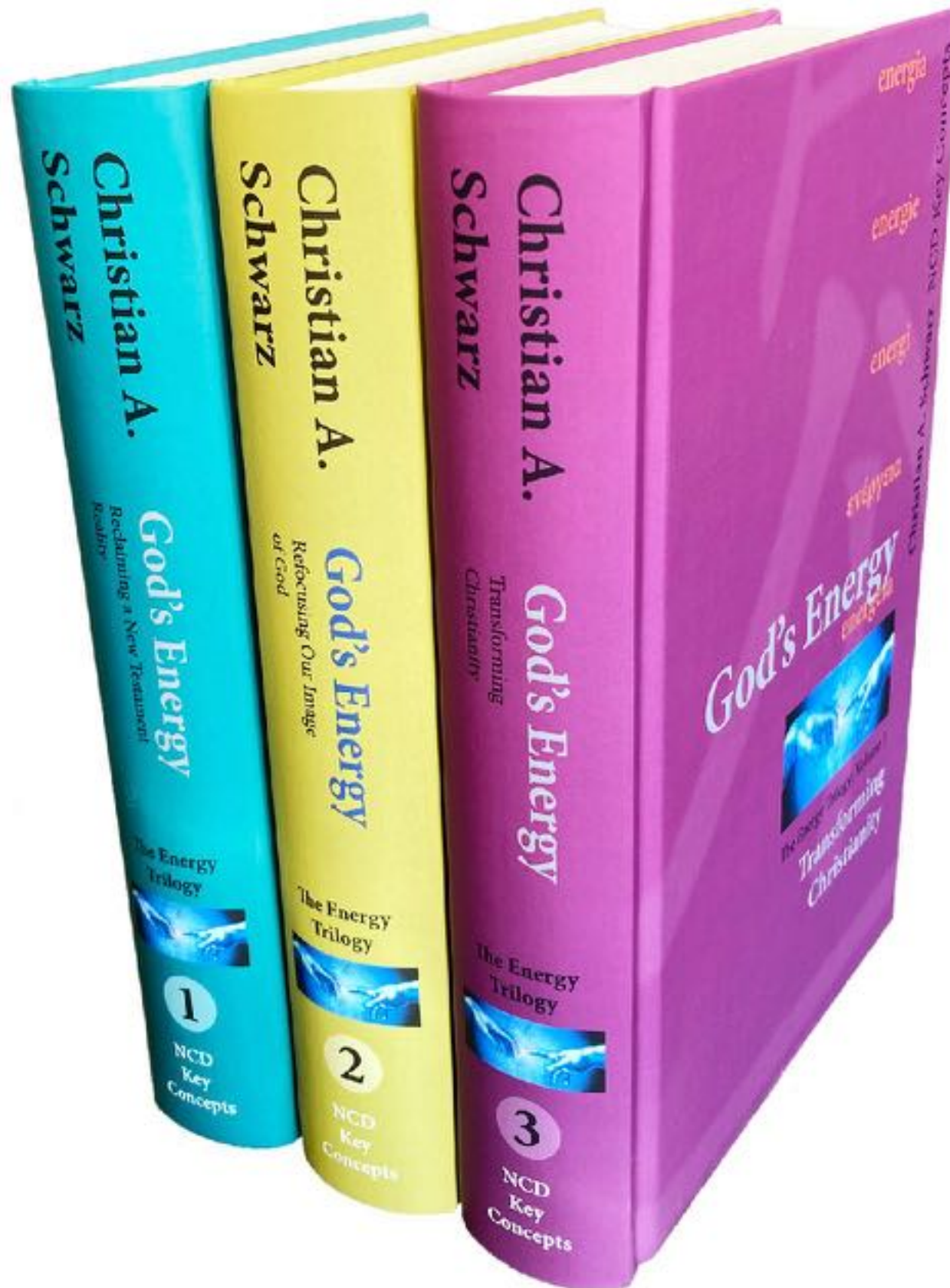


# The Energy Trilogy

An interdisciplinary approach, covering:

exegesis  
church history  
systematic theology

philosophy  
linguistics



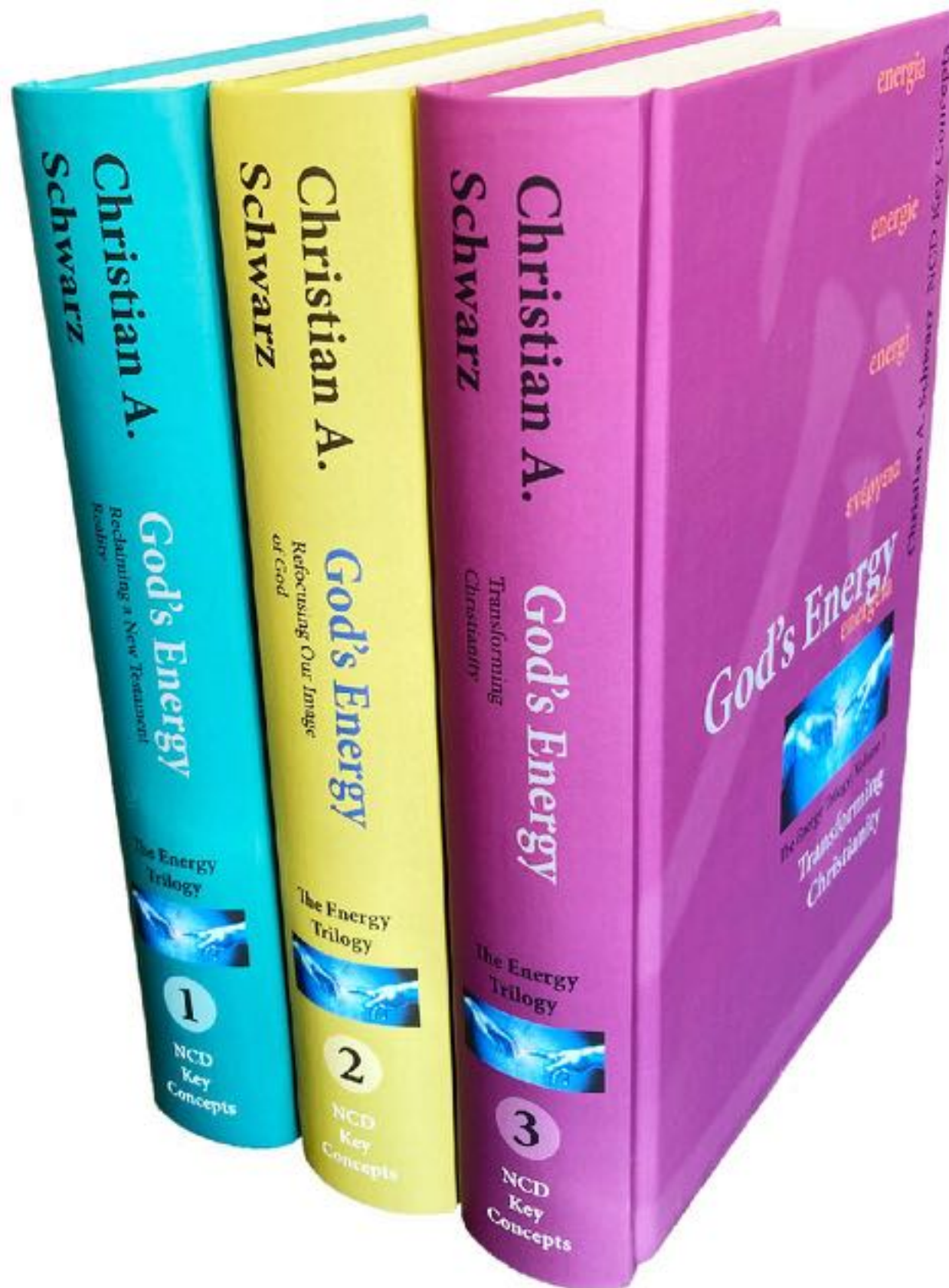


# The Energy Trilogy

An interdisciplinary approach, covering:

exegesis  
church history  
systematic theology

philosophy  
linguistics  
psychology

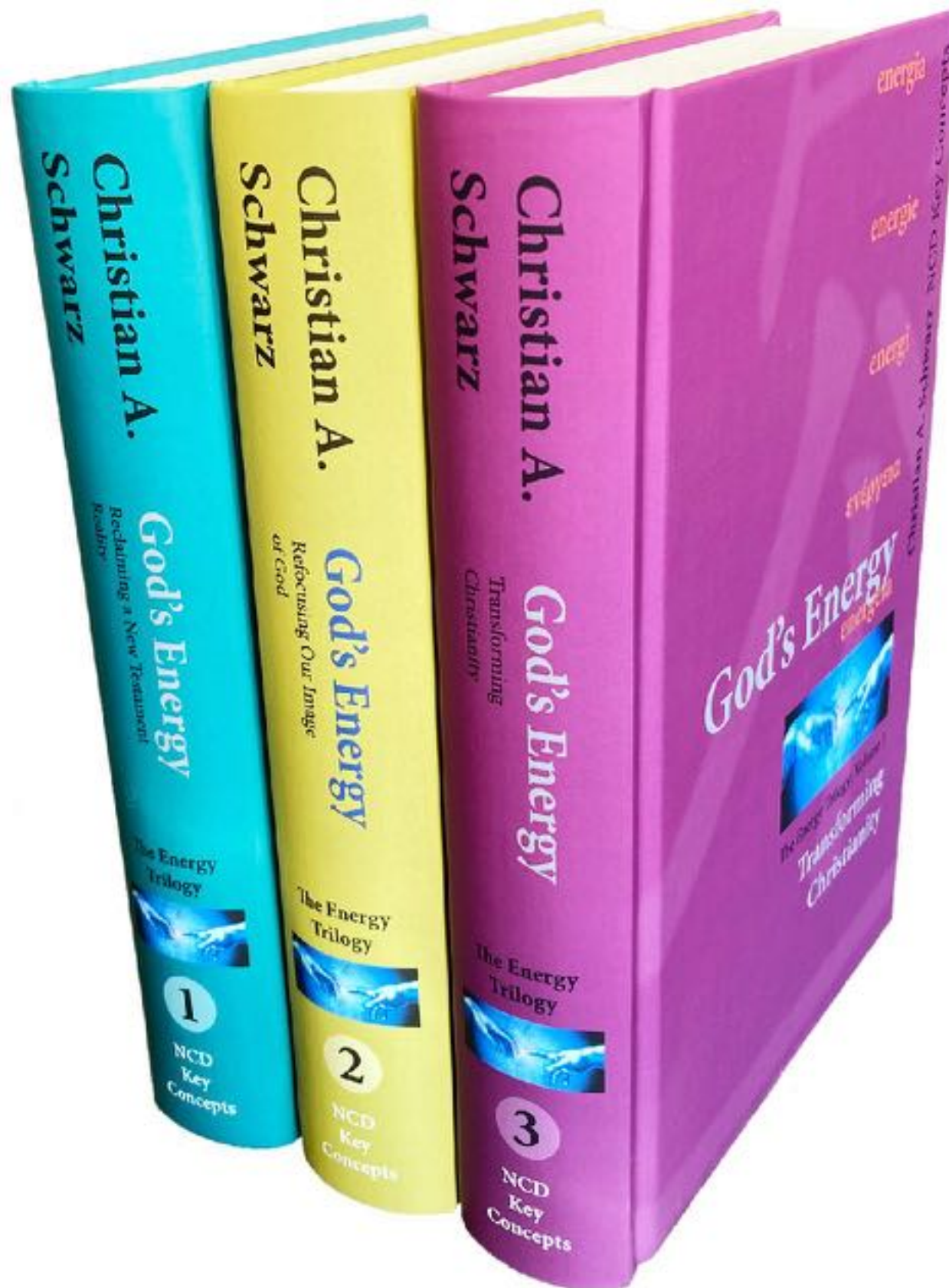


# The Energy Trilogy

An interdisciplinary approach, covering:

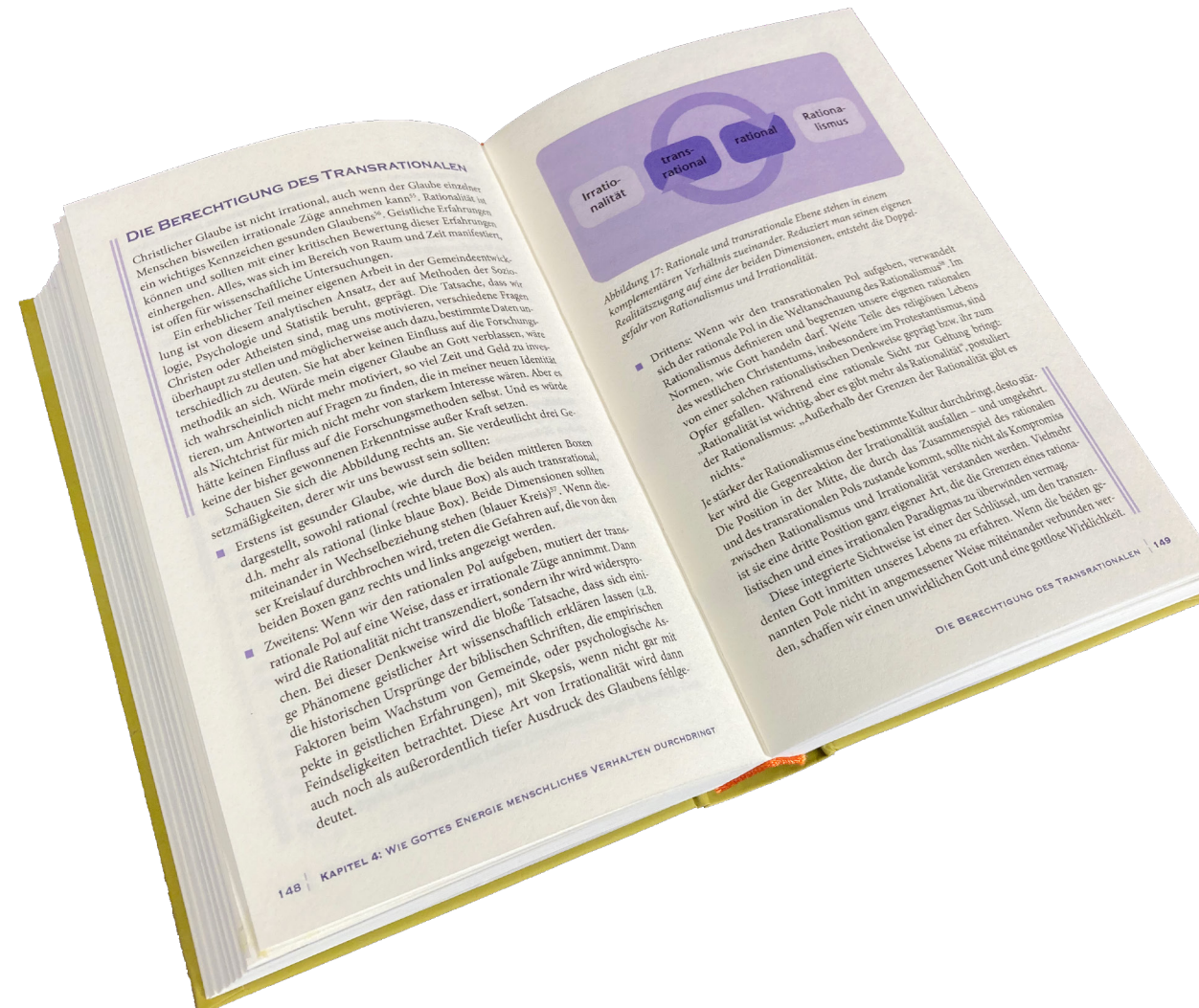
exegesis  
church history  
systematic theology

philosophy  
linguistics  
psychology  
neuroscience





# Special features of the Trilogy

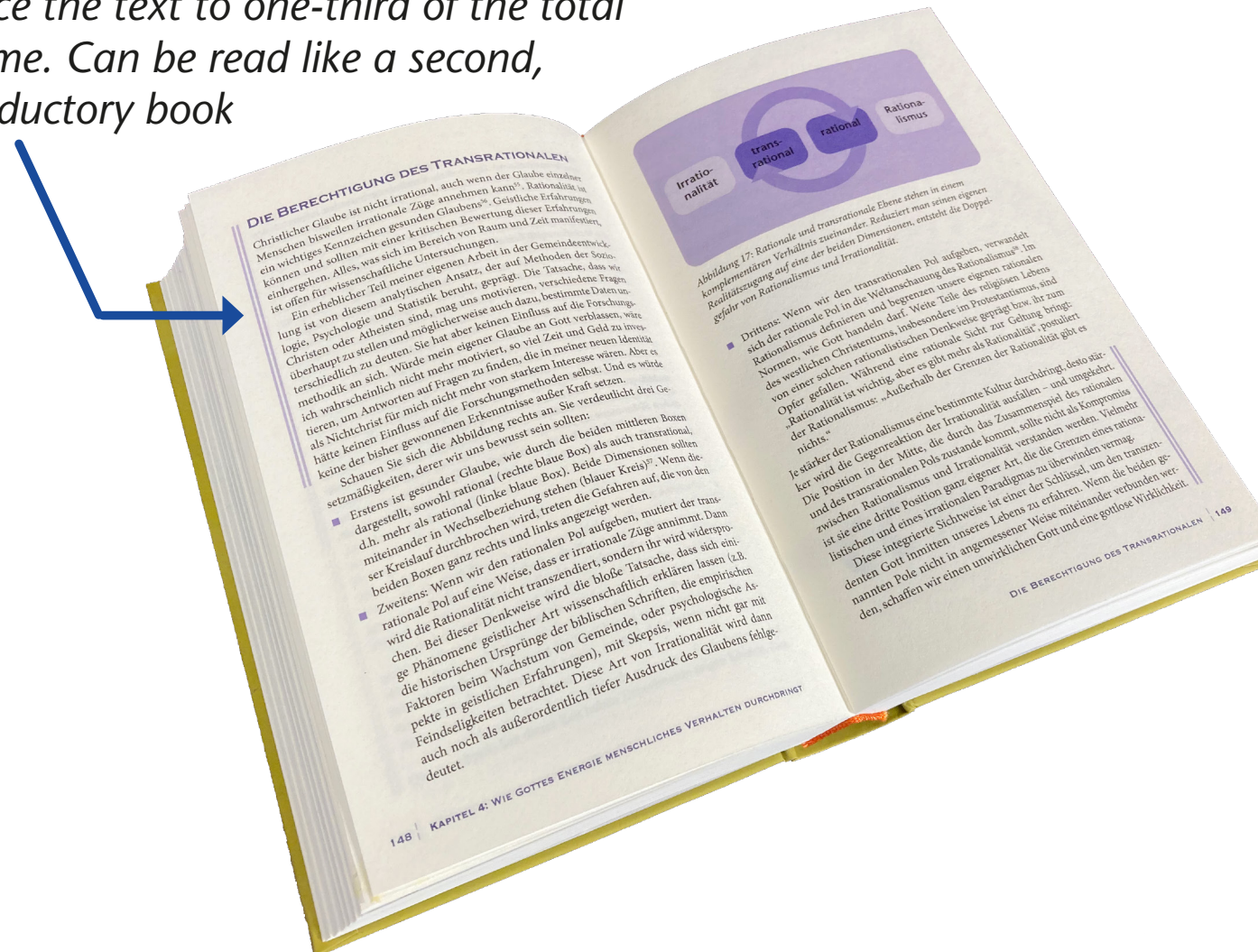




# Special features of the Trilogy

## “Book within the book”

Text blocks highlighted by a blue bar reduce the text to one-third of the total volume. Can be read like a second, introductory book



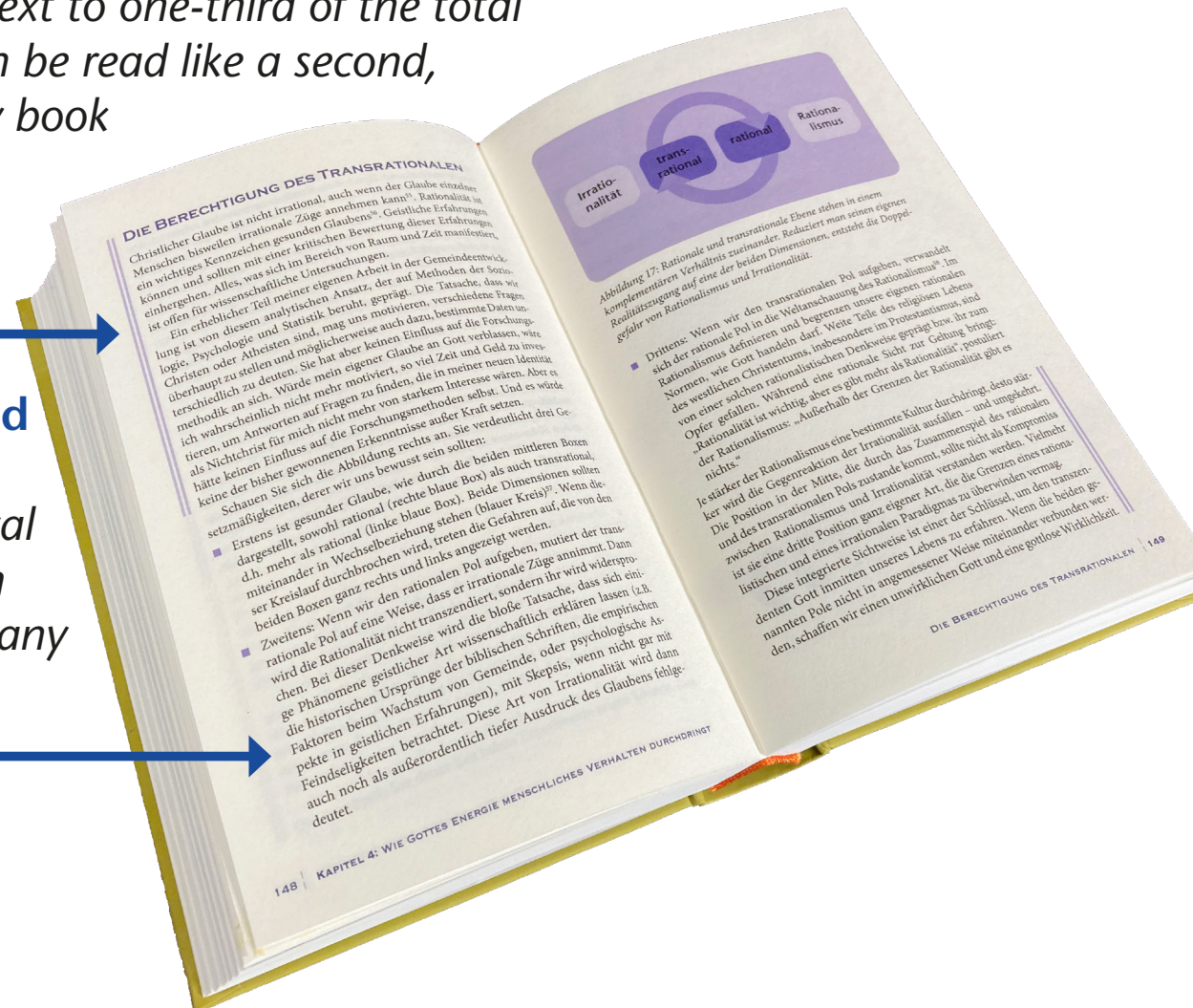
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# Special features of the Trilogy

## **“Book within the book”**

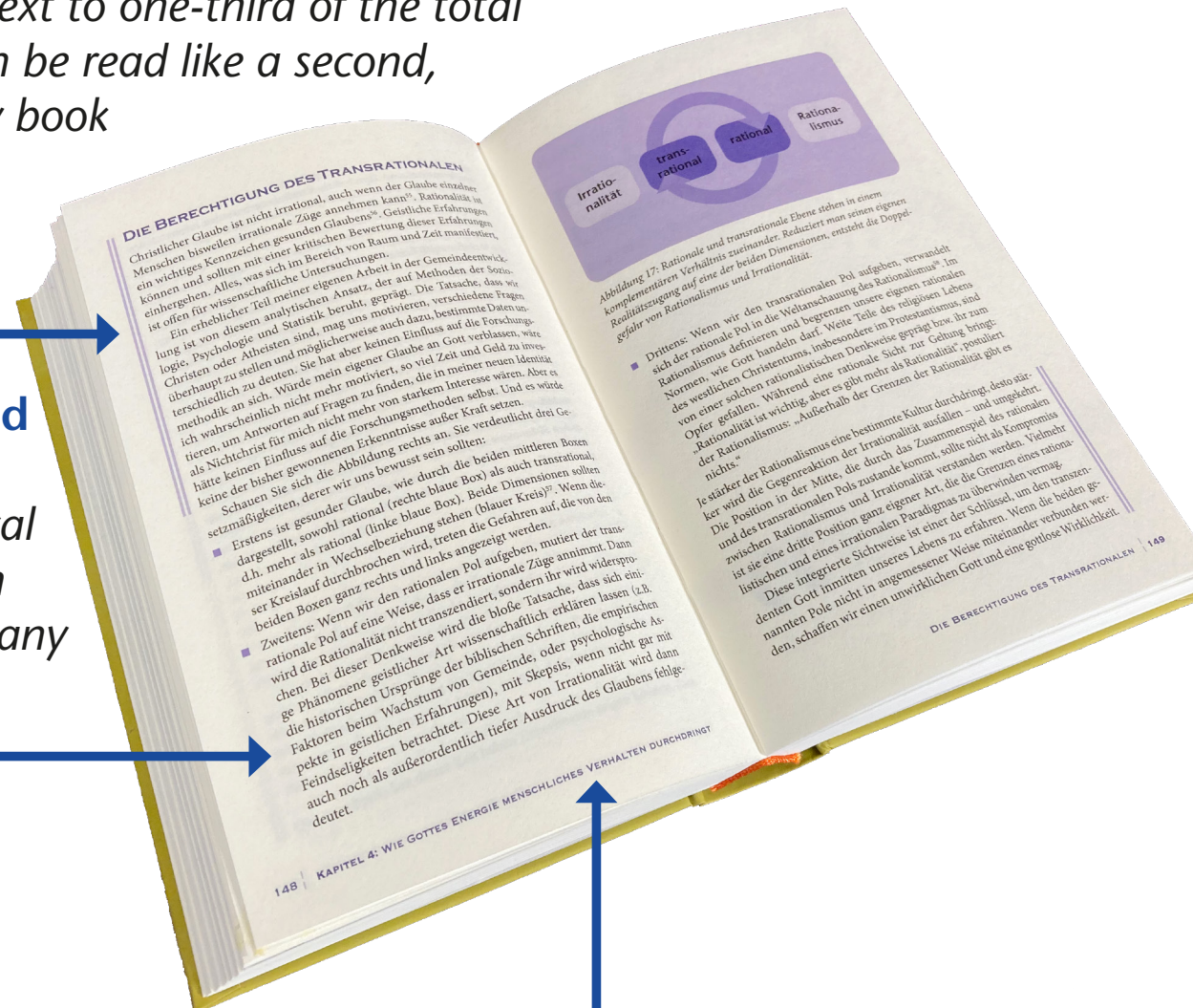
*Text blocks highlighted by a blue bar reduce the text to one-third of the total volume. Can be read like a second, introductory book*

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## **Transparent structure**

*Indicates on every double page the context in which the respective statement has its place*





# Special features of the Trilogy

## **“Book within the book”**

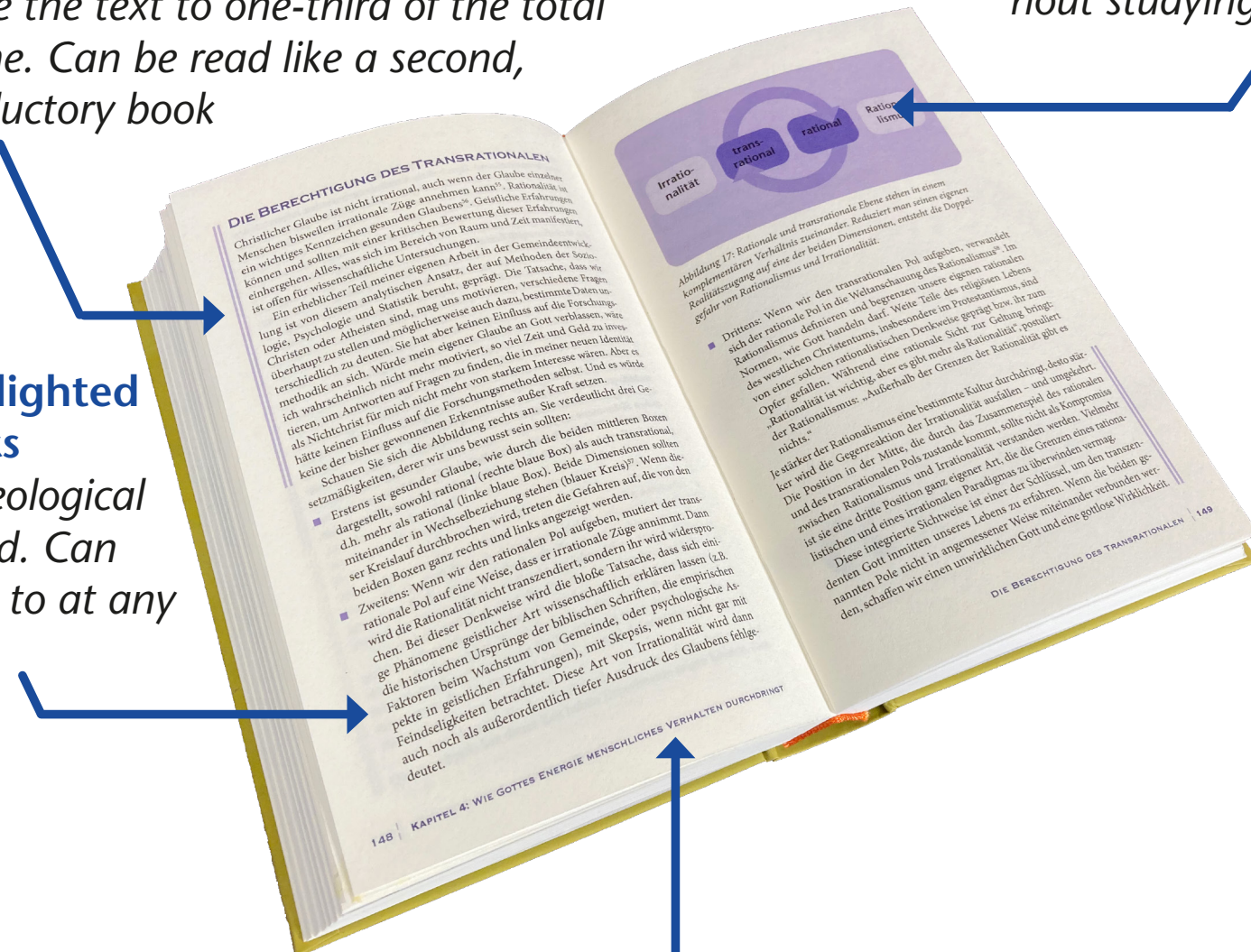
*Text blocks highlighted by a blue bar reduce the text to one-third of the total volume. Can be read like a second, introductory book*

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## **87 colored diagrams**

*Make the underlying architecture visible at first glance, even without studying the text*



## **Transparent structure**

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About 1,500 references to further explorations and over 500 cited books

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## Hardcover

All three volumes in high-quality hardcover outfit





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## Hardcover

All three volumes in high-quality hardcover outfit

## Sewn binding

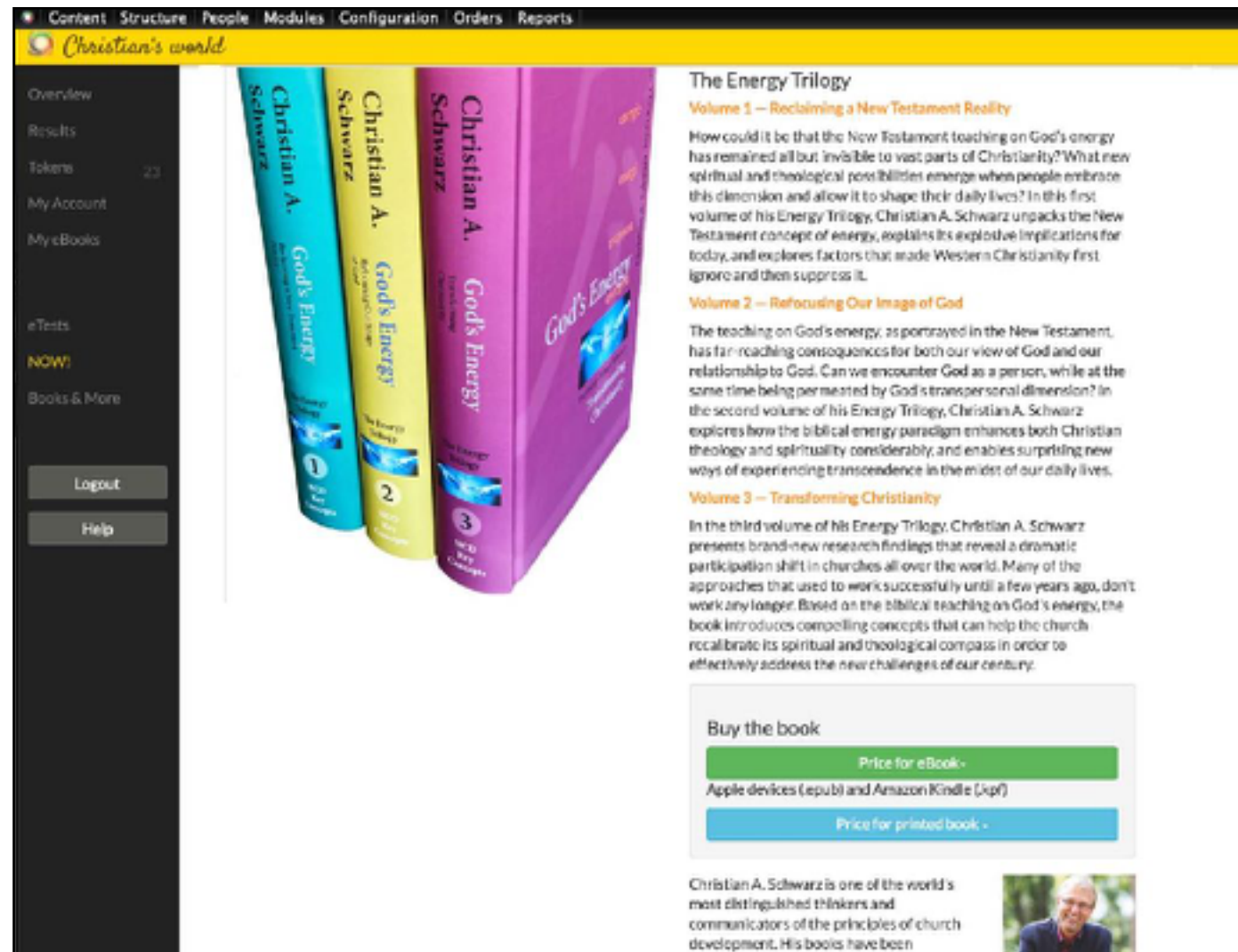
Keeps the trilogy stable even after decades of use

## Transparent structure

Indicates on every double page the context in which the respective statement has its place



# Alternatively available as eBook:



*[3colorworld.org/books/energy-trilogy](http://3colorworld.org/books/energy-trilogy)*



# Two parts of the webinar:





# Two parts of the webinar:

## Part I: Five unique features of the biblical energy paradigm



# Two parts of the webinar:

## Part 1: Five unique features of the biblical energy paradigm

## Part 2: Practical steps of implementation





# Five unique features of the biblical energy paradigm



# Five unique features of the biblical energy paradigm



## An unrecognized biblical treasure





# “*enérgeia tou theou*”

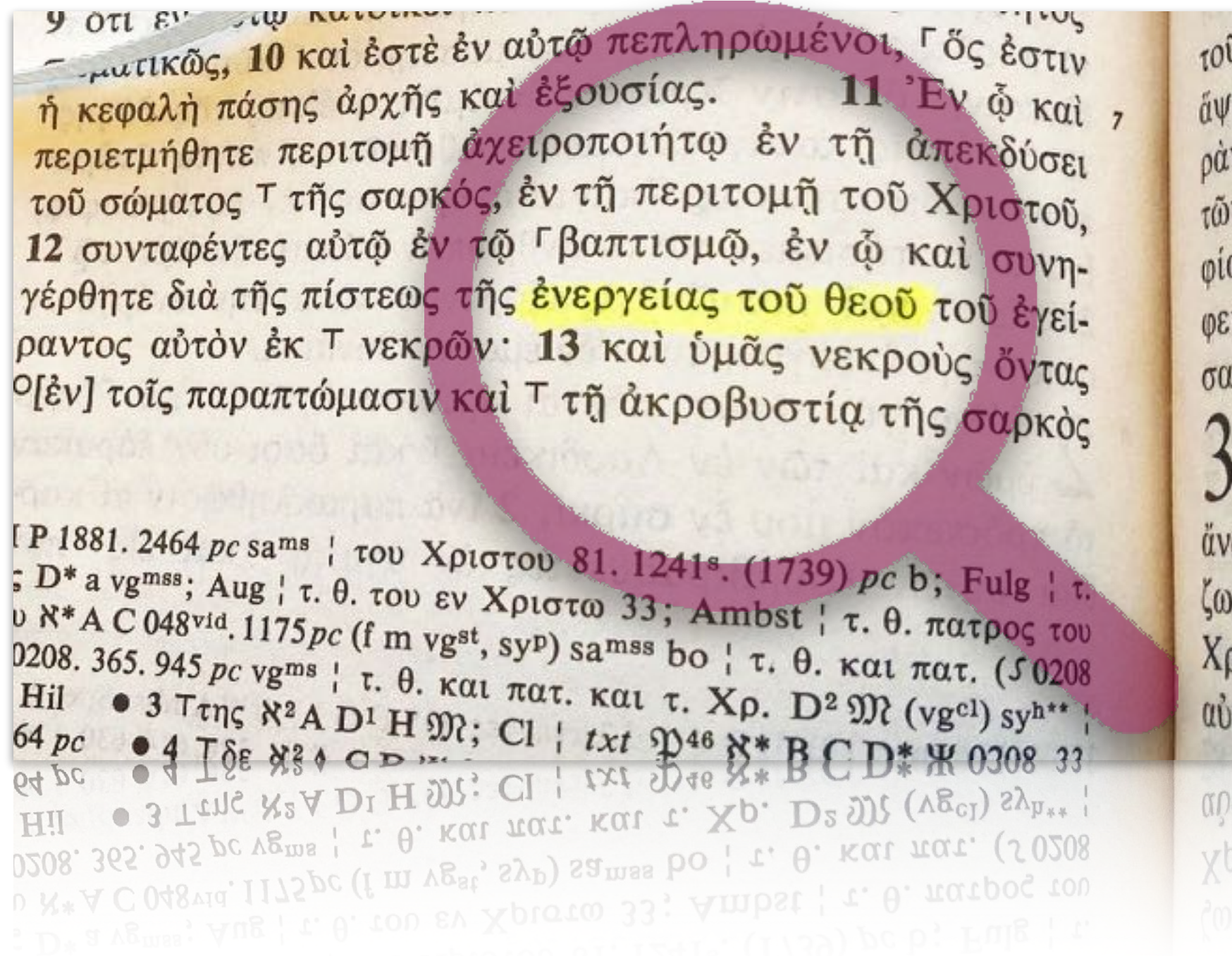
9 ὅτι ἐν αὐτῷ κατοικοῦντες, 10 καὶ ἐστὲ ἐν αὐτῷ πεπληρωμένοι, ὅς ἐστιν  
πατερικῶς, 11 Ἐν ᾧ καὶ  
ἡ κεφαλὴ πάσης ἀρχῆς καὶ ἐξουσίας.  
περιετμήθητε περιτομῇ ἀχειροποιήτῳ ἐν τῇ ἀπεκδύσει  
τοῦ σώματος τῆς σαρκός, ἐν τῇ περιτομῇ τοῦ Χριστοῦ,  
12 συνταφέντες αὐτῷ ἐν τῷ βαπτισμῷ, ἐν ᾧ καὶ συνη-  
γέρθητε διὰ τῆς πίστεως τῆς **ἐνεργείας τοῦ θεοῦ** τοῦ ἐγεί-  
ραντος αὐτὸν ἐκ νεκρῶν. 13 καὶ ὑμᾶς νεκροὺς ὄντας  
ἐν τοῖς παραπτώμασιν καὶ τῇ ἀκροβυστίᾳ τῆς σαρκός

[P 1881. 2464 pc sa<sup>ms</sup> | του Χριστου 81. 1241<sup>s</sup>. (1739) pc b; Fulg | τ.  
D\* a vg<sup>mss</sup>; Aug | τ. θ. του εν Χριστω 33; Ambst | τ. θ. πατρος του  
υ N\* A C 048<sup>vid</sup>. 1175 pc (f m vg<sup>st</sup>, sy<sup>p</sup>) sa<sup>mss</sup> bo | τ. θ. και πατ. (50208  
0208. 365. 945 pc vg<sup>ms</sup> | τ. θ. και πατ. και τ. Χρ. D<sup>2</sup> M (vg<sup>cl</sup>) sy<sup>h\*\*</sup> |  
Hil • 3 Ττης N<sup>2</sup> A D<sup>1</sup> H M; Cl | txt P<sup>46</sup> N\* B C D\* W 0308 33  
64 pc • 4 Ιδε N<sup>2</sup> A D<sup>1</sup> H M; Cl | txt P<sup>46</sup> N\* B C D\* W 0308 33  
et bc • 4 Ιδε N<sup>2</sup> A D<sup>1</sup> H M; Cl | txt P<sup>46</sup> N\* B C D\* W 0308 33  
Hil • 3 Ιδε N<sup>2</sup> A D<sup>1</sup> H M; Cl | txt P<sup>46</sup> N\* B C D\* W 0308 33  
0508. 302. 042 bc AB<sup>ms</sup> | τ. θ. και πατ. και τ. Χρ. D<sup>2</sup> M (AB<sup>cl</sup>) 2Lp<sup>\*\*</sup> |  
0 N\* V C 048<sup>lit</sup>. 1175 bc (f m AB<sup>af</sup> 2Lp) 2S<sup>ms</sup> po | τ. θ. και πατ. (20508  
0 N\* V C 048<sup>lit</sup>. 1175 bc (f m AB<sup>af</sup> 2Lp) 2S<sup>ms</sup> po | τ. θ. και πατ. (20508  
D\* a AB<sup>ms</sup>; Aug | τ. θ. του εν Χριστω 33; Ambst | τ. θ. πατρος του  
υ N\* A C 048<sup>vid</sup>. 1175 pc (f m vg<sup>st</sup>, sy<sup>p</sup>) sa<sup>mss</sup> bo | τ. θ. και πατ. (50208





# “*enérgeia tou theou*”



# i.g., Philippians 2:12





# **A Key Concept in the New Testament**

Noun “energy”:

ἐνέργεια or ἐνέργημα

Adjective “energy-filled”:

ἐνεργής

Verb “to energize”:

ἐνεργέω



# A Key Concept in the New Testament

Noun “energy”:

ἐνέργεια or ἐνέργημα **10x**

Adjective “energy-filled”:

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Verb “to energize”:

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# A Key Concept in the New Testament

Noun “energy”:

ἐνέργεια or ἐνέργημα **10x**

Adjective “energy-filled”:

ἐνεργής **3x**

Verb “to energize”:

ἐνεργέω



# A Key Concept in the New Testament

Noun “energy”:

ἐνέργεια or ἐνέργημα **10x**

Adjective “energy-filled”:

ἐνεργής **3x**

Verb “to energize”:

ἐνεργέω **21x**



# Five unique features of the biblical energy paradigm





# Five unique features of the biblical energy paradigm



## Matches latest neurobiological insights



System A: <i>Energy System</i>	System B: <i>Cognitive System</i>



System A: <i>Energy System</i>	System B: <i>Cognitive System</i>
feelings	willpower





<b>System A:</b> <i>Energy System</i>	<b>System B:</b> <i>Cognitive System</i>
feelings	willpower
somatic markers	logical arguments



<b>System A:</b> <i>Energy System</i>	<b>System B:</b> <i>Cognitive System</i>
feelings	willpower
somatic markers	logical arguments
images	language



<b>System A:</b> <i>Energy System</i>	<b>System B:</b> <i>Cognitive System</i>
feelings	willpower
somatic markers	logical arguments
images	language
unconscious needs	conscious intentions





<b>System A:</b> <i>Energy System</i>	<b>System B:</b> <i>Cognitive System</i>
feelings	willpower
somatic markers	logical arguments
images	language
unconscious needs	conscious intentions
imprecise signals	precise observations



<b>System A:</b> <i>Energy System</i>	<b>System B:</b> <i>Cognitive System</i>
feelings	willpower
somatic markers	logical arguments
images	language
unconscious needs	conscious intentions
imprecise signals	precise observations
difficult to change	changeable



<b>System A:</b> <i>Energy System</i>	<b>System B:</b> <i>Cognitive System</i>
feelings	willpower
somatic markers	logical arguments
images	language
unconscious needs	conscious intentions
imprecise signals	precise observations
difficult to change	changeable
energy	Scripture



*Example*

# Philippians 2:13





*Example*

# **Philippians 2:13**

*For it is God who is the energizer (ἐνεργῶν | energón | KJV: who works) in you both to will and to energize (ἐνεργεῖν | energeín | KJV: to do) in order to fulfill his good pleasure.*



*Example*

# Philippians 2:13

*For it is God who is the energizer (ἐνεργῶν | energón | KJV: who works) in you both to will and to energize (ἐνεργεῖν | energeín | KJV: to do) in order to fulfill his good pleasure.*



*Example*

# Philippians 2:13

*For it is God who is the energizer (ἐνεργῶν | energón | KJV: who works) in you both to will and to energize (ἐνεργεῖν | energeín | KJV: to do) in order to fulfill his good pleasure.*



## *Example 5*

# **Philippians 2:13**

*For it is God who is the energizer (ἐνεργῶν | energón | KJV: who works) in you both to will and to energize (ἐνεργεῖν | energeín | KJV: to do) in order to fulfill his good pleasure.*





## *Example 5*

# Philippians 2:13

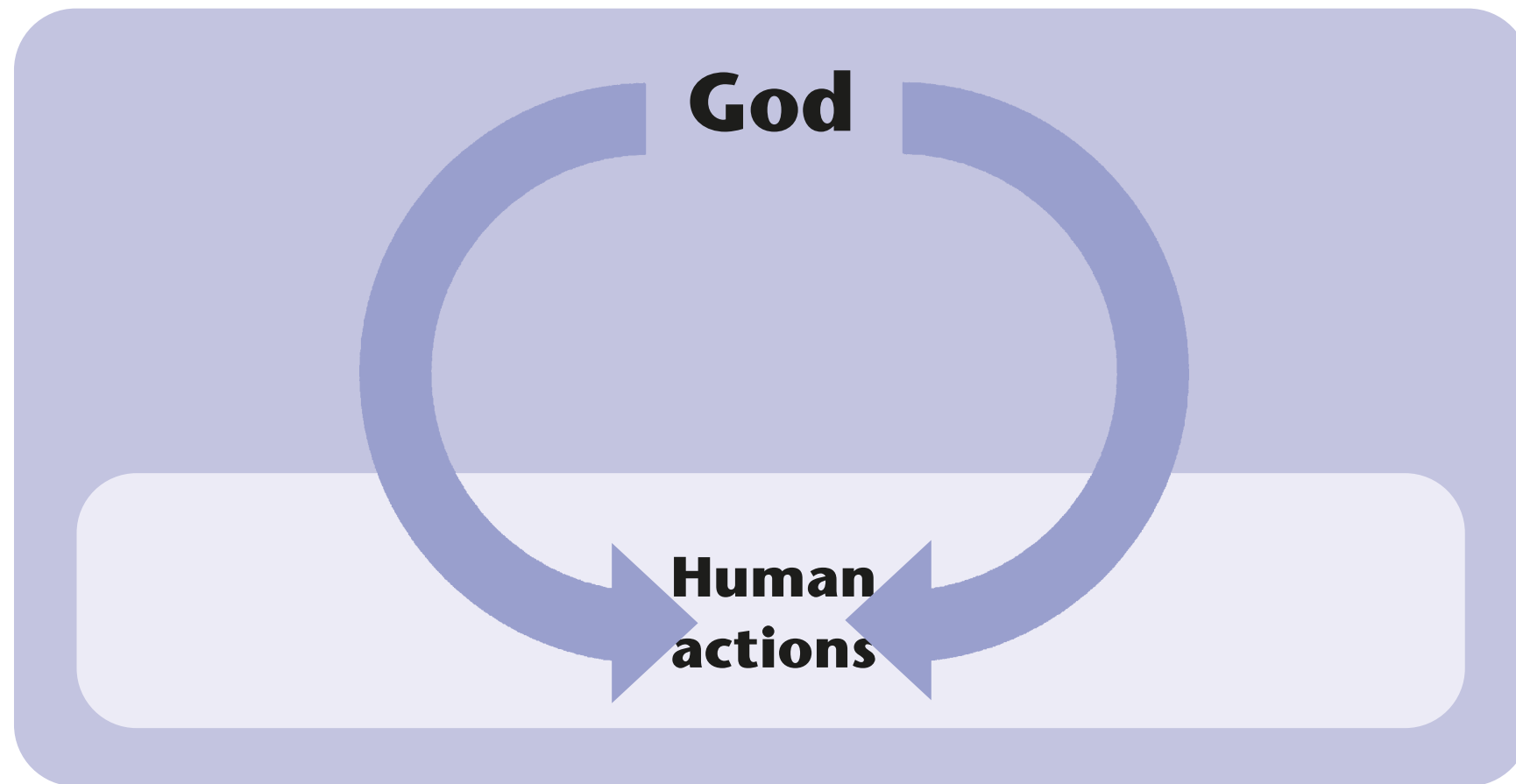
*For it is God who is the energizer (ἐνεργῶν | energón | KJV: who works) in you both to will and to energize (ἐνεργεῖν | energeín | KJV: to do) in order to fulfill his good pleasure.*

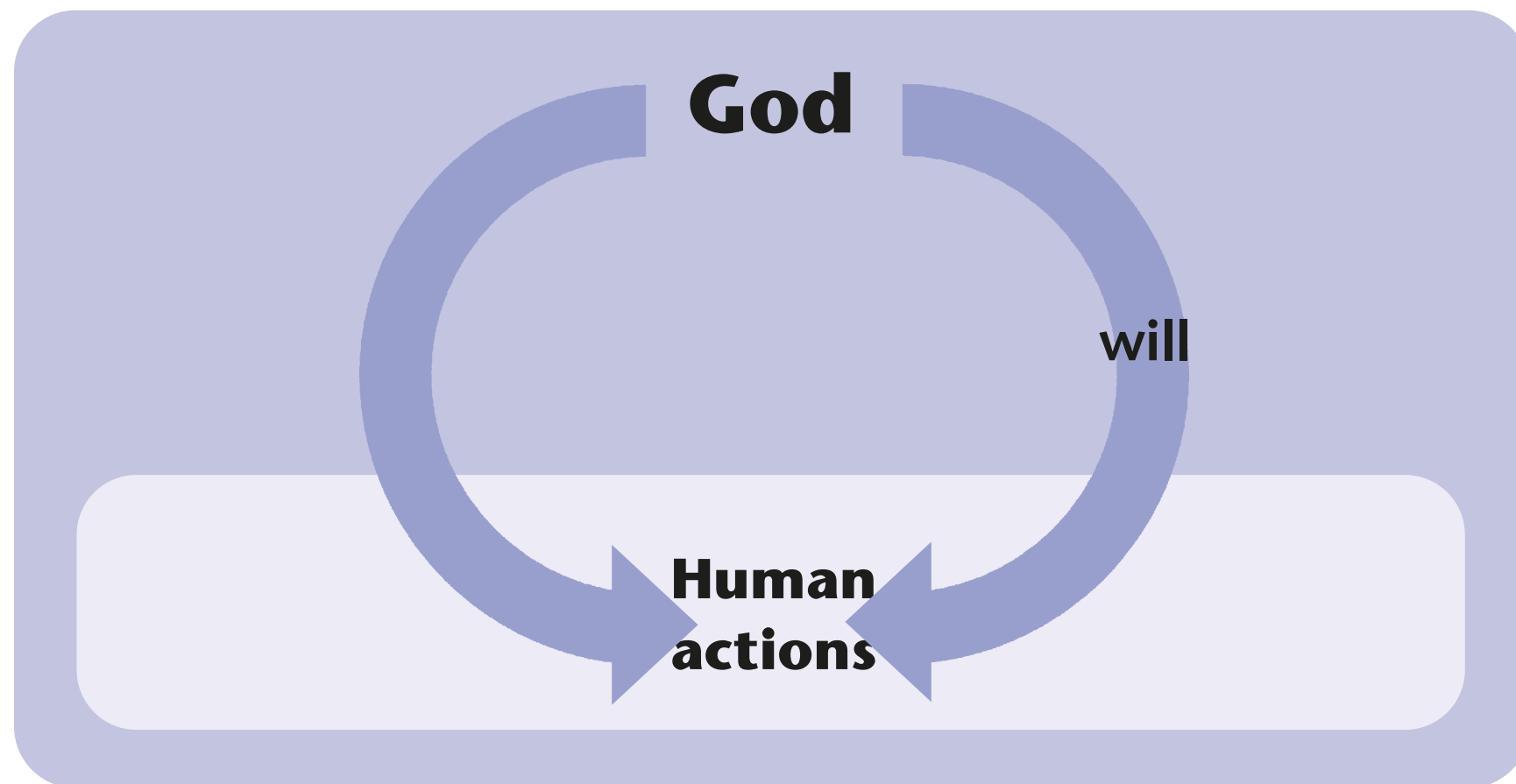


**God**

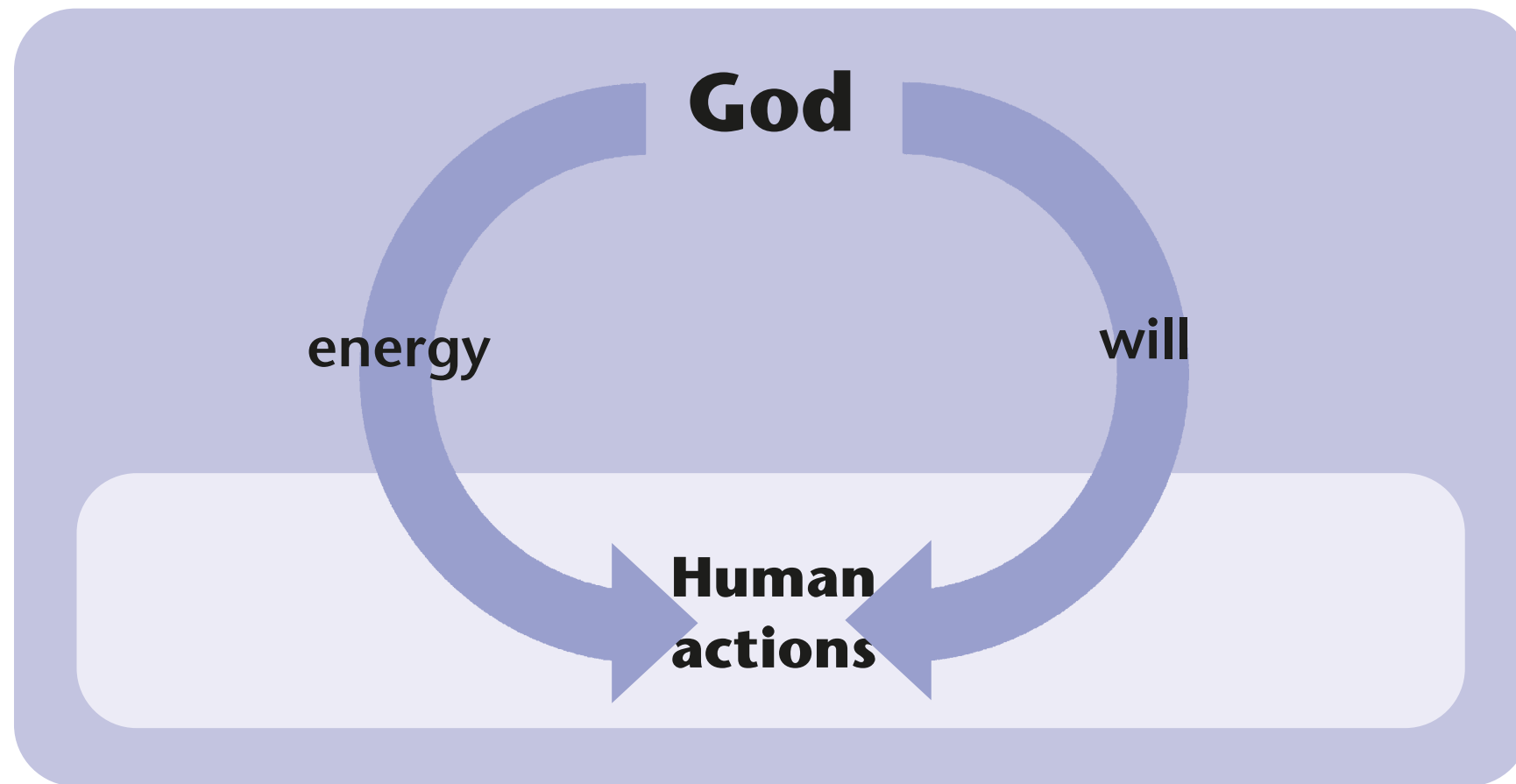
**Human  
actions**

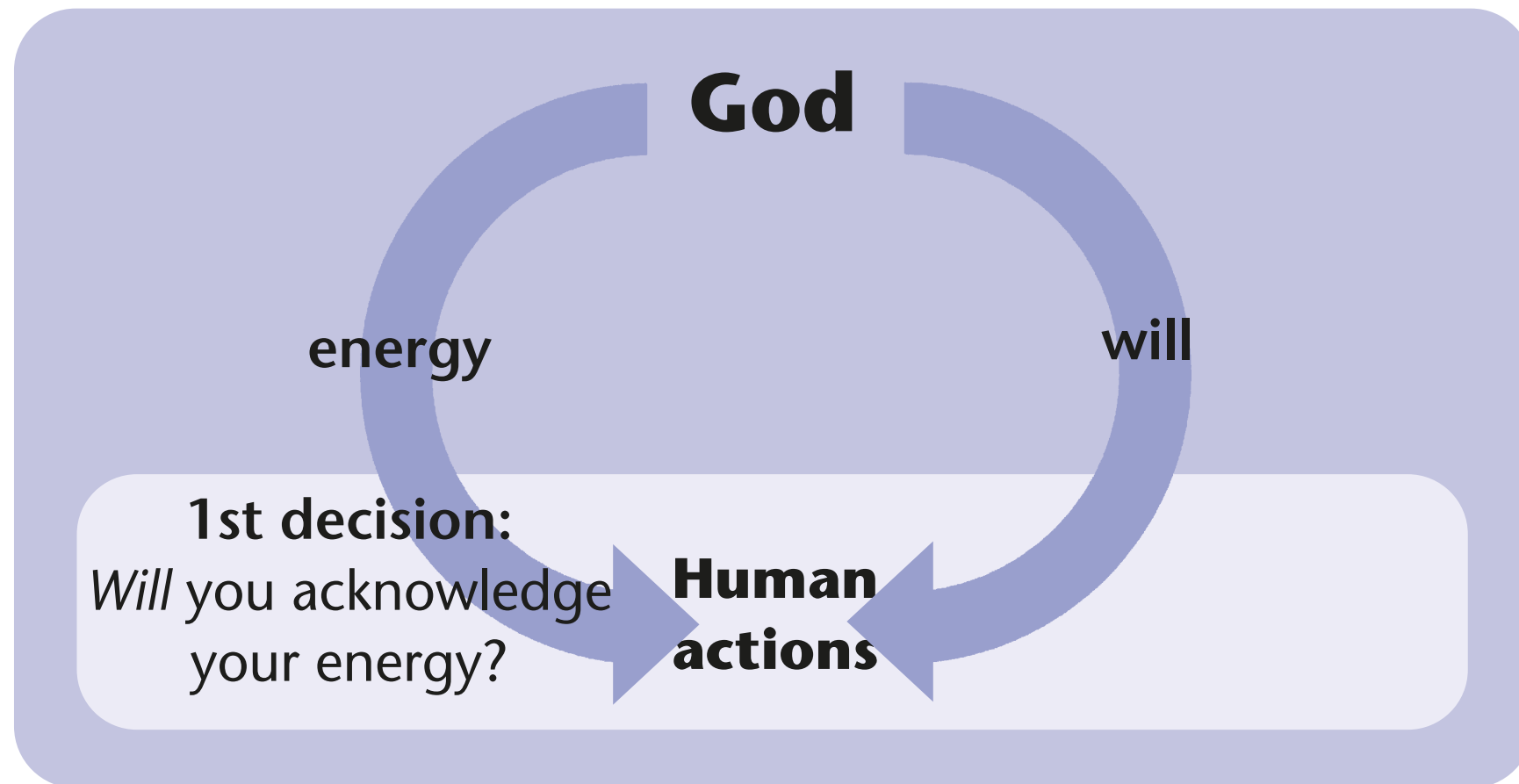


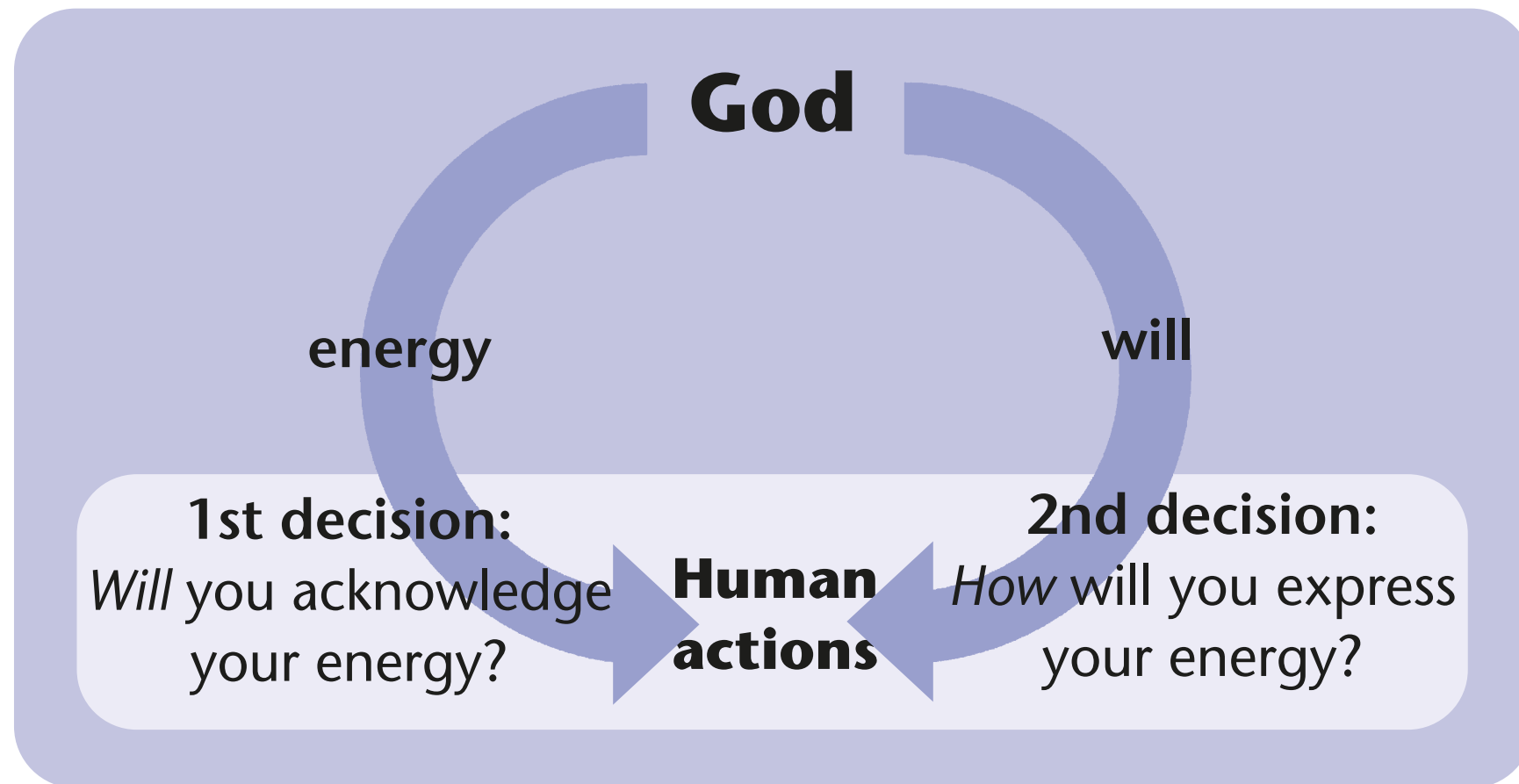


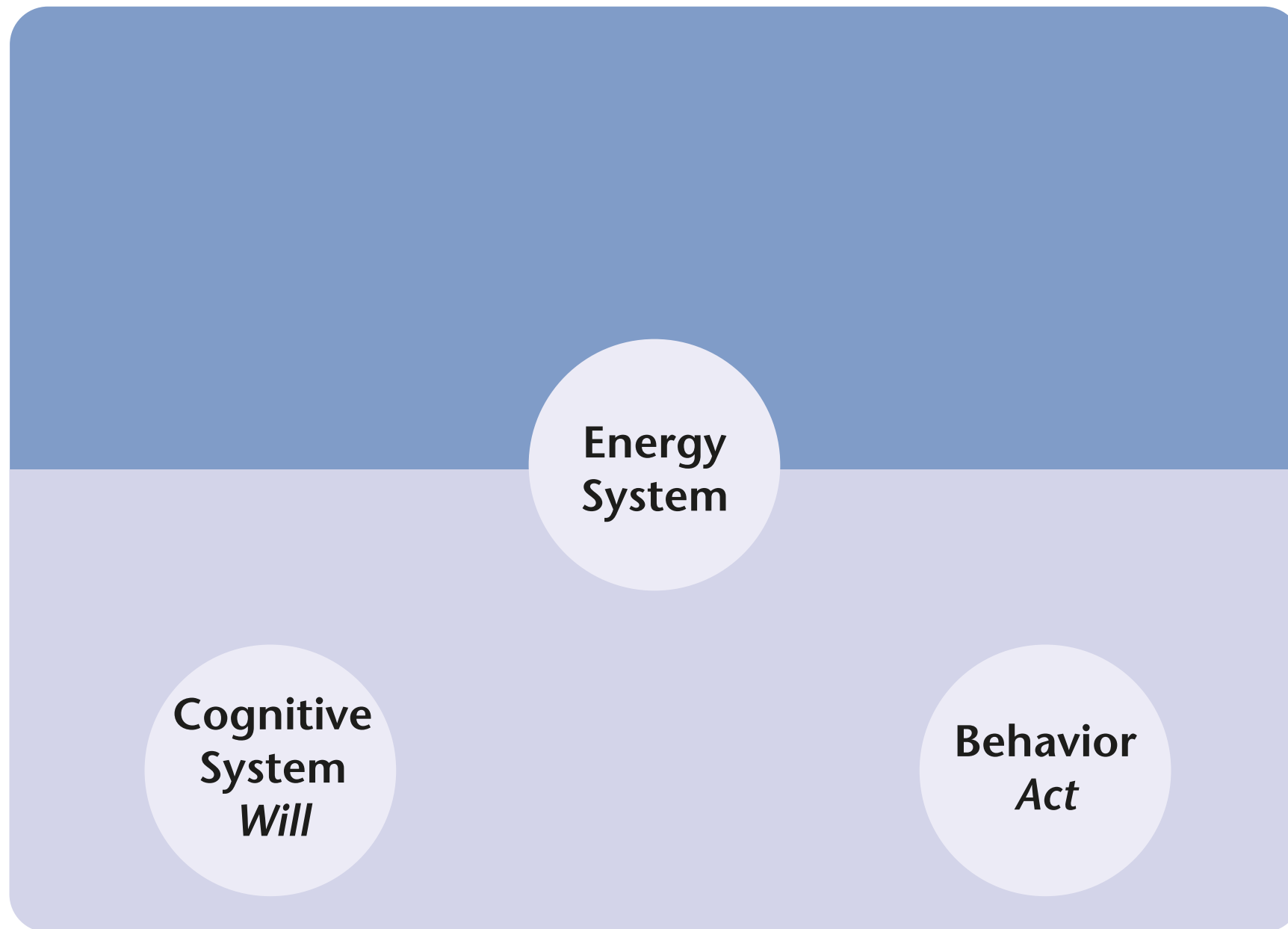




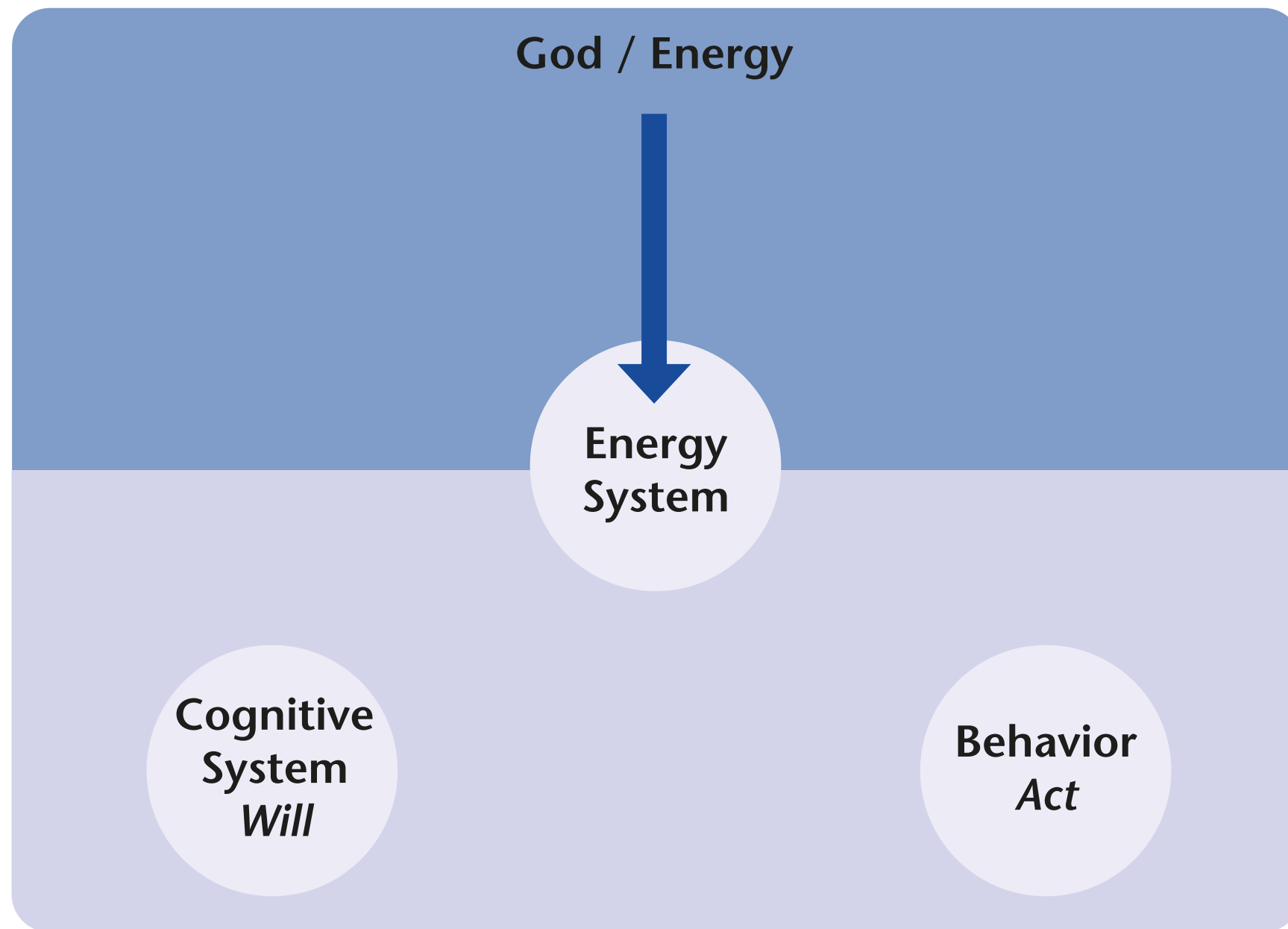


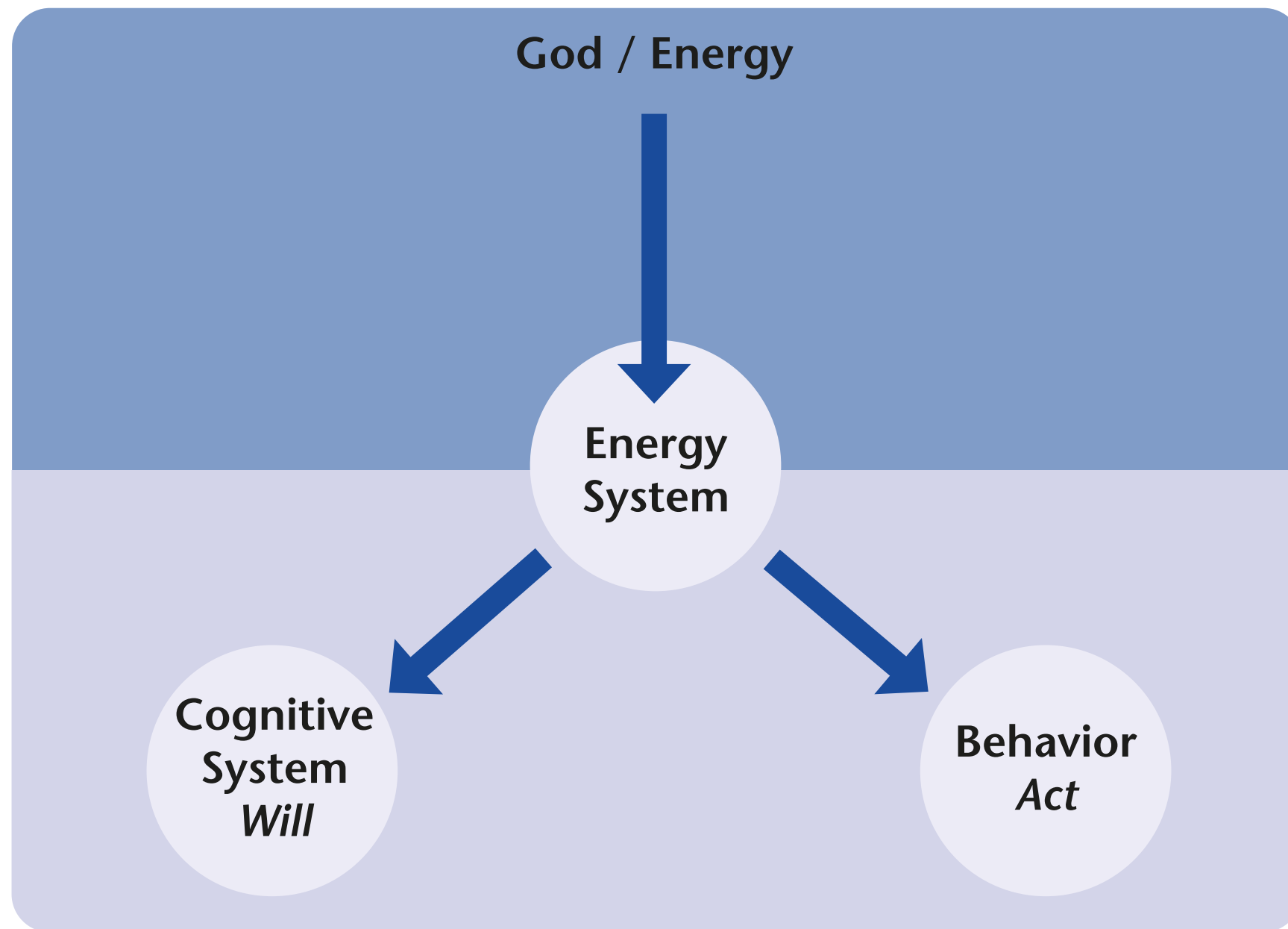


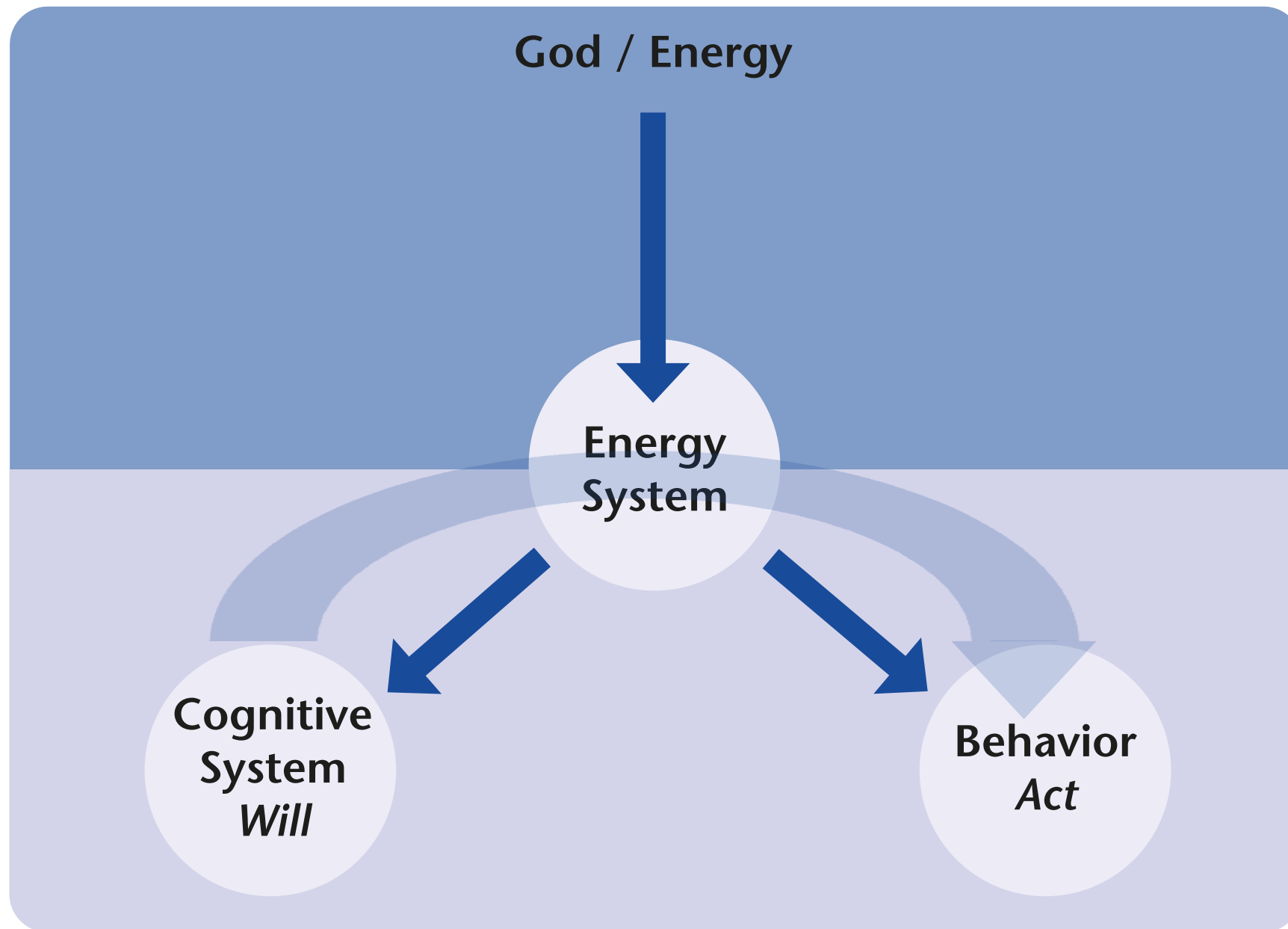


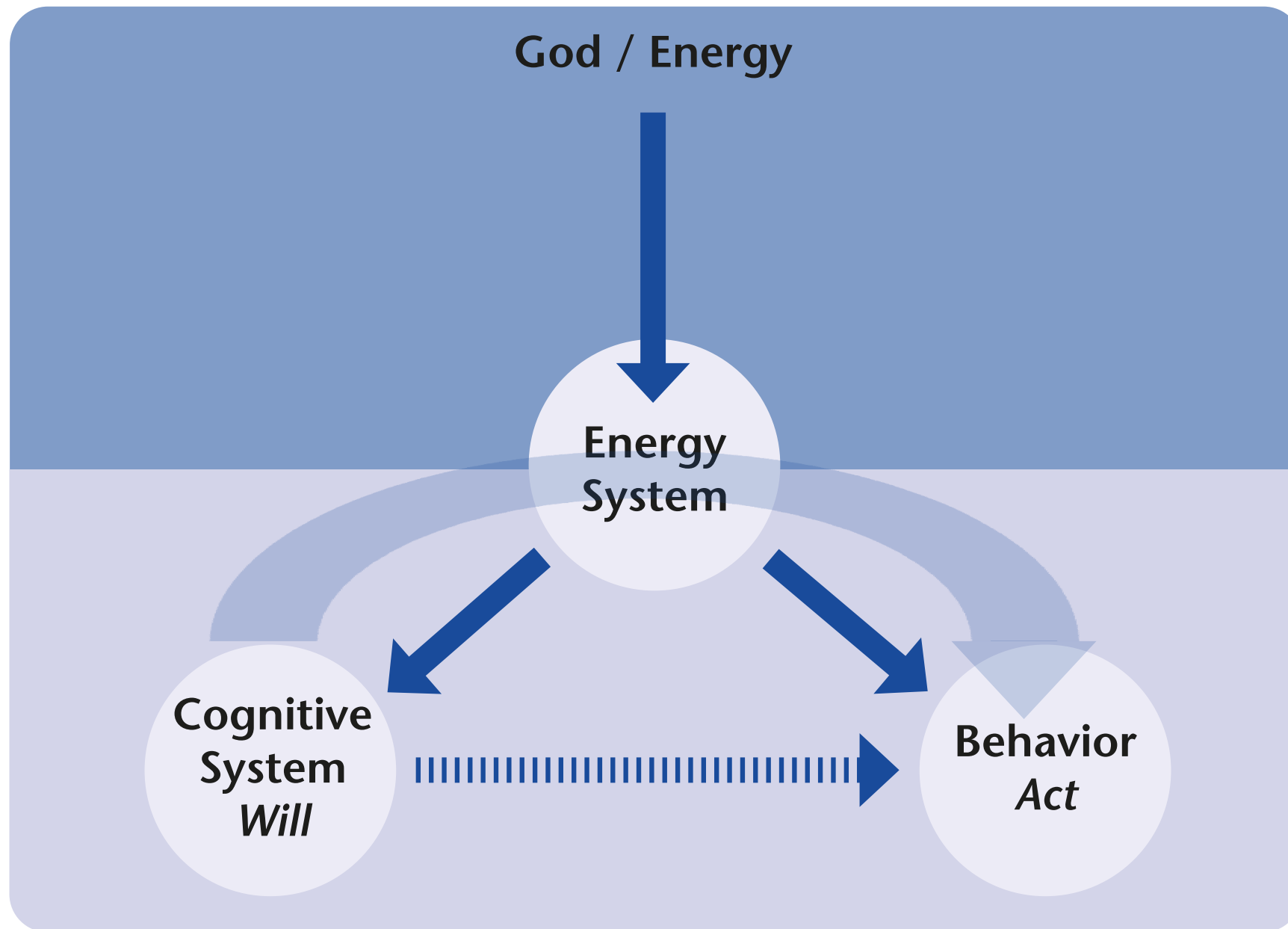














# Five unique features of the biblical energy paradigm

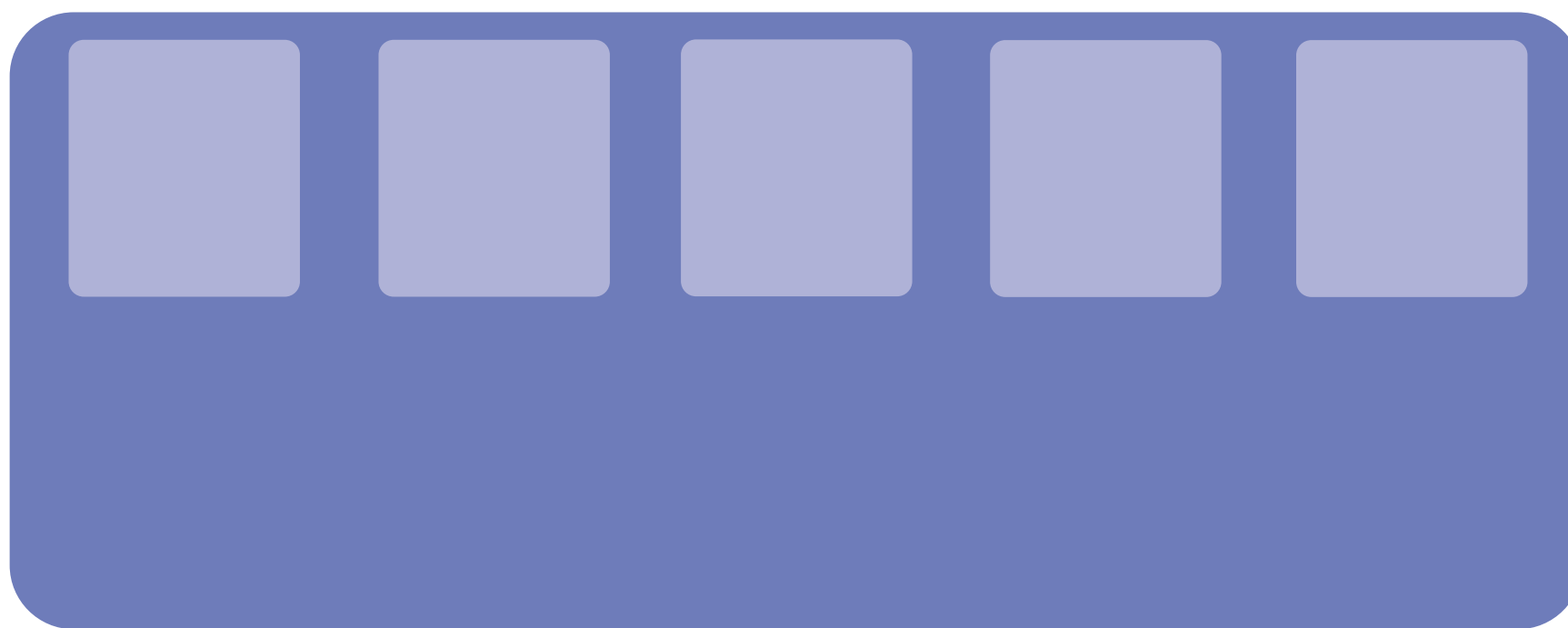


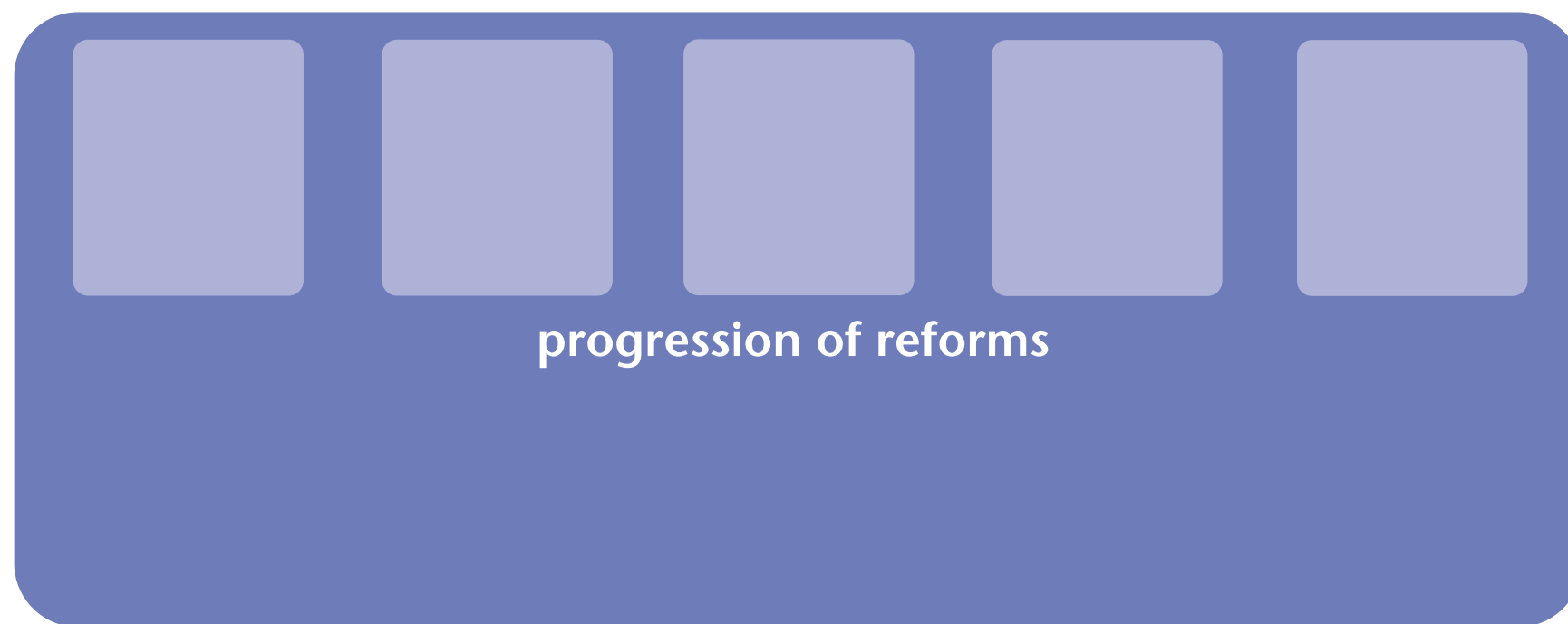
# Five unique features of the biblical energy paradigm

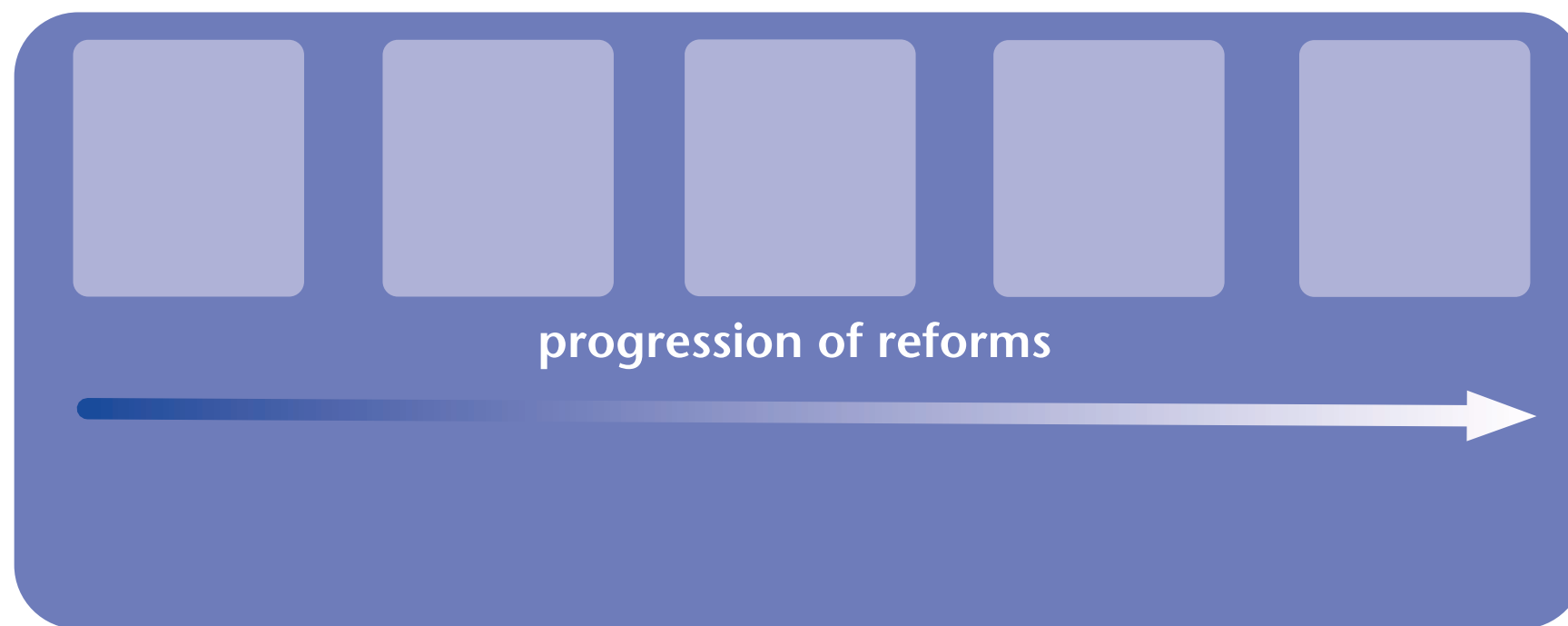


## Releasing intrinsic motivation









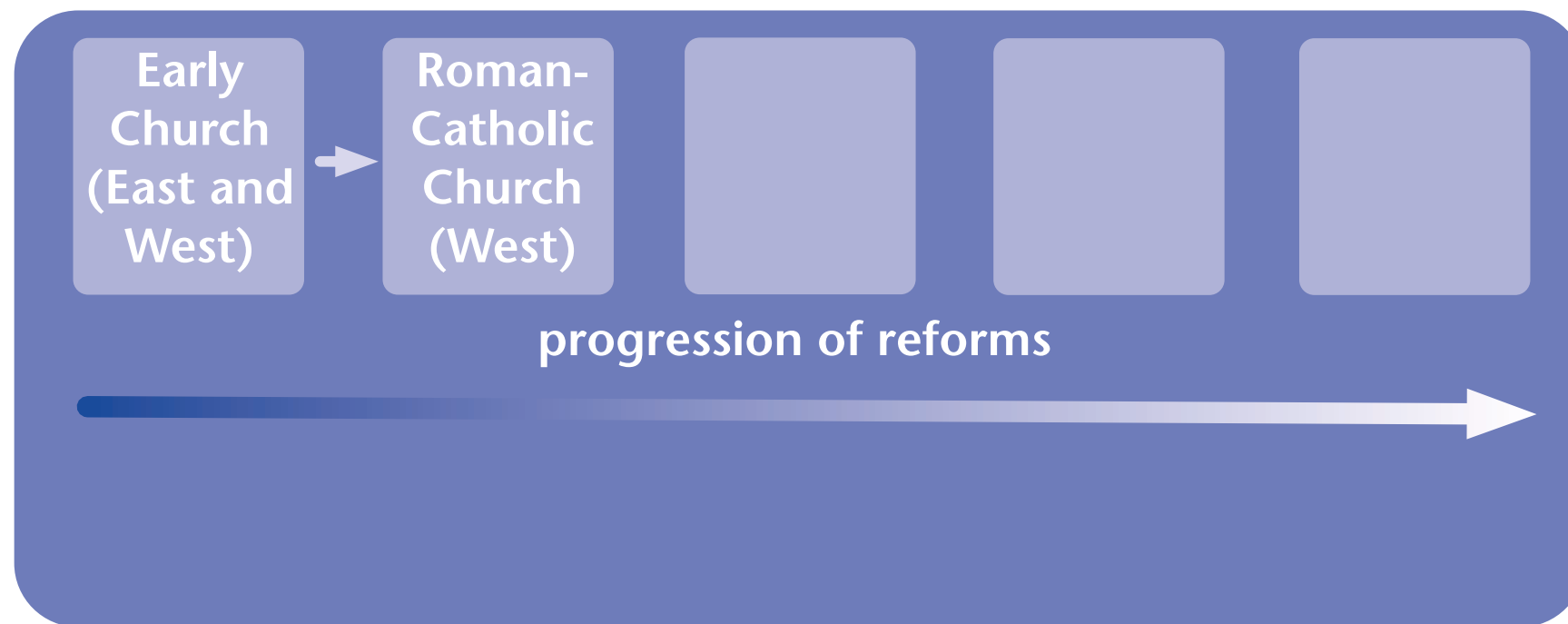


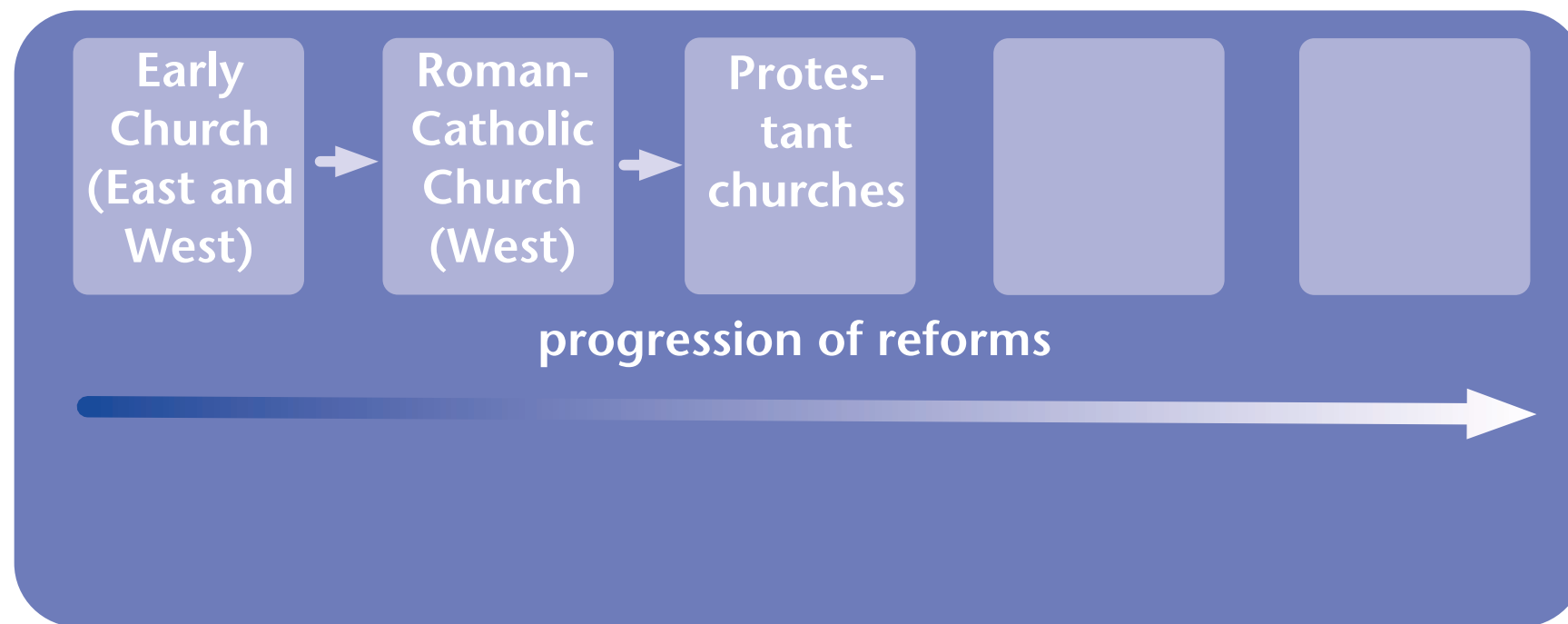
Early  
Church  
(East and  
West)

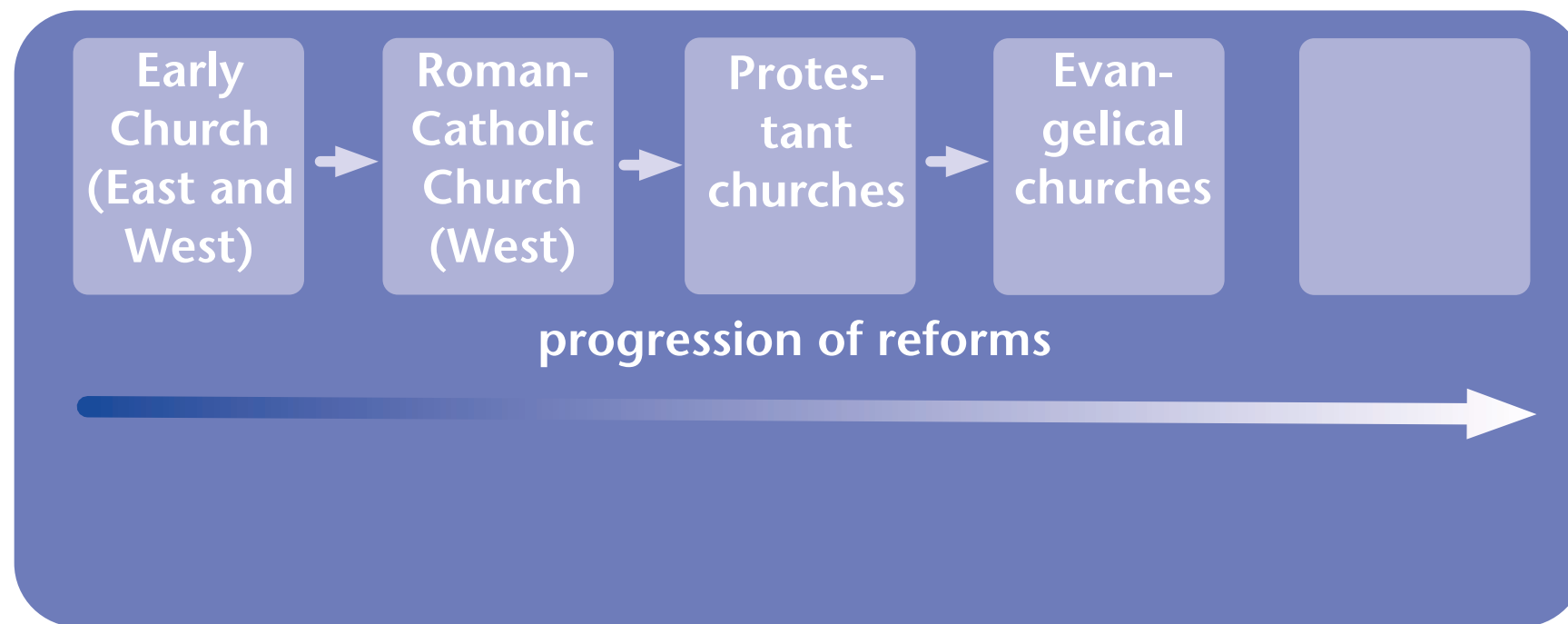


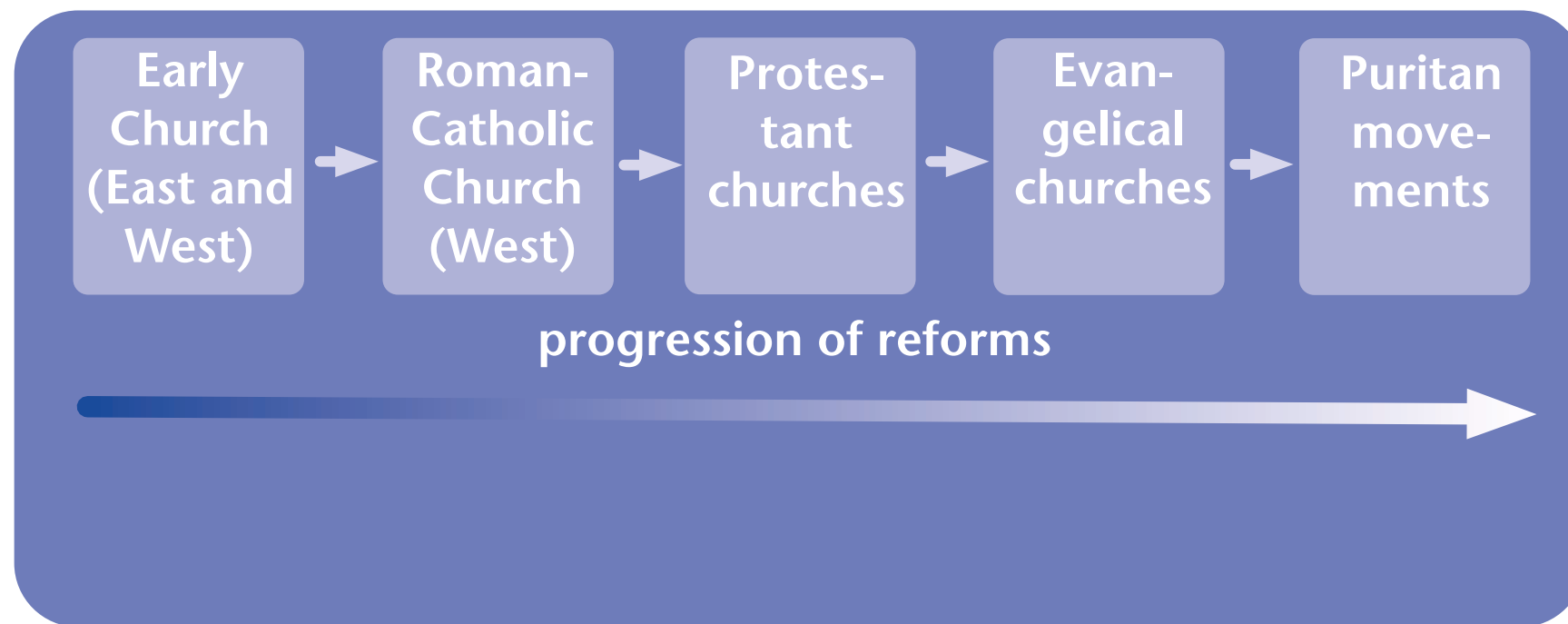
progression of reforms



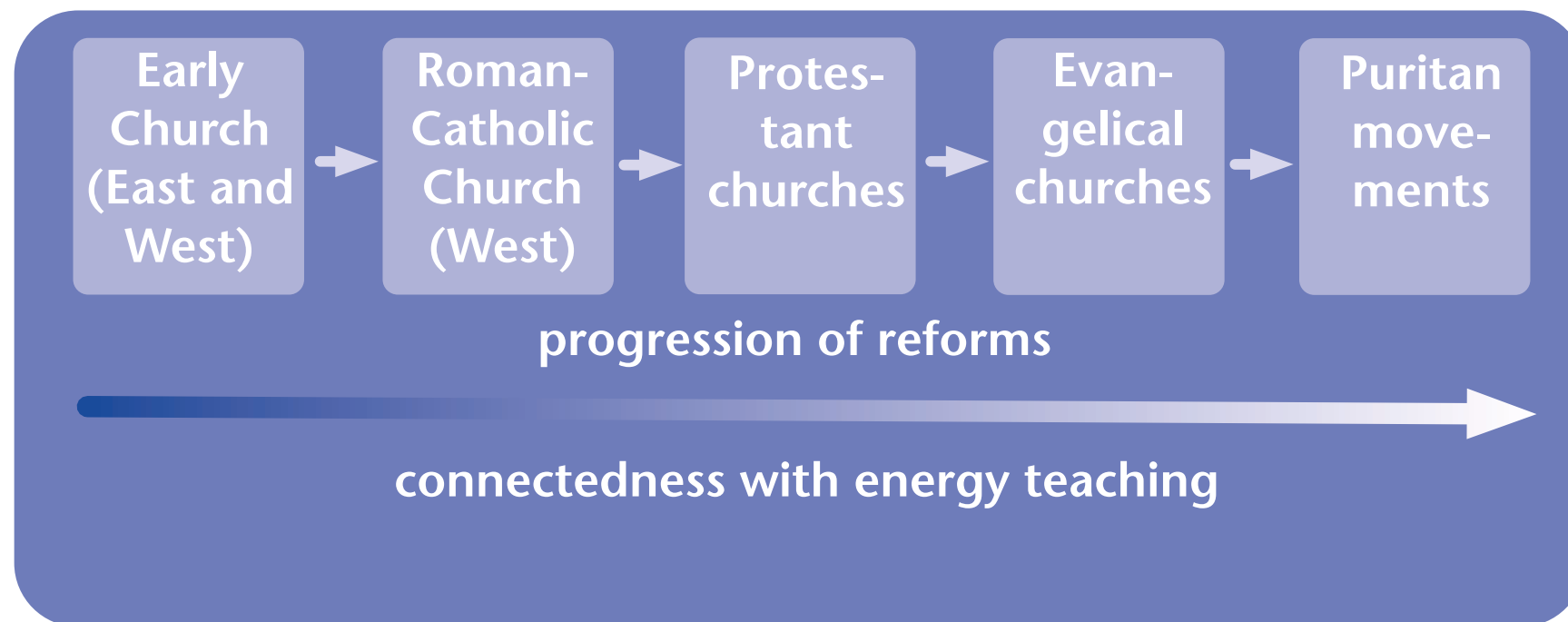


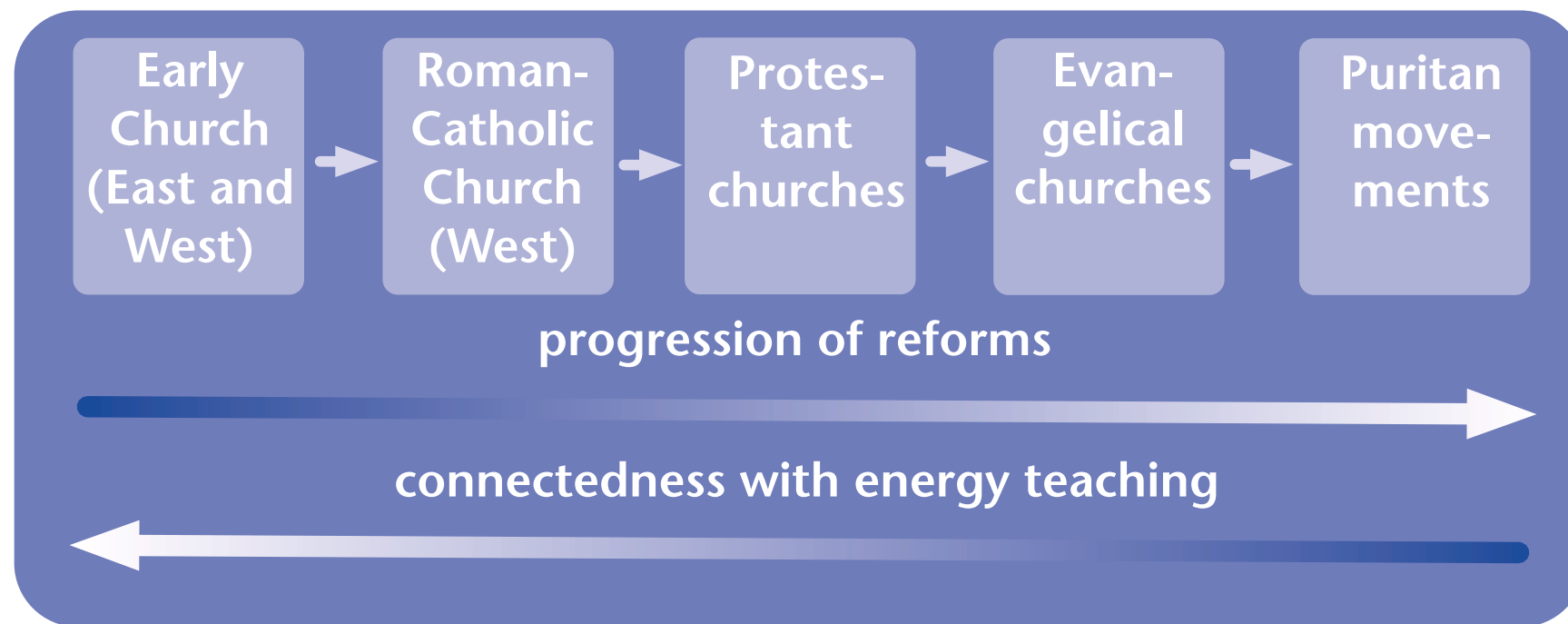












# Five unique features of the biblical energy paradigm

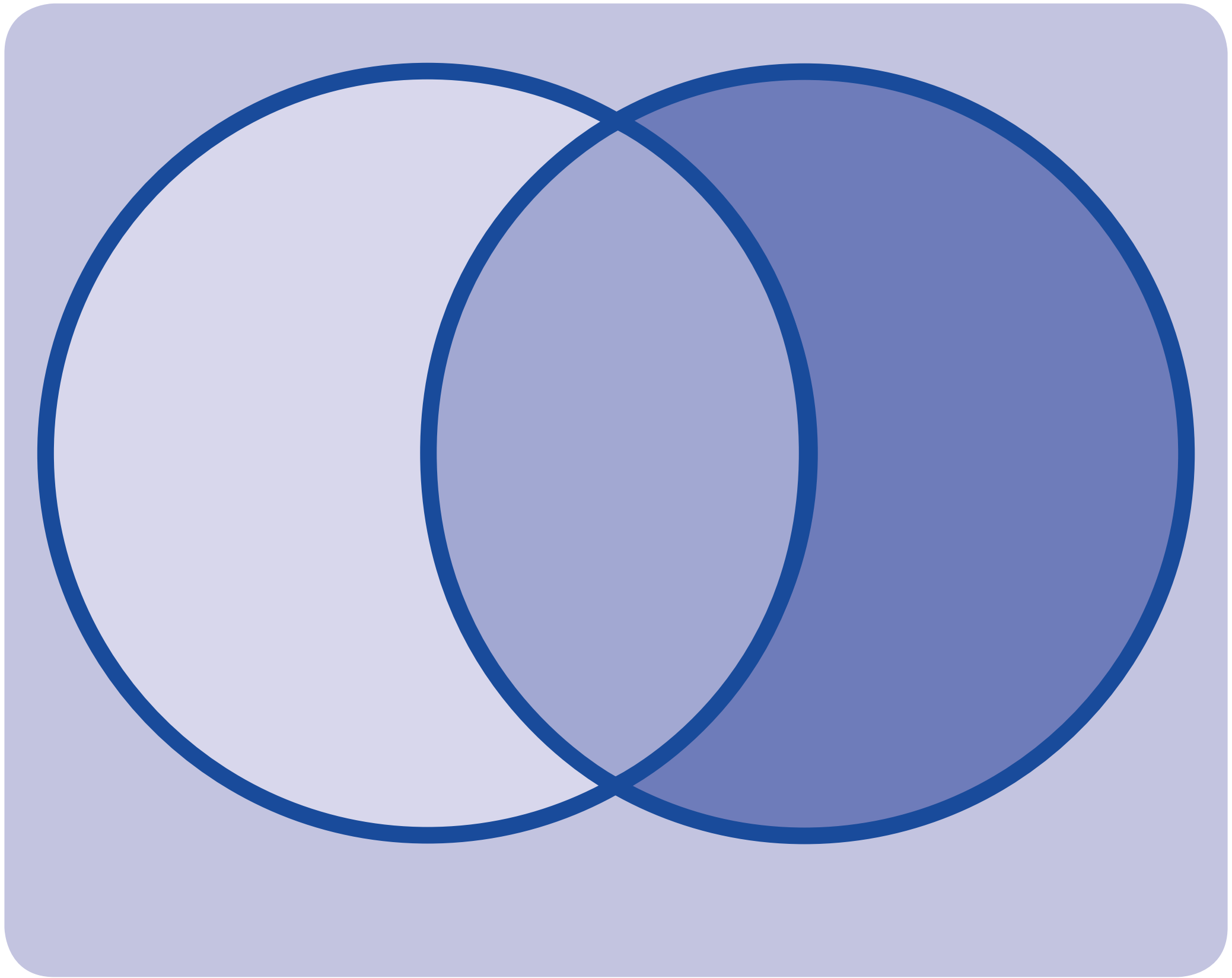


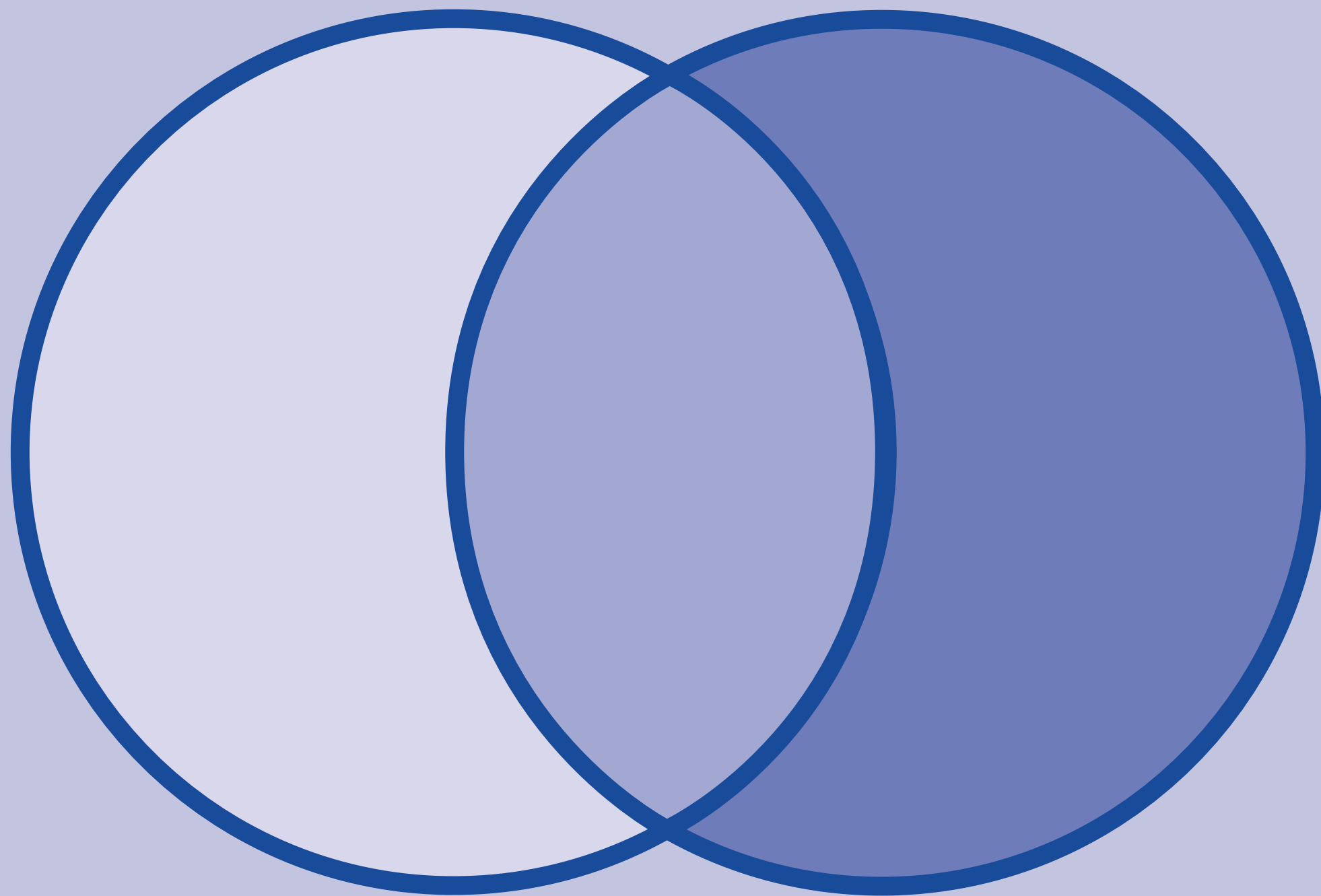
# Five unique features of the biblical energy paradigm



Applying to Christians  
and non-Christians alike





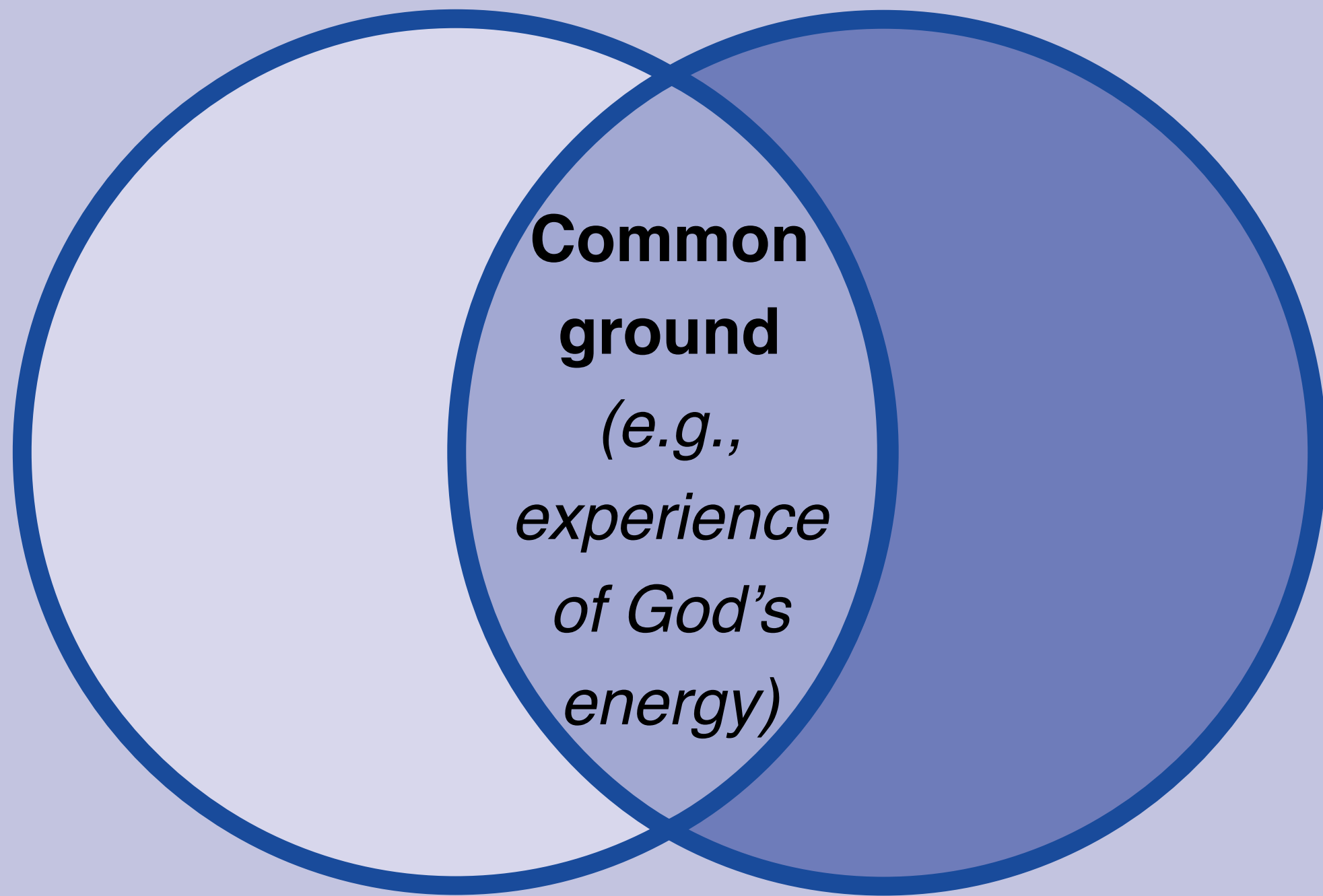


**Person A**

**Person B**







**Person A**

**Person B**



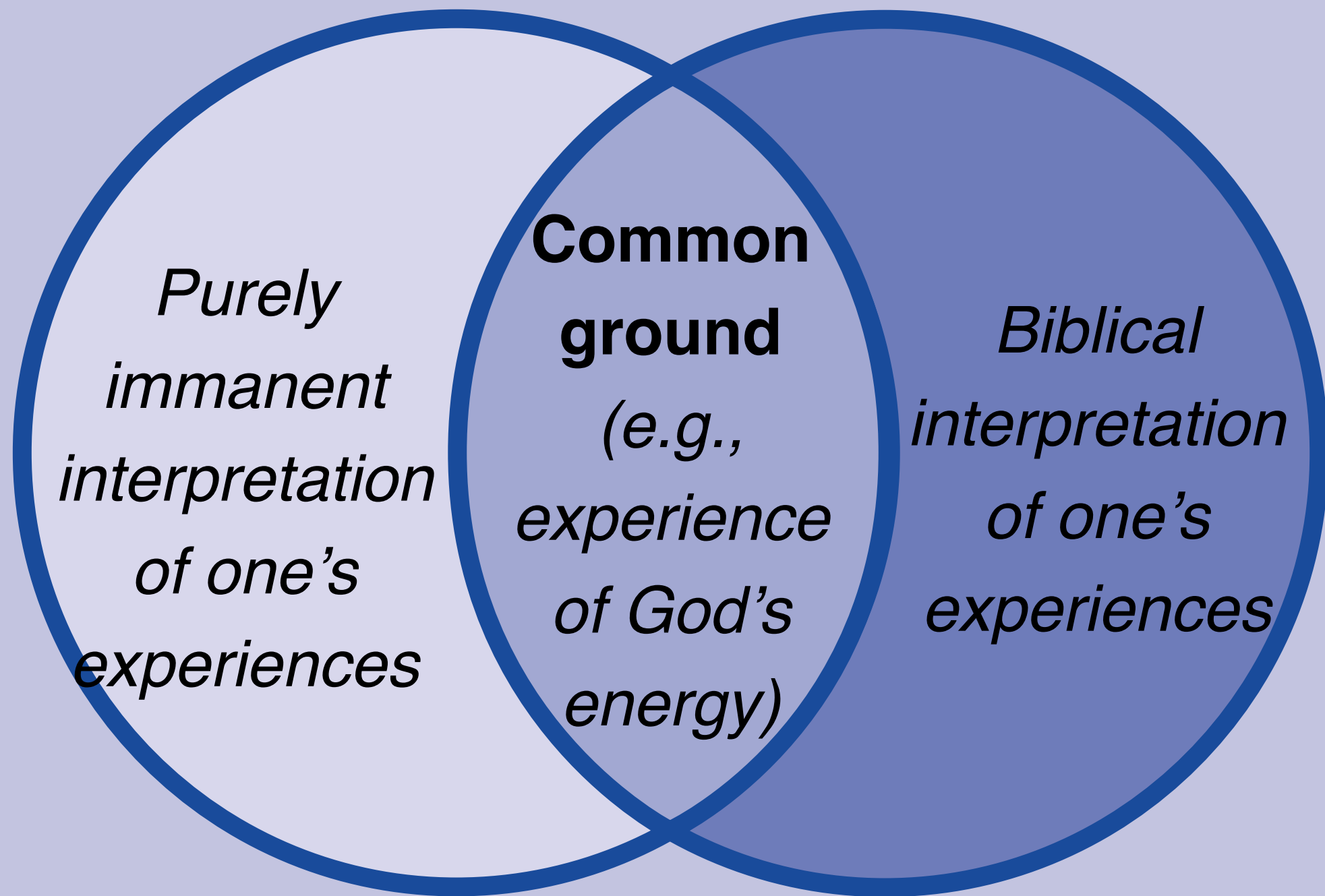
*Purely  
immanent  
interpretation  
of one's  
experiences*

**Person A**

**Common  
ground**  
*(e.g.,  
experience  
of God's  
energy)*

**Person B**





**Person A**

**Person B**



# Transpersonal



# **Transpersonal**

*not:* personal minus



# **Transpersonal**

*not:* personal minus

*but:* personal plus



Personal	Transpersonal





Personal	Transpersonal
Lord, Father	divine, deity



Personal	Transpersonal
Lord, Father	divine, deity
God's names	nameless God



Personal	Transpersonal
Lord, Father	divine, deity
God's names	nameless God
he/she	it



Personal	Transpersonal
Lord, Father	divine, deity
God's names	nameless God
he/she	it
God with us face to face	God within us



Personal	Transpersonal
Lord, Father	divine, deity
God's names	nameless God
he/she	it
God with us face to face	God within us
prayer	meditation



Personal	Transpersonal
Lord, Father	divine, deity
God's names	nameless God
he/she	it
God with us face to face	God within us
prayer	meditation
person	



Personal	Transpersonal
Lord, Father	divine, deity
God's names	nameless God
he/she	it
God with us face to face	God within us
prayer	meditation
person	more than a person





# Five unique features of the biblical energy paradigm

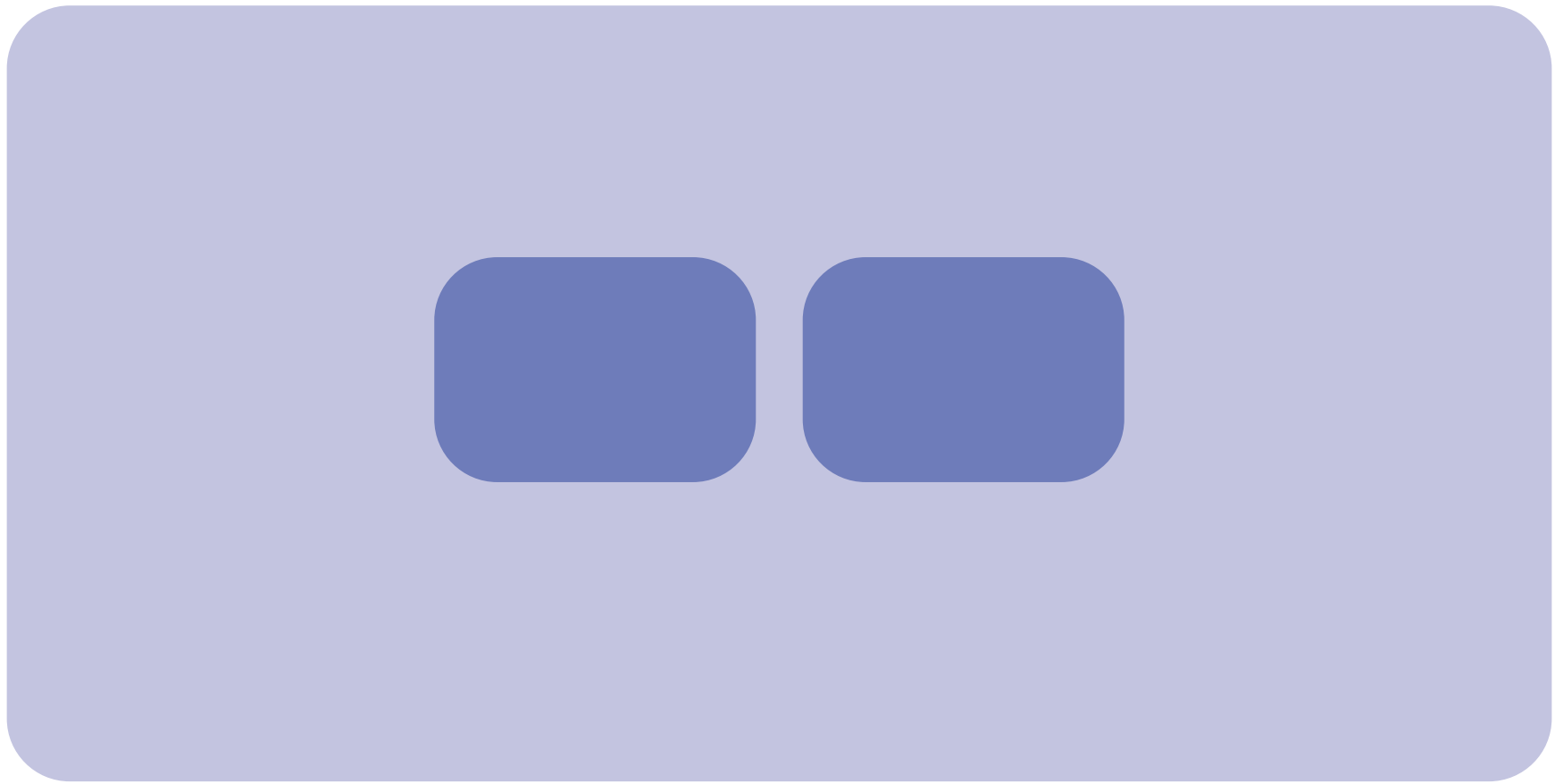


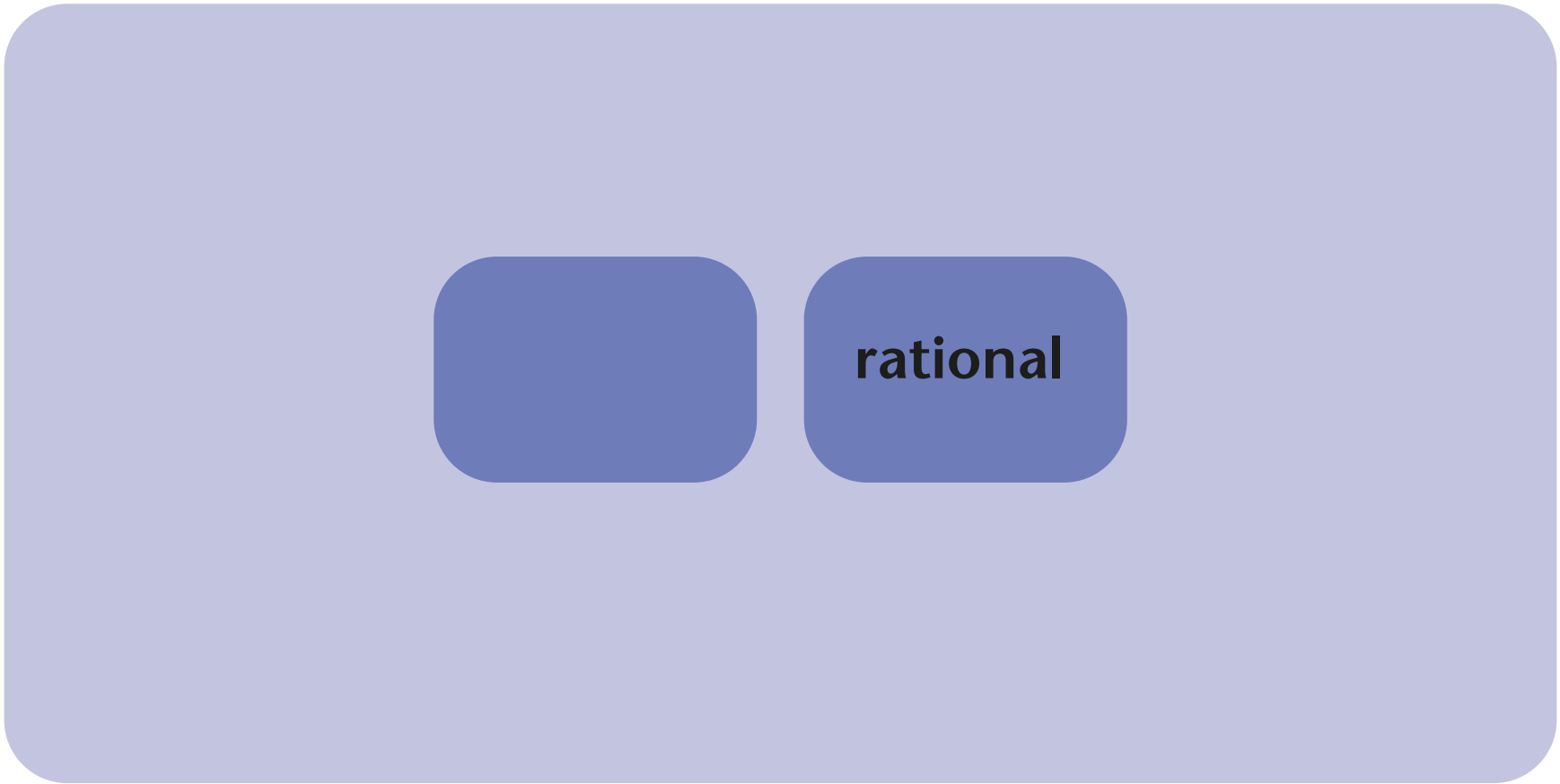
# Five unique features of the biblical energy paradigm



Moving beyond the  
cognitive and rational



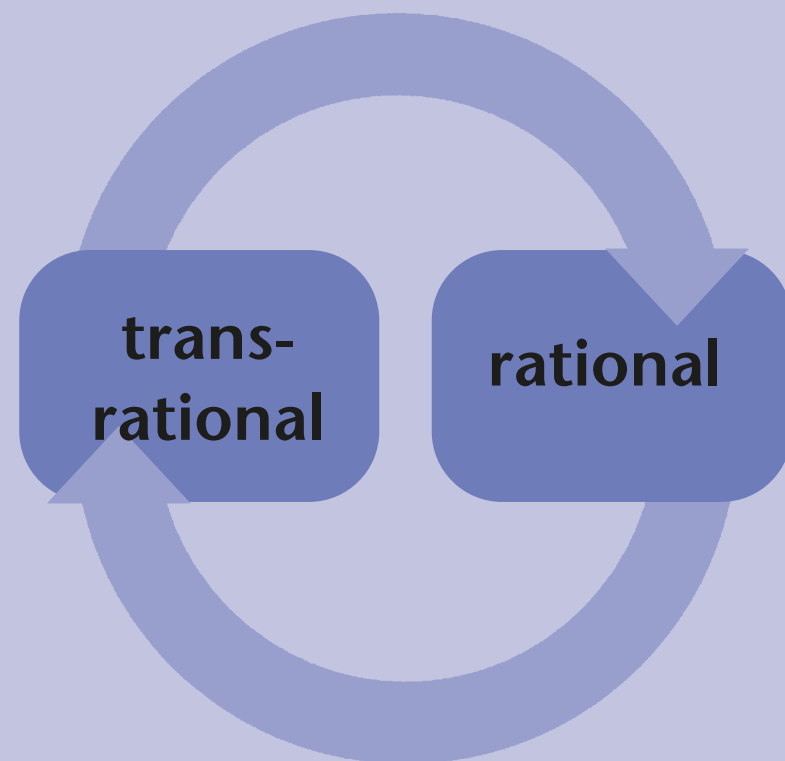


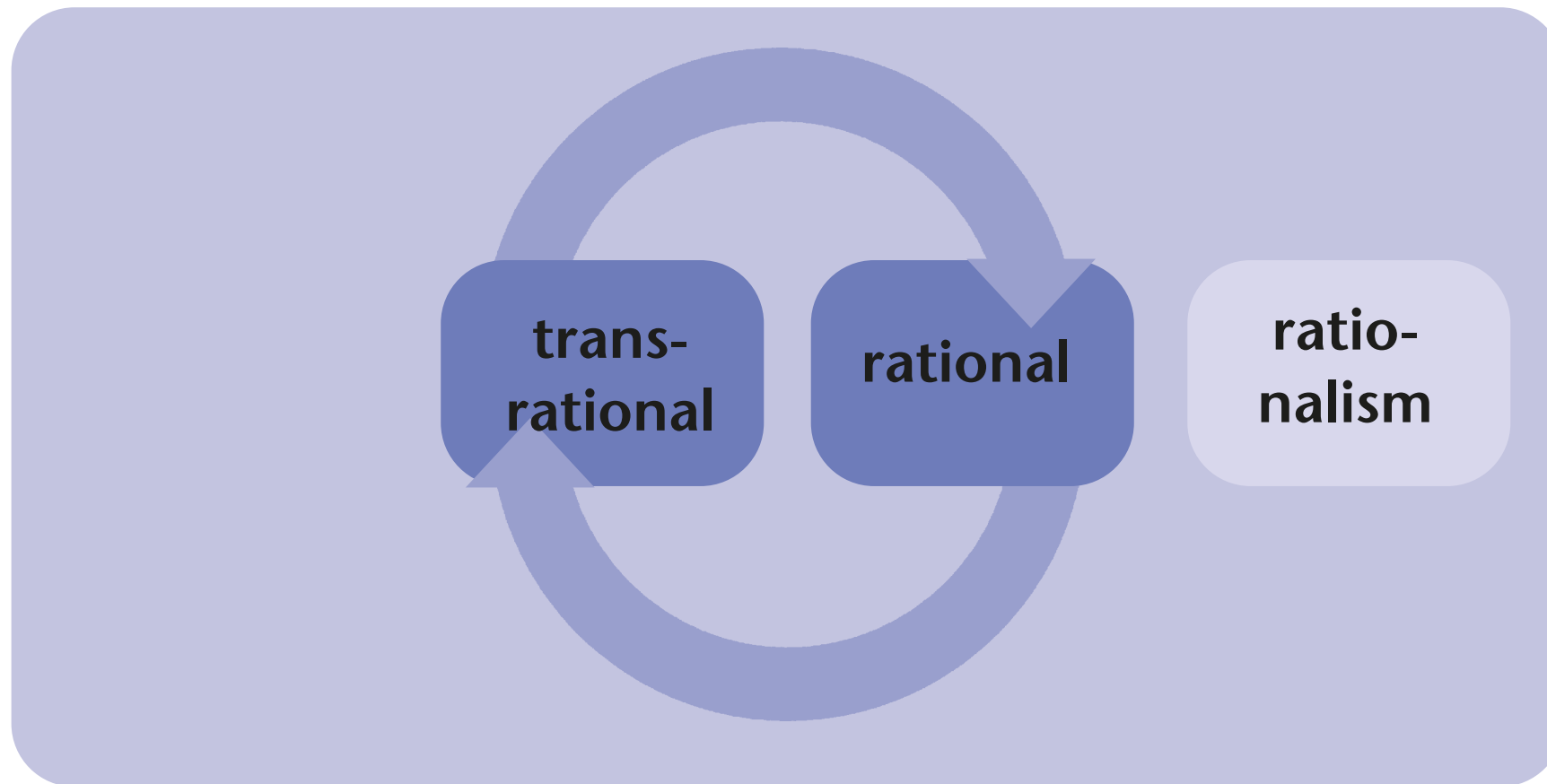


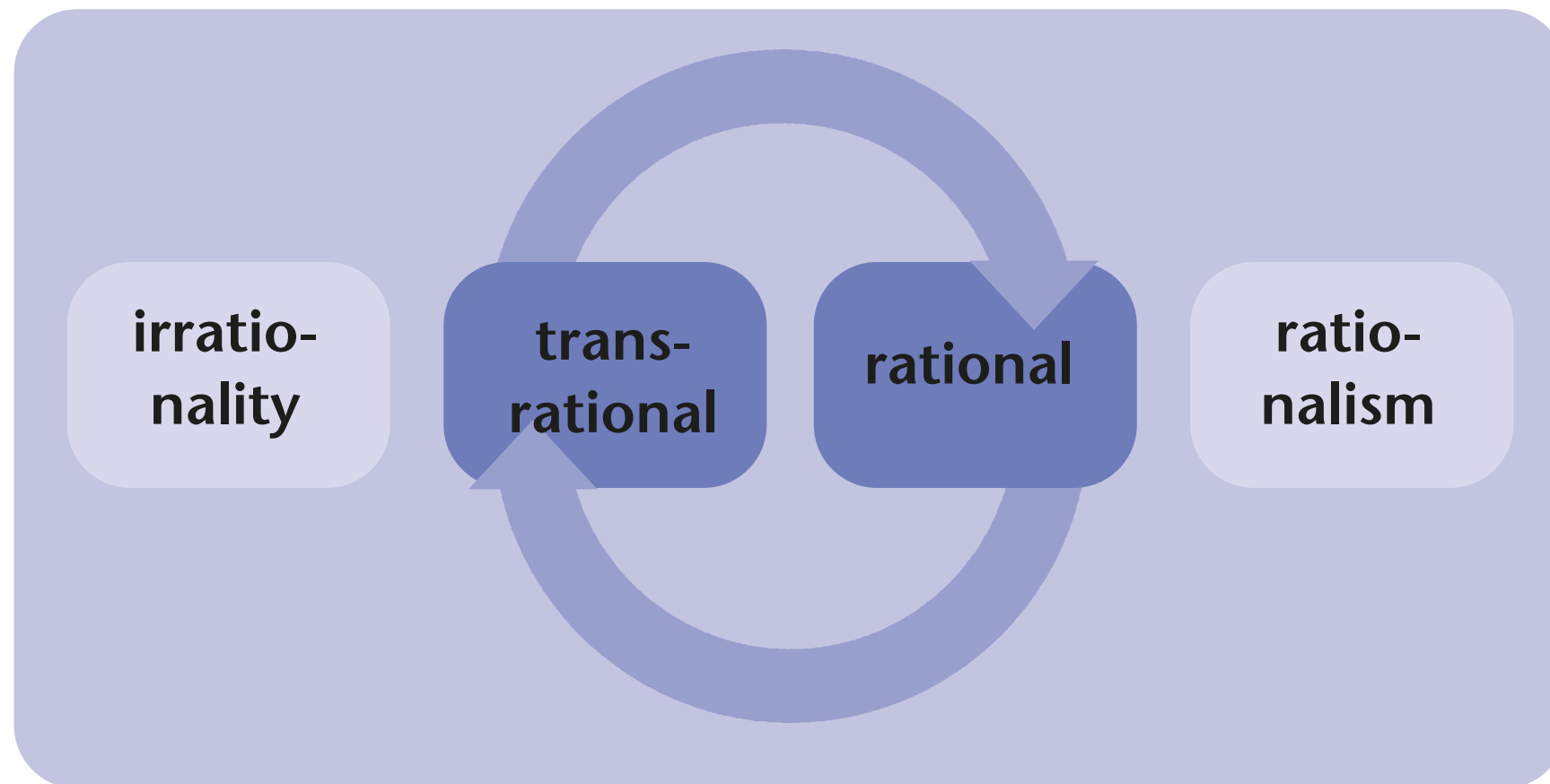
**trans-  
rational**

**rational**











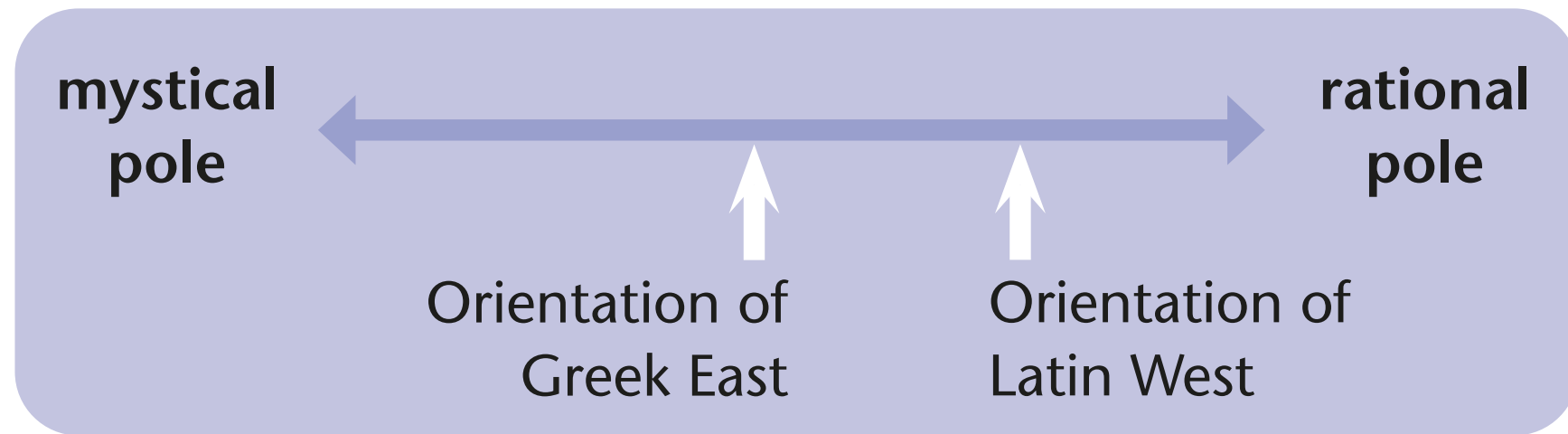
**mystical  
pole**



**rational  
pole**







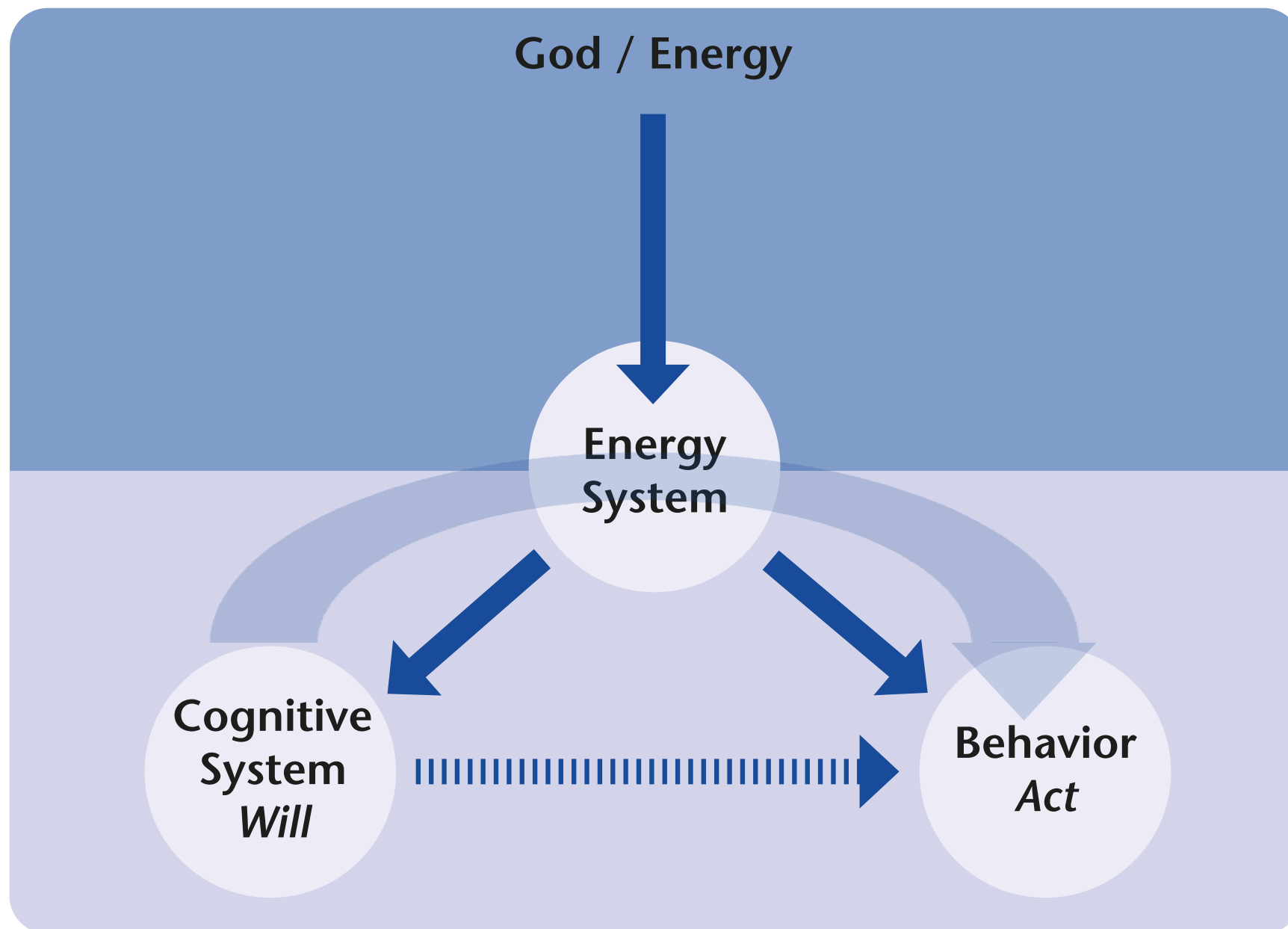
# Five unique features of the biblical energy paradigm

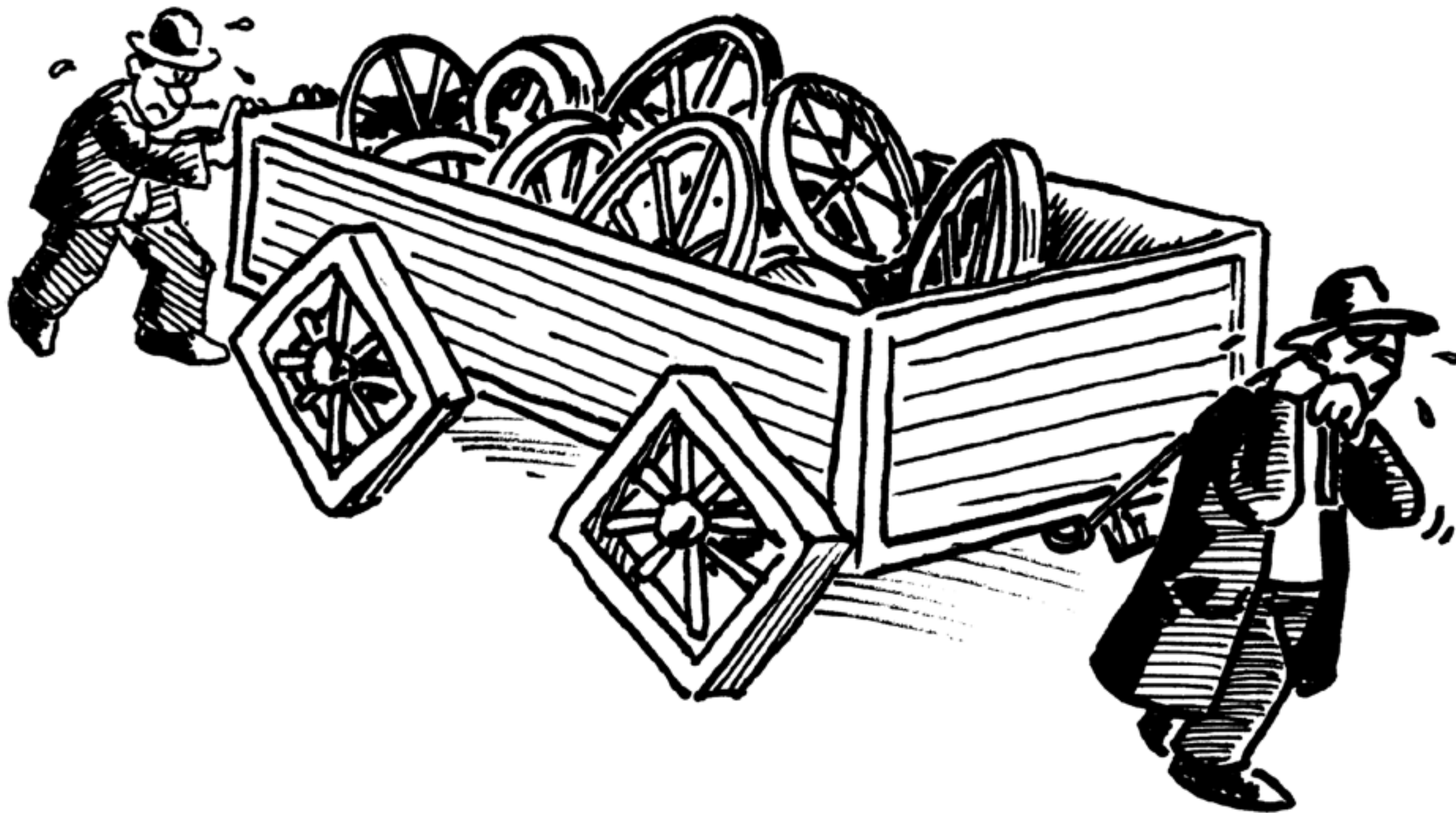


Five unique features of the  
biblical energy paradigm

The key to  
“all by itself”  
growth







# Poll

What is, for you personally, the most promising feature of the biblical energy paradigm?





# Poll

What is, for you personally, the most promising feature of the biblical energy paradigm?

1. Biblical foundation



# Poll

What is, for you personally, the most promising feature of the biblical energy paradigm?

1. Biblical foundation
2. Neurobiological compatibility



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4. Both for Christians and non-Christians



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What is, for you personally, the most promising feature of the biblical energy paradigm?

1. Biblical foundation
2. Neurobiological compatibility
3. Release of intrinsic motivation
4. Both for Christians and non-Christians
5. Transrational dimension



# Group work

Share with the people in your group (randomly assigned) what fascinates you most about the feature you opted for.

What are (or could be) the benefits of that specific feature? (5 min.)

1. Biblical foundation
2. Neurobiological compatibility
3. Release of intrinsic motivation
4. Both for Christians and non-Christians
5. Transrational dimension



# Q&A

Please, type your question into the chat window,  
or activate your microphone to ask a question



# Part 2





## Part 2

# The Energy Synchronization Process (ESP)



# **Energy Synchronization Process (ESP)**



# **Energy Synchronization Process (ESP)**

**Energy  
System**



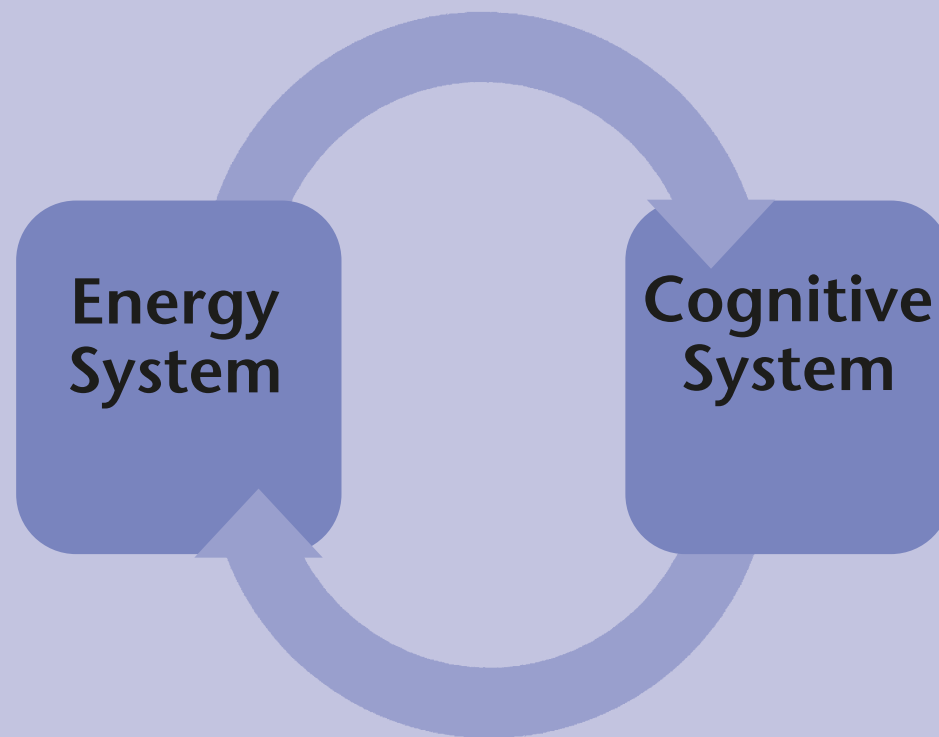
# **Energy Synchronization Process (ESP)**

**Energy  
System**

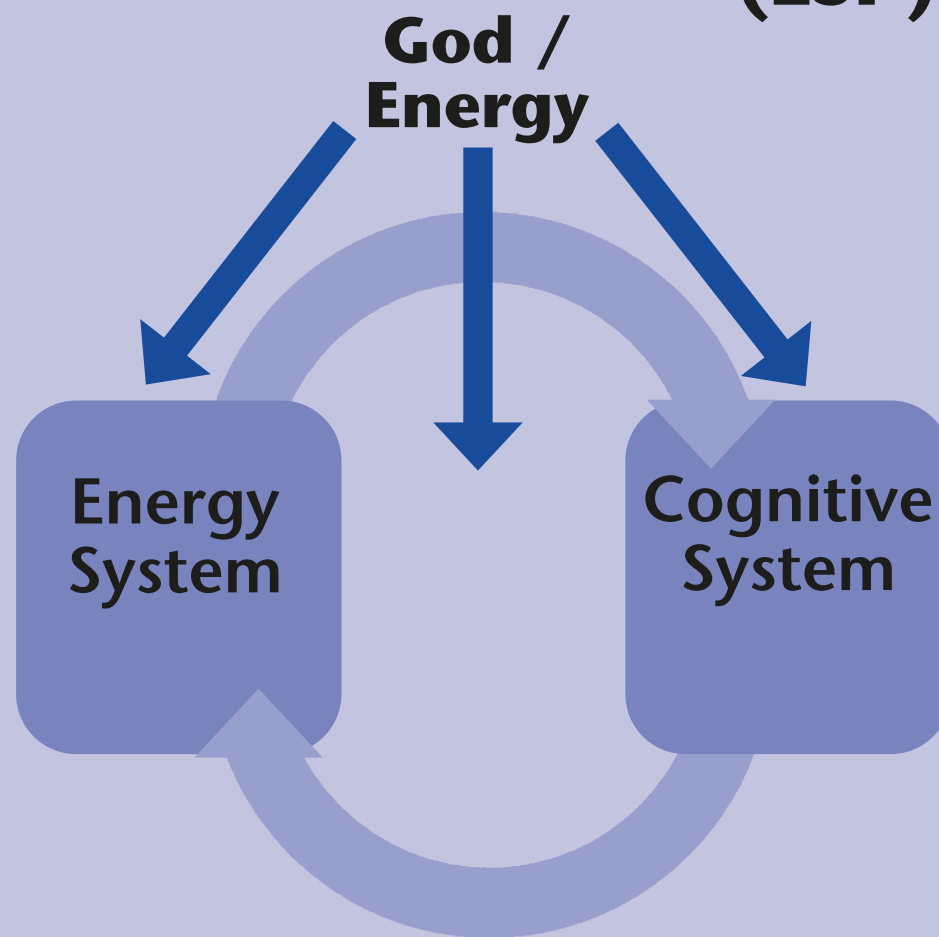
**Cognitive  
System**



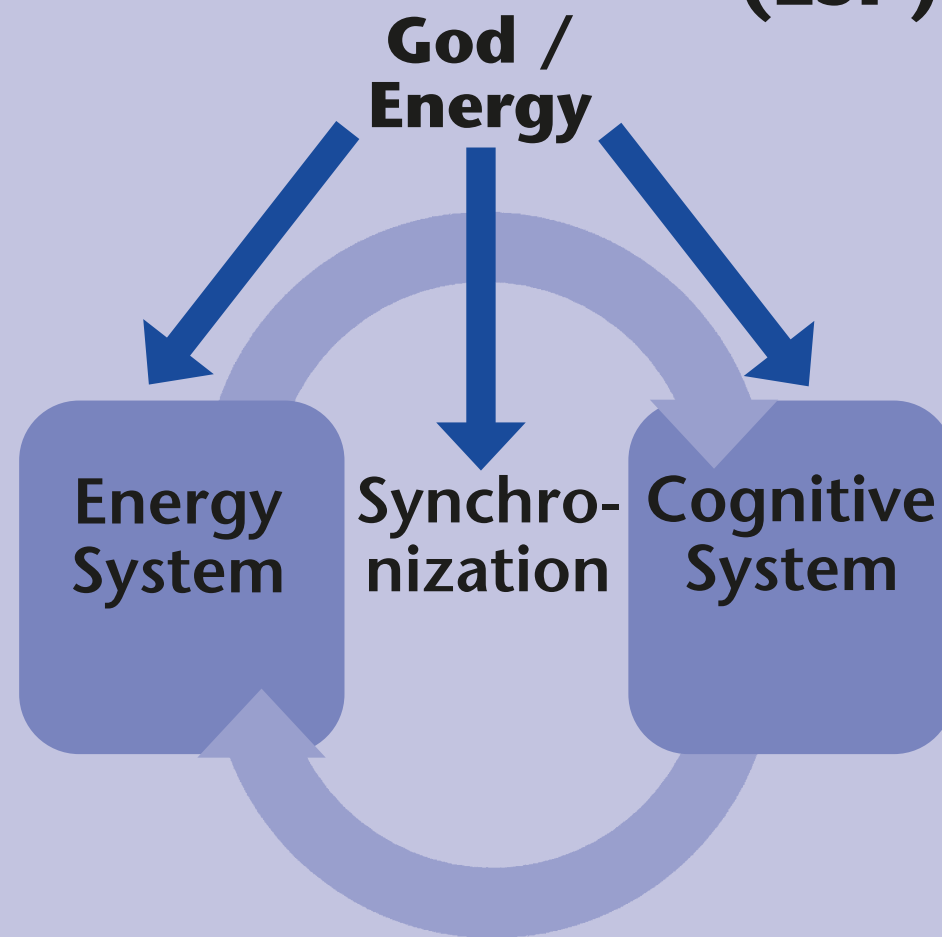
## **Energy Synchronization Process (ESP)**



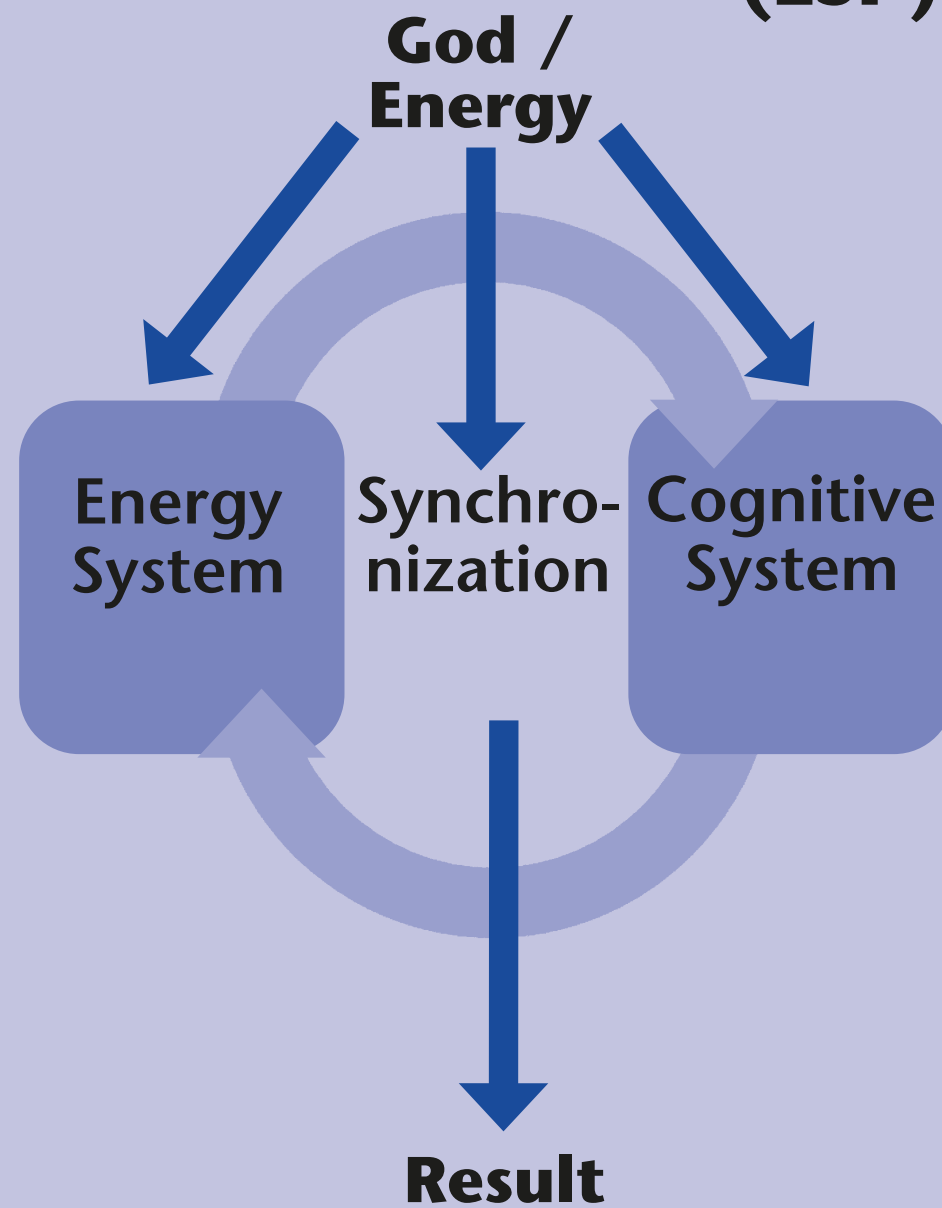
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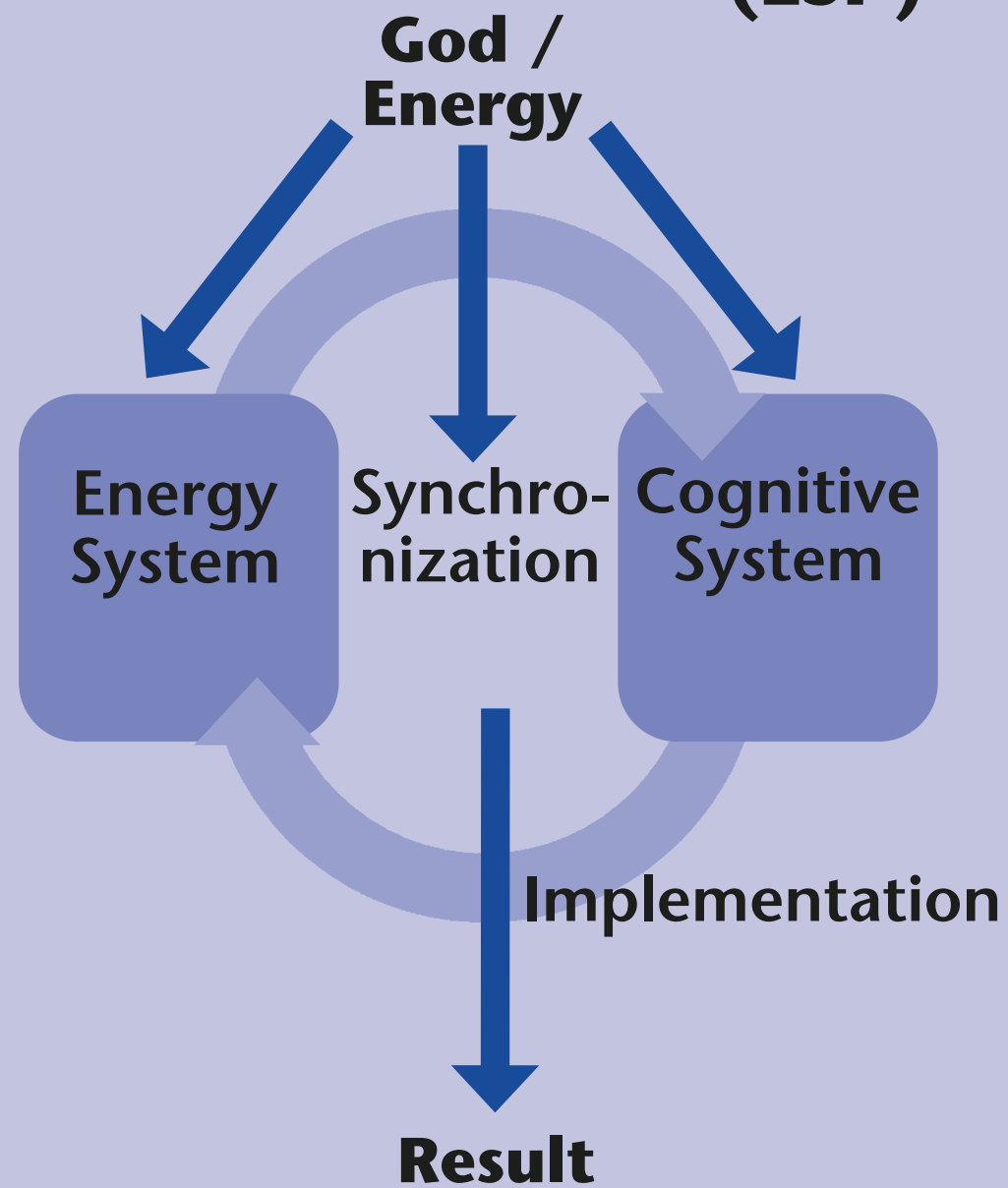


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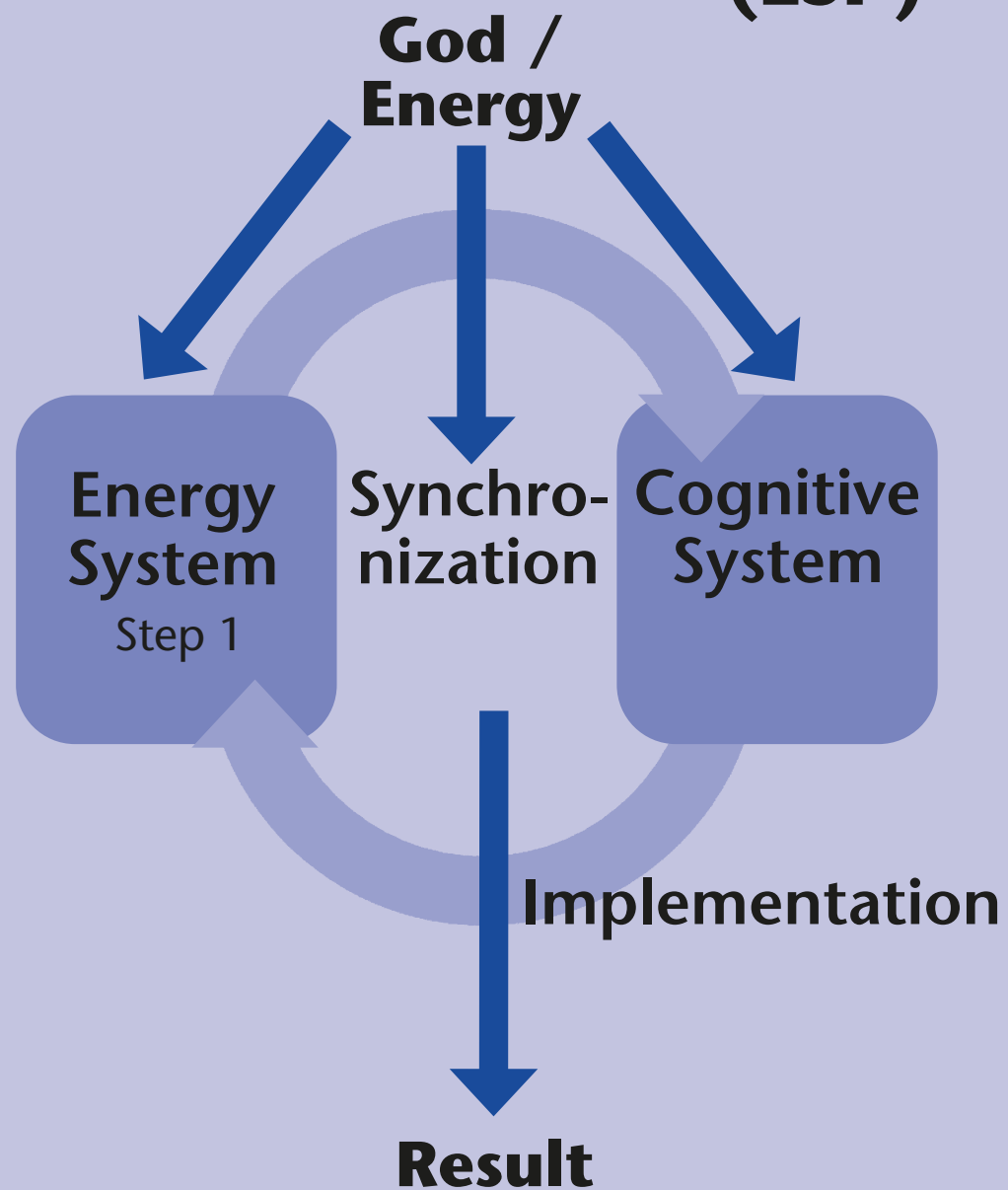




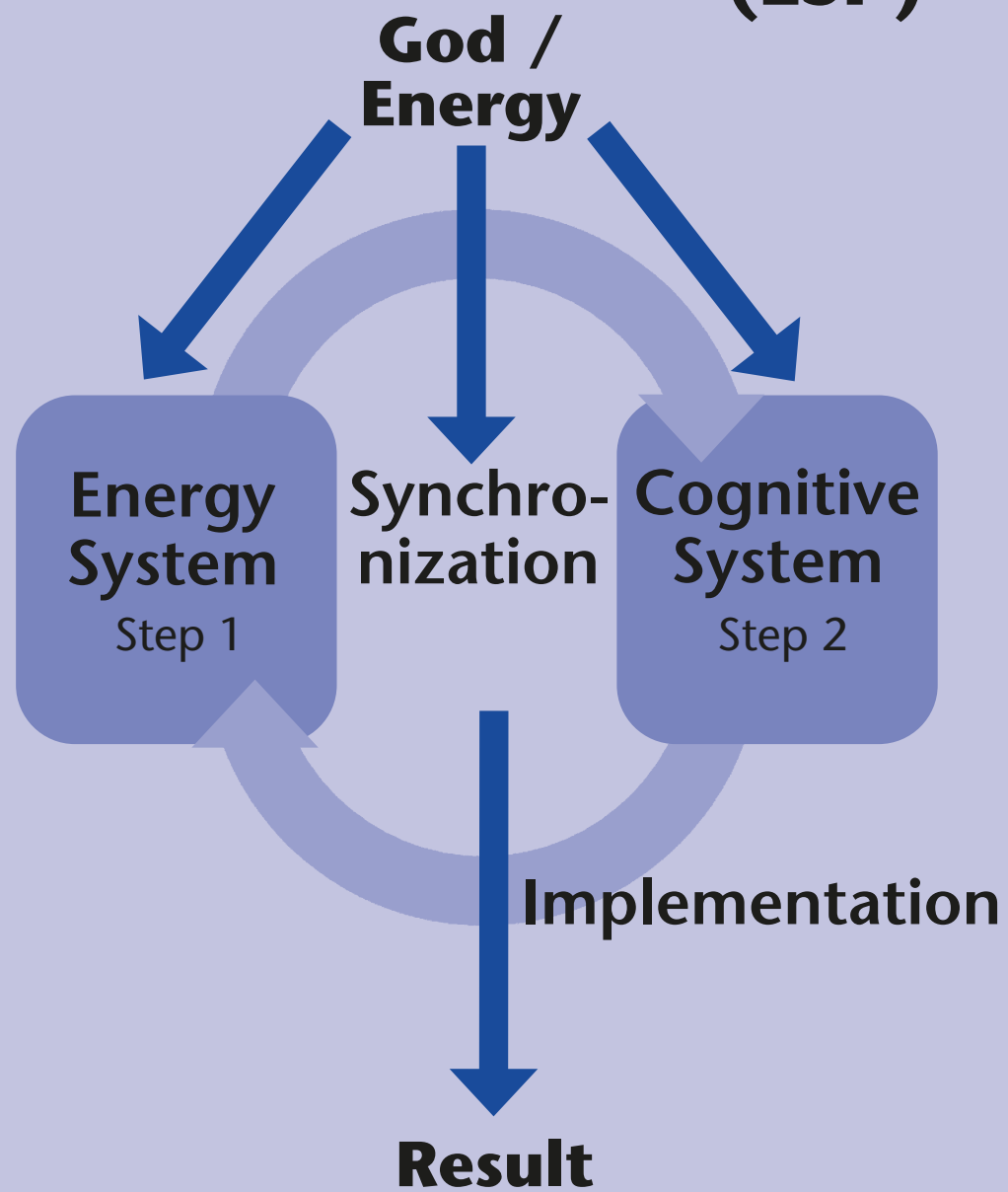
# Energy Synchronization Process (ESP)



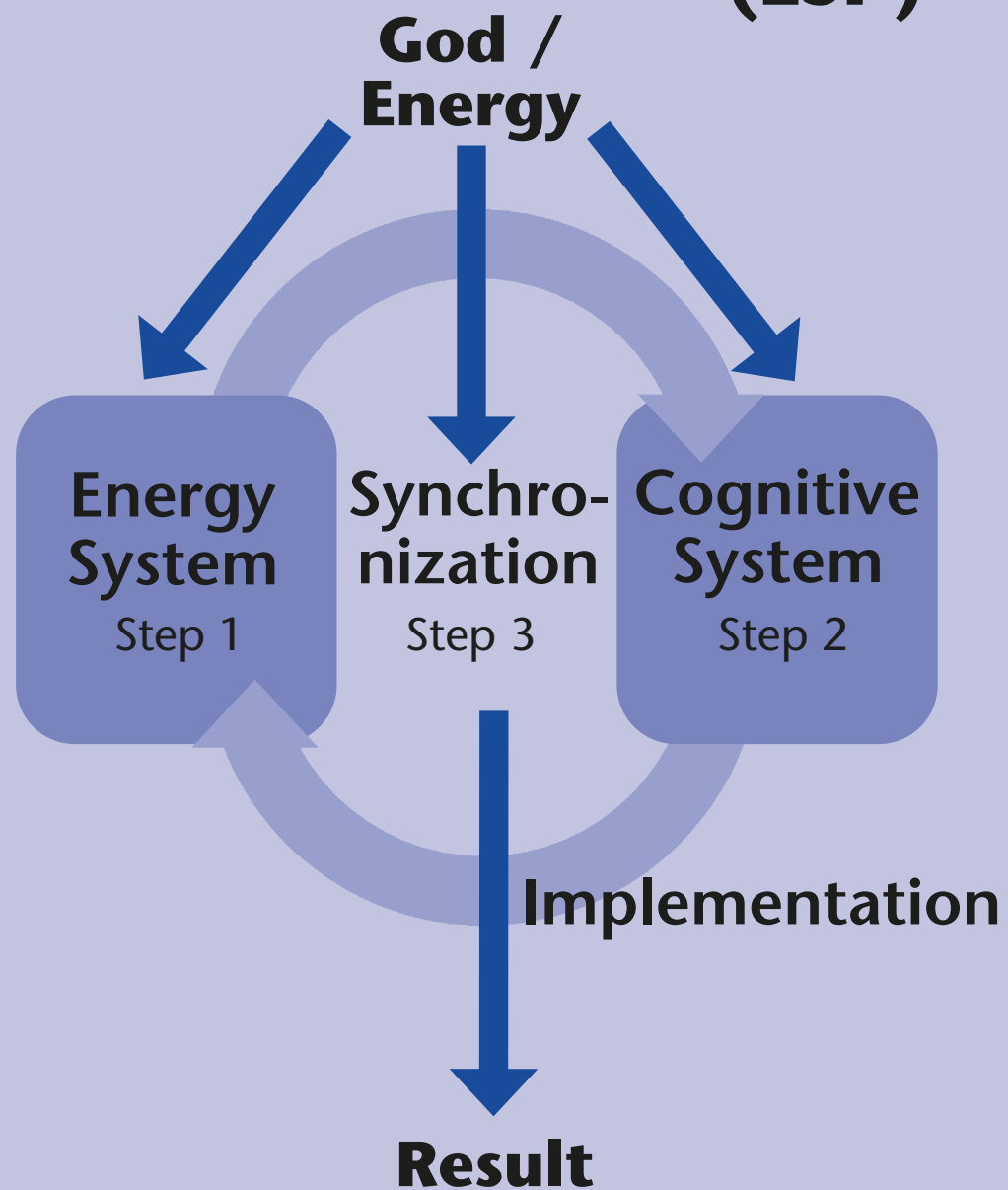
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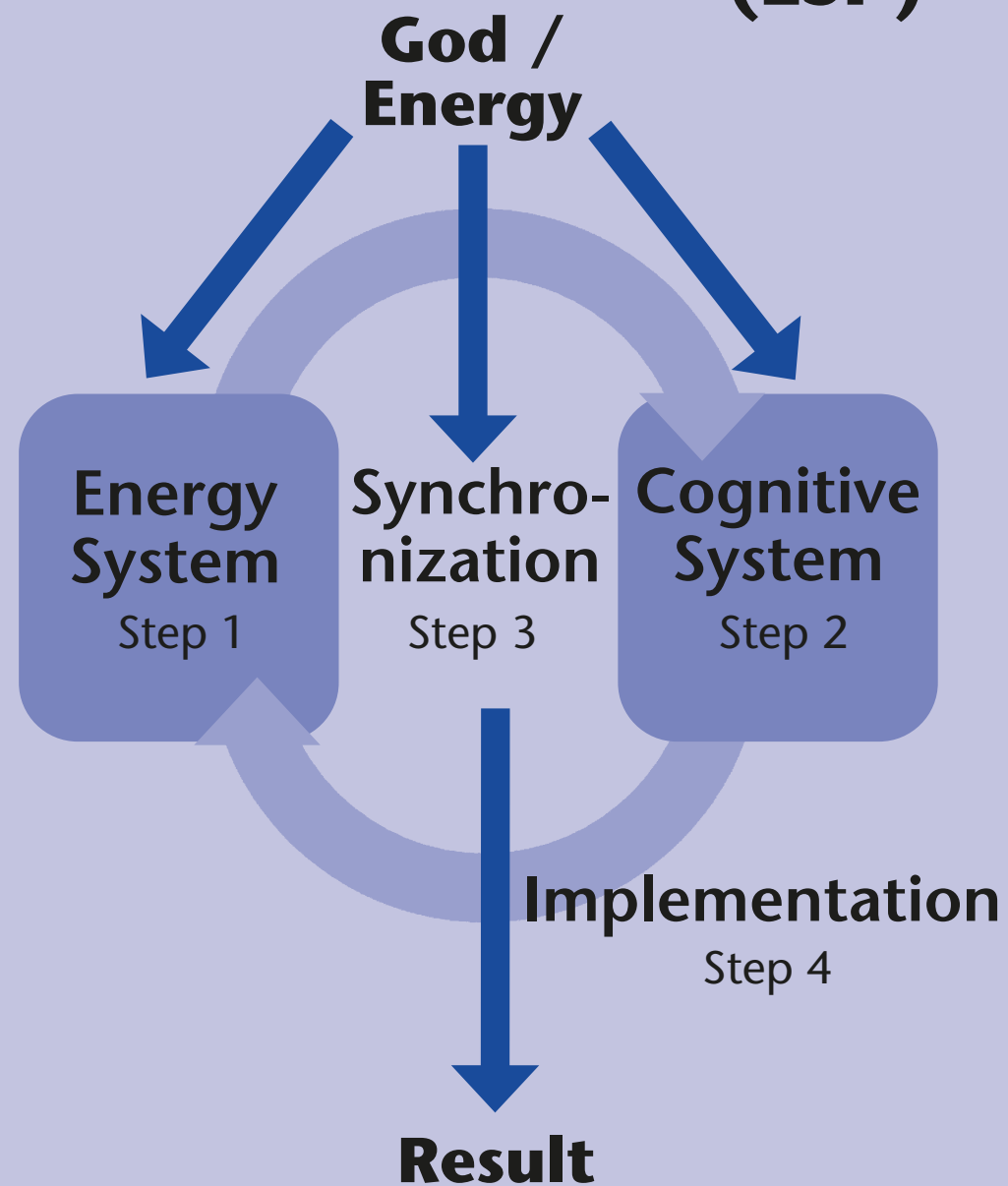
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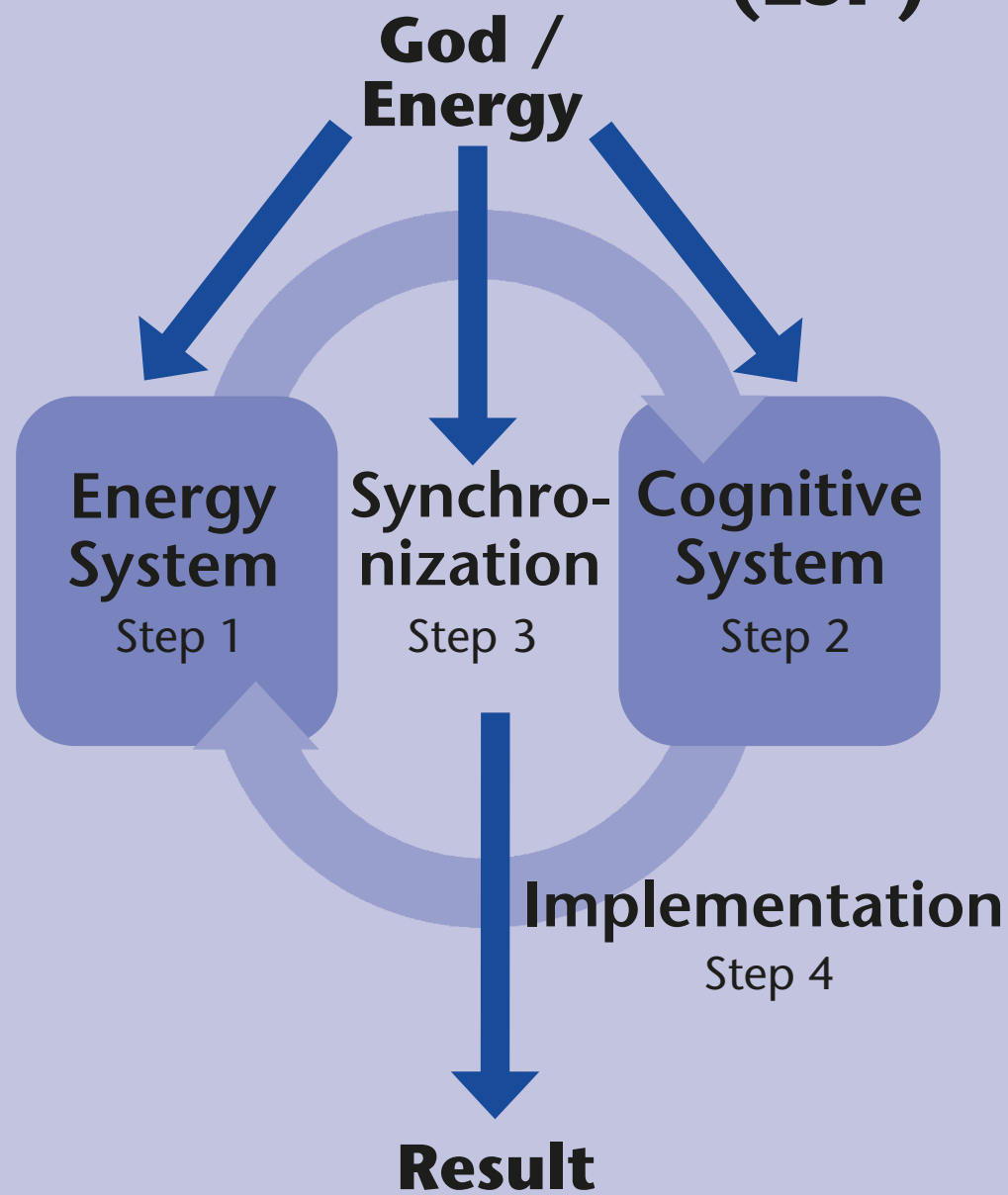
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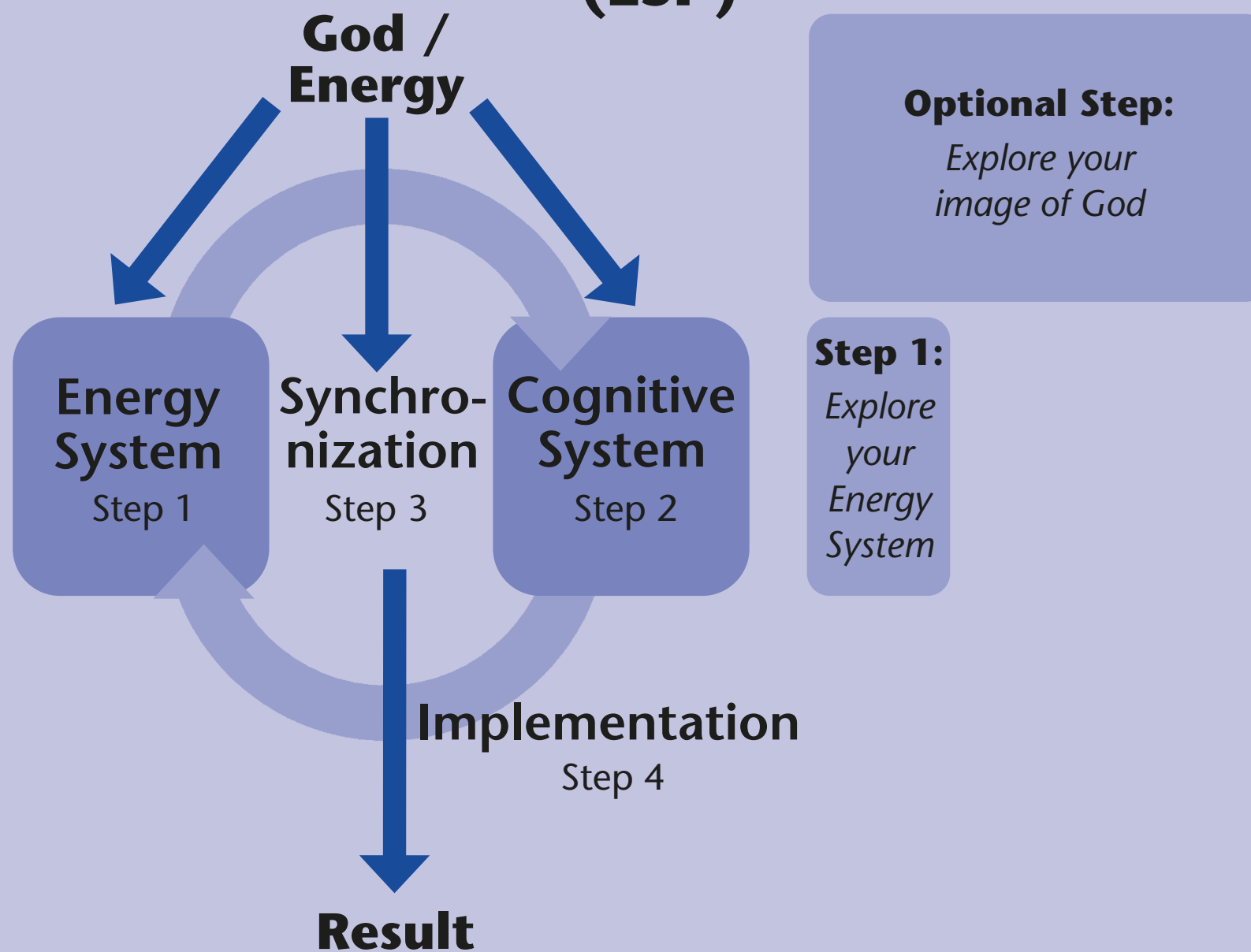


## Optional Step:

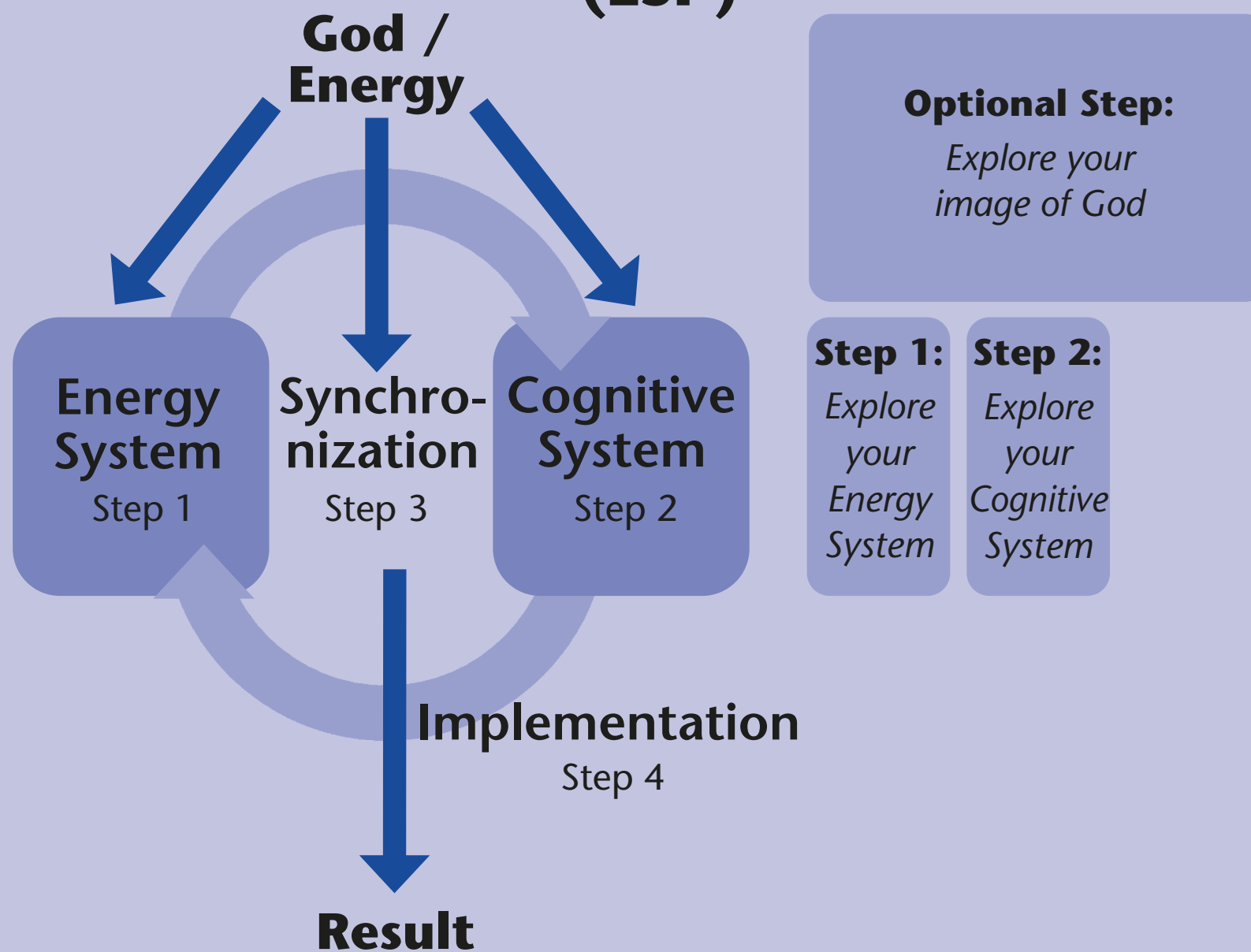
*Explore your  
image of God*



# Energy Synchronization Process (ESP)

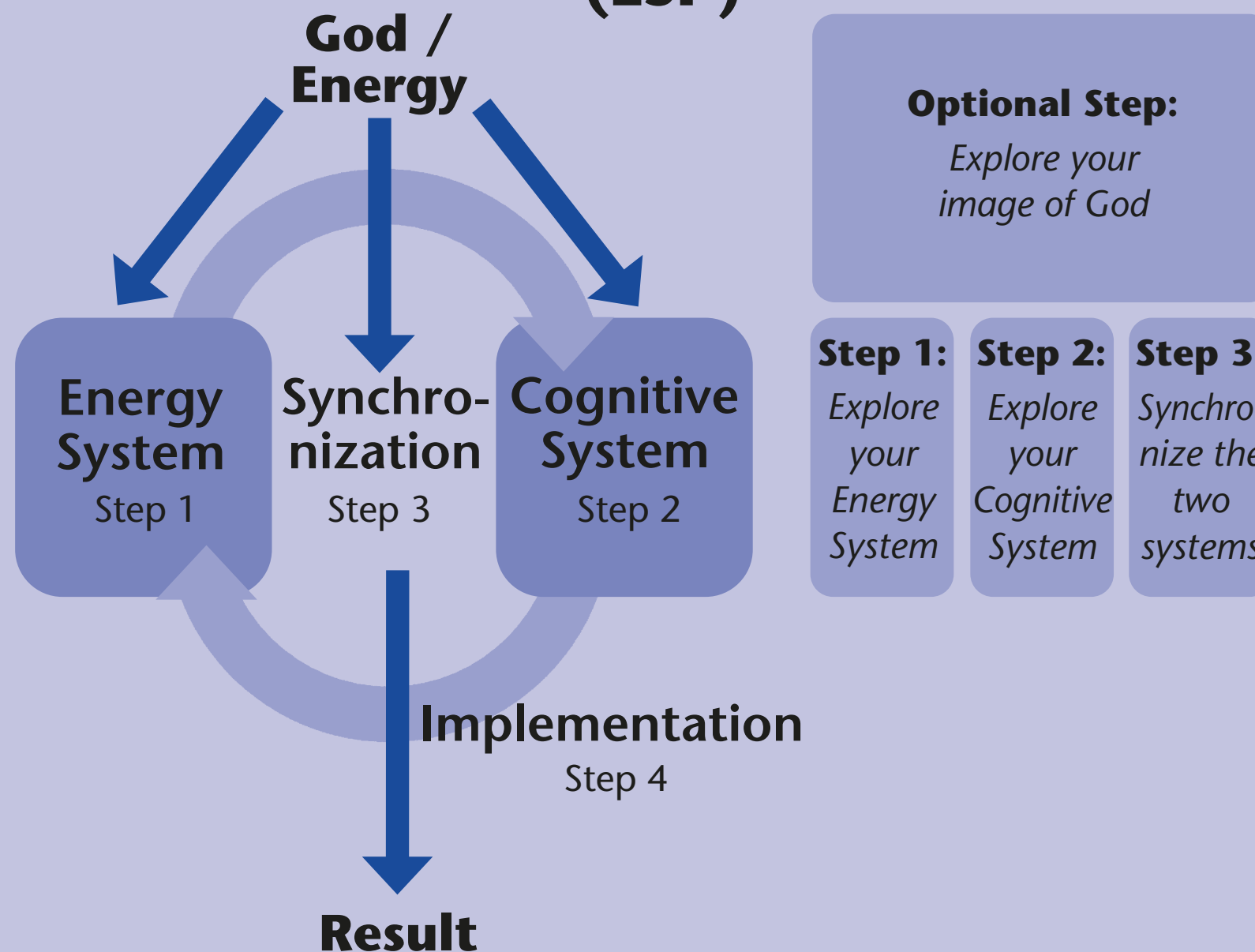


# Energy Synchronization Process (ESP)

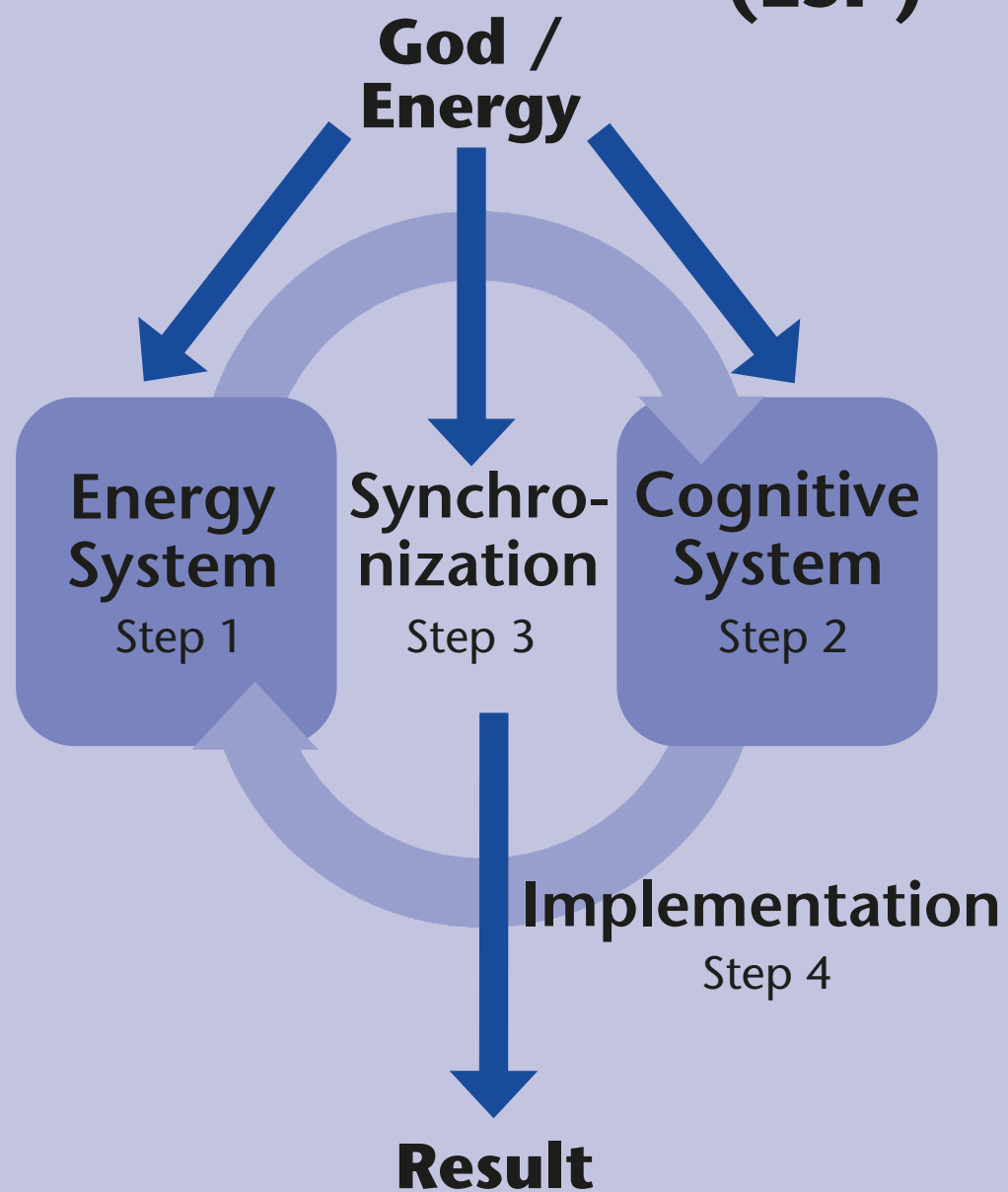




# Energy Synchronization Process (ESP)



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## Optional Step:

*Explore your  
image of God*

### Step 1:

*Explore  
your  
Energy  
System*

### Step 2:

*Explore  
your  
Cognitive  
System*

### Step 3:

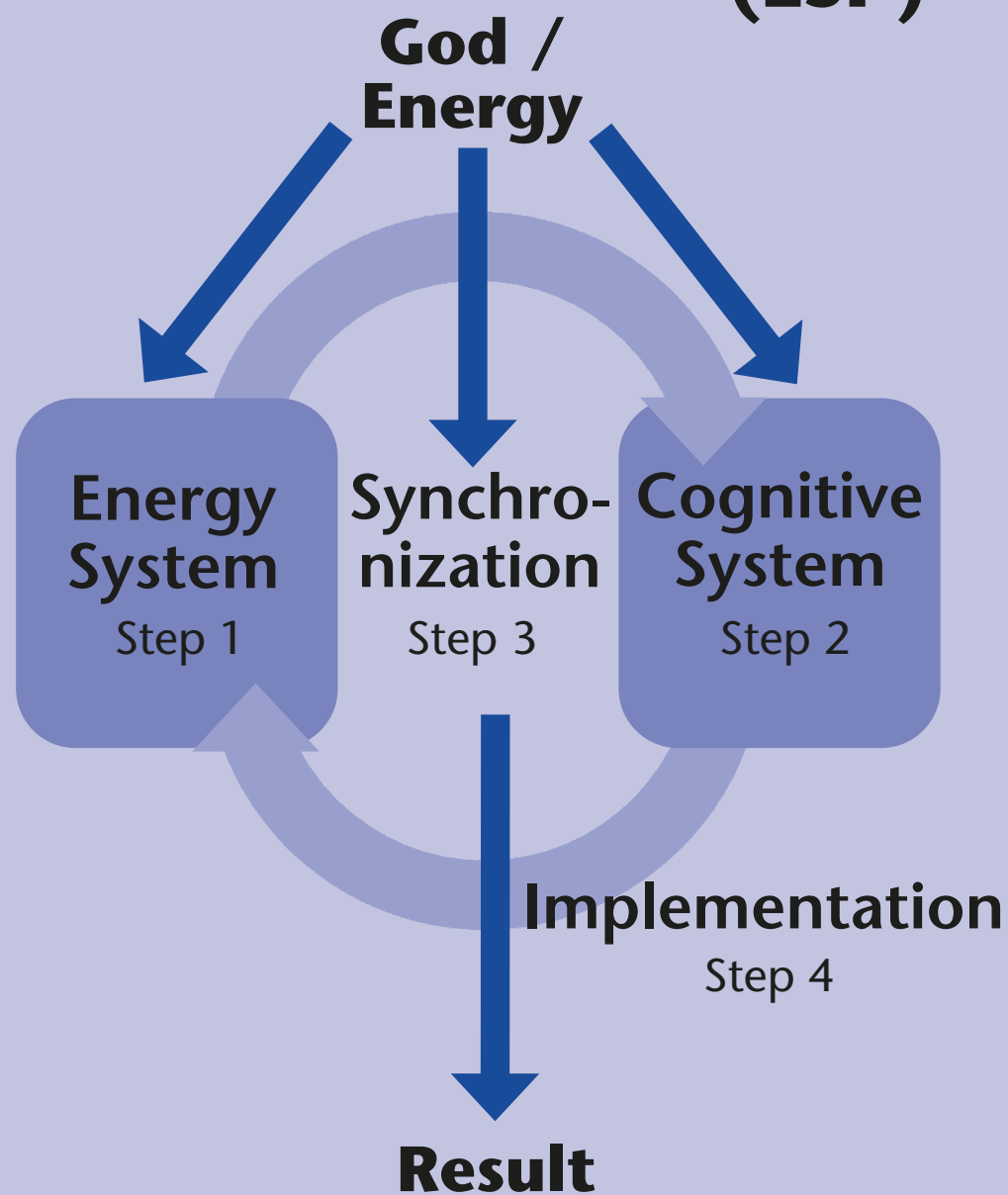
*Synchro-  
nize the  
two  
systems*

### Step 4:

*Implement the synchro-  
nization in your life*



# Energy Synchronization Process (ESP)



## Optional Step:

*Explore your  
image of God*

### Step 1:

*Explore  
your  
Energy  
System*

### Step 2:

*Explore  
your  
Cognitive  
System*

### Step 3:

*Synchro-  
nize the  
two  
systems*

### Step 4:

*Implement the synchro-  
nization in your life*

### Result:

*"All by itself" mode*



