



Rebirth Energy Combination Chart

EXCERPTS FROM

CH 17- 21 (pg. 165- 197)

Of

“THE REBIRTH”

Reactivating our Emotional Consciousness

By

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CHAPTER 17

~ Intro to Relationship Energy Combinations ~

Before we dive deeper into the world of relationships, we must first understand how energy activations for our individual use work. There are five steps to channeling energy that one must abide by for life to play out the way the Universe intended for the soul who forgot its instructions back into remembrance:

STEP 1: Put belief energy into something so the first seed of quantum creation may initiate one's desires towards birth and soul paths.

STEP 2: Put trust into the initial intuition so one may let go and be open to the Universe guiding the way without control, so a charge of creative energy can be born from said belief.

STEP 3: Be aware of the self's mental alignment. Emotional unions initiate, allowing the flow of clarity through physical signs of synchronicities that alert the physical form into not just believing anymore but trusting the coincidences as the spirit responds to one's prayers.

STEP 4: Stay in a state of constant gratitude, especially when it hurts; this is how one completes the growth cycles of mistrust and doubt and then can later transmute them into faith and practiced disciplines.

STEP 5: Repeat steps 1-4 for the rest of this human existence, as these steps advance in mastery as time passes and the ego continues to shed many past versions of the self that will no longer serve one on this journey of spiritual unions into their awakening.

The words masculine and feminine have been misused for centuries to describe one's persona, "spirit" of expression, and gender identity. When using such broad terms with a limited understanding of self within the concepts of active roles, we risk shutting out a vast majority of other groups of people, i.e., gay men & women, transgender men & women, alpha women & beta men, and so forth.

With this limited grasp and definition of who we are as individuals, we will get a vague response of whom we know we are in many realities and who we expect to be when engaging with the external world as the avatar in these realities. One might stop and think, "aren't we boxing others in by creating more labels?" and to that, I would respond, "absolutely not." Labels are useful when



they can help identify what "said" thing resonates with us for the greatest understanding on various levels of interpretation.

The duality of titles is that they are imperfect when they restrict or limit this identity if pressed by others and unwarranted by the ego because there will always be another variable, such as upbringing, that will alter the outcome. We are either a man or a woman anatomically when each of us is born physically, but cognitively, emotionally, and spiritually, we know we are more than merely "male" or "female" stuck in linear roles of "duties."

Marinate on this scenario for a second: how would we describe the little girl who grows up as a "tomboy" but later in life enjoys friendships better with men more than she does with women and identifies as straight? We should not say that she is "manly" or "gay" based on social bias, nor would we shame her for expressing all the above if she had discovered to be gay as history has proven denial and shunning would only cage her identity further and stagnate her inner growth into something to fear or dislike.

The correct label for this woman is the "hard/dominant type." It describes her persona and leaves the possibility for other variables such as a personality type; an example of this would be more introverted than extroverted and willing to take the lead when asked but not voluntarily.

To grow as individuals, we need first to identify and understand what type of person we know the mind to be and the best way to speak to the body raised from external imprinting. Again, our jobs are to correlate their organic root back to the energy type that the inner self will recognize as the soul or ego and then apply accordingly to each for their desired comforts.

Remember, we are the character we present to the community, so if we are genuine and confident, we must honor these virtues to learn what types of qualities we radiate to others to bring about a relationship that compliments the overall identity of self that will eventually attract a future mate when ready. Furthermore, to be ready, we must learn to think, listen, and allocate energy as it flows and knows with confidence how to apply it to the self.

Now that the introduction is complete let us explore the Matrix Grid to understand better who we are and how the application of self helps us apply these learned lessons to desired relationships outside of ourselves.

In the following table on page 70, each of the four sections displayed, we will identify and describe the 12 subcategories of our root characteristics and energy expressions that make us tick and their roles in shaping a long-lasting relationship with others' self-identities.



These innate qualities and the disciplines we learn will develop and flourish into the contextual information applied to our spirit's approach to life and its output. These root characteristics and energies may begin to correlate the "why" to identifying a spirit type and discovering the best suitable partner and life purpose paths that compels us most.

HOW TO USE:

Dual Combinations-

Step 1: Identify root characteristics with an "X" in the "Ego-Mind" row by selecting one energy column from each section to determine spirit being, soul path, emotional consciousness, and sacral powers that resonate most. First selection in top row will void remaining selections left in corresponding row i.e., for "Spirit Being", if "Hard/ Dominant" is the selection, it will void "Soft/ Submissive" and "Epicene/ Neutral" energies from one's primary identifiers.

Step 2: Now in the "Heart-Soul" row, place an "O" in the blank boxes left unmarked directly below the marked "X": then place a "U" in remaining blank boxes in bottom row, which will indicate the proper match for the soul and the ego body.

- Remember, for partner matching we can date others with the same energies as ours. Still, matched columns indicate topics concerning power shifts that will require healthier communication building to counterbalance and stabilize both parties' energy fields. The best match would be with someone who has the opposite boxes checked to create balance.

Tertiary Combinations-

Step 3: Suppose energies fall under all the tertiary levels in each category, the whole gamut of emotions. At some point in life, we were able to experience and observe how the human species operates and how we correlate it back to ourselves.

If indeed a tertiary combination of all root characteristics in each section, then the selection process can go either 1 of 3 ways:

- If personal energies of the ego are unknown, read chapters 18-21 breakdowns first and then revisit table to select the dominant attributes that best describe what one may think of themselves in top row only. The idea is whichever descriptions we



feel drawn to would be the closest match to what the "ego-mind" recognizes as safe energy in reflection to ourselves. However, if dominant qualities are unknown, one may not find a precise match until known.

- If all energies of the soul are unknown, but preferences are known, then select those attributes in the bottom row only. The spaces blank will usually determine with more accuracy than guessing what qualities and characteristics we may possess in top row. The spots selected will provide a much closer match to the partner's best qualities.
- If all energies are known without a doubt, proceed with steps 1-2 above. (**Remember, a tertiary combination may still have a more dominant draw to one energy more than others, which will determine the parental roles more effectively*).

CHAPTER 18

~ Spirit Energies ~

How we present ourselves: (Hard, dominant, DM), (Soft, submissive, DF) (permeable, epicene, Unicorn)

Seed/ Hard/Dominant/Alpha (Masculine spirit):

The term "masculine" is the root concept of taught masculinity at the foundation of our seed work. Masculine spirits represent a vast category of action expressions, so for personality's sake, let us use the term hard/dominant spirits, better known as the physical leaders against the world. These leader types may be prominent in their presentation of self-confidence or more muscular physicality or both; in either case, this energy serves as guards who want to learn how to be the first line of defense to attain self-respect implemented with others'.

Masculine spirit types are the ones who open doors, pull out chairs, and walk on the outside of the sidewalk while their partners walk on the inside, to stand as a symbol of protection. They are willing to "take a bullet," per se, to protect those they cherish. As kids, we would recognize this person as a "father figure"; if your spirit falls under this root value, you will hold such a role in your relationships with children and partnerships.



The hard/dominant spirit types are usually sparse with words and live not for emotions alone but also for the logical outcomes affected by external factors when actively communicating feelings. The moment of change becomes about protecting those who need to feel safe, sheltered, and secure when not knowing how to express themselves without fear of judgment. We would like to imagine this spirit type as a sturdy home with an ironclad door protecting everything on the inside from the outside, providing structure to the everyday realities we encounter regularly.

Ego/ Gentle/Submissive/ Beta (Feminine spirit):

In contrast to the hard/dominant spirit type, the "feminine spirit," or what I will call the gentle/submissive spirit, is the prime nurturer in any given situation of assistance required. These spirits tend to be the physical caretakers of the world. No matter whom they encounter, they automatically play the team role rather than the team captain, willing to support their own needs and their partners' while keeping the pace of the collective's social aspects.

They want nothing but the best for their families, friends, and even those unknown to them personally; the gentle/submissive spirit is willing to do anything to ensure that their loved ones are always comfortable, fed, cleaned, and mentally safe. As kids, we would recognize this person as a "mother figure"; if your spirit falls under this root value, you will hold such a role in your relationships with children and partnerships.

The gentle/submissive spirit types usually have more than enough to say; their persona usually radiates social agility. The term "outgoing introvert" originated with them to describe this type of social behavior, which is sometimes cliquish to warn outsiders they are unwilling to fold open unless the energy flow is reciprocally balanced.

These spirits may be shy, but being the soft-spoken type, they appear to others as friendly and caring, which some may interpret as "motherly." These universal caretakers are behind the ironclad doors, eyeing through the peepholes to ensure outsiders are trustworthy enough to come into their sturdy homes, keeping them intact, comfortable, and orderly.

Permeable/ Epicene/Neutral/ Omega (Androgynous Spirit):

Epicene spirits are both assertive and humble; they partake in the ebb's energy characteristics and flow effortlessly towards synergy's inner and outer balance. If one falls under this category, one can captivate anyone they encounter with their tact and "f*%#- it" life approach. Not only will they do whatever necessary to stand as the shield to those they love, but in doing so, the



androgynous spirit types will also ensure their safety and well-being while showing genuine concern and applying empathy to all they encounter.

These energies are what we like to think of as a wild card, ready to be played when the situation calls for it. Epicenity attracts all beings and sexes under this energy, and the Universe respect us for our knowledge and grace because they can sit on the fence and keep guard for both sides of all reflection and dual concepts. Androgynous spirit types can view life as an open book that is in constant use to guide themselves and others through life lessons with ease while teaching the same unknown knowing we juggle with when making decisions that will become retaliatory responses if not adequately evaluated from both sides of understanding the self. This energy type stays chapters ahead of the class, unprepared in what is next but forthcoming in their every move towards co-creating something new that supports multi-functional development.

Through personal experience and observations, the Androgynous Spirit is where the collective's whole is steering towards finally after centuries of misinformed and distorted views on how we express and share these essential parts of us that become the entire scoop of individual identity within a mass existence of uniformity.

CHAPTER 19

~ Soul Imprint ~

How we approach life (Soul Path): (Assertive), (Humble), (Empathic)

Assertive Soul (Bold approach to life):

Confidently assertive, self-assured, dogmatic, intense, a leader are only a few words or terms among others that we can use to identify an assertive soul, i.e., "the Alpha type." Alphas may not always know who they are role wise in relationships but understand who they are in groups and how society views them. These souls understand on a superficial and contextual level that having a deep spiritual connection to the ego and self, which they operate, will never be comfortable following anyone's approach to life but their own.

This imprint type will take control of, or at least volunteer to take charge of, most of any situations they are a part of, regardless of whether they are in a position of sole authority or group responsibility managing others. Speaking of management, these souls dislike others telling them



what to do but will tolerate it if they must; they do not enjoy a challenge from others they feel are less intense or creative than themselves. If one is an assertive soul, remember not to let the need to "control" overshadow one's need to be loved. Being proactive is good, but if we are overly assertive in decision making or actions, we can fall under the realm of pushy or arrogant.

Being a natural-born leader comes with great responsibility, the world will come to them for its answers even if they do not solicit the attention. This soul imprint type provides the momentum of integrity to society that keeps its pulse throbbing. The assertive soul loves the hardest because they shield their feelings like a fort; these soul imprints will always approach whatever they desire and understand survival more than any other soul type. Their role in life is to take charge and go after all goals sought with emotional vibrato.

Humble Soul (Gracious approach to life):

Humbly patient, docile, gentle, go with the flow are words that come to mind when we think of a humble type of soul, "the Beta" title may be applied but not from a place of "weakness" but that of discernment. These souls are the backburners who support assertive souls. They do not mind being followers or laid back. "Whatever happens- happens" is their motto, and it keeps a balance in their lives that most never stop to appreciate.

When dating, humble souls will tend to wait for others to begin the conversation or connection. They are not natural-born leaders in the action sense of "taking a risk," but this does not imply that they cannot make a charge when necessary. Beta types are great at carrying out mundane tasks or duties, making sure others follow the rules and stay in line so that members of a society understand the need to support one another. If one is a humble soul, remember that the need to cater to others should not overshadow one's personal need to be loved. Being humble is good, but if overly modest, one can fall under the realm of pushover or weak-willed.

Being a team player is one of the most challenging roles because we do not always choose our team but must figure out how to work with them—providing a pathway that will give way to the humility that keeps the mind, body, and soul functioning. A humble soul can love the best because they will give all they have to the point of exhaustion; this soul type will always support a soul in need and show others what type of love is needed, either because one lacked love during upbringing or because they are a product of agape love that keeps overflowing from a place genuine trust, love, and faith.



Empathetic Soul (Balanced approach to life):

Empathetic souls can comprehend and navigate their feelings, thoughts, and attitudes as separate variables from others while aiding them through psychological and physiological stressors. These universal feelers want to understand the world and its downfalls, and in the same breath, they want to pay it forward through the lessons they learn from personal triumphs and the challenges they overcame during a time of solace. If one is an empathetic soul, remember not to let the need to serve and teach others overshadow the need to be loved.

The knowledge one gains to teach is good, but if one attempts to teach those who do not wish to learn, one can fall under the realm of being a know-it-all or condescending. Life is a classroom of never-ending tutorials and lessons for these souls, which they gladly welcome. These universal souls are at a consistent state of cognitive transcendence, always trying to go beyond the emotional scale of self-regulated conditions experienced between dualities of self in a polarized state of being.

Their love is the purest and most organic because they can base their decisions, which are judgments and choices compiled, on other criteria outside of subjectiveness that can seem to provide objective solutions but may lack truth due to biases that can change the full spectrum of other people's emotional states and vulnerabilities. The epicene soul chooses who they want to be on any given day because making a choice honors the spirits cherished options, they work to provide us while standing as a symbol of integrity.

CHAPTER 20

~ EQ Consciousness ~

How we treat the world:(Protector/Provider), (Nurturer/ Giver),(Nestor: Emotional Consciousness)

Emotional Provider (The teacher, the protector, the big picture):

There is a vast difference between knowing how to act like a provider from observation and applying active listening as a nurturing provider who has mastered the skill of verbal and emotional clarity so one may give back to the collective. Most will discover this "provider" energy while dating and learning how they view themselves as counterparts and character roles in a



relationship. The phrase "captain save a hoe" is a term that best defines one person giving more than what another is emotionally capable of in a time of confusion and unrest.

Emotional provider's end goal is to teach what one has learned from past mistakes and achievements; our real purpose, which is an innate burning urge to do, is to aid those in emotional distress no matter how heavy or deep the issue. Emotional providers' brains are hard-wired to carry others' burdens even when they are not aware enough to know that doing so may hinder the person who is supposed to live for and learn from a private moment of experiencing hardships.

If one is an emotional provider, remember that it is okay to help carry another's burden but not take over the weight alone. If we are the one who holds the most emotional and physical responsibilities, then said person would become more assertive and wiser. In contrast, the person dealing with the burdens will get weaker, become immobilized, and learn nothing if all emotions transfer to another person's plate. As an emotional provider, the lessons we teach can be harsh, blunt, or sweet, but remember that our intent in teaching others is meant only to cultivate their self-preservation and growth. Please do not lose the self while helping others find themselves.

Emotional Nurturer (The student, the supporter, the little picture):

Emotional nurturers cannot help but want to take the world into their arms and give it a big hug and kiss. Emotional nurturers are motivated by making sure others always have an ear that listens without judgment, have a shoulder to cry on as a friend to turn to in a time of need. They want to support us in all we do and let us know how proud they are of the "risks" we have taken, the goals we have achieved, and even the failures we have committed that have shaped the individual we are becoming; they are natural-born cheerleaders.

No matter how severe or sober the issue, they will take it on as their own and see it through to the end. As an emotional nurturer, remember not to let the world's problems become personal. Two bleeding hearts will fight until death for a cause they believe in, but they will eventually bleed out; we should always try to have a sense of empathy rather than sympathy as one fosters the other. Taking care of others drives and motivates this consciousness; this energy is the most important because this energy's overall goal is to love, which most desire but rarely understand how to acquire.



Emotional Nester (Able & capable of being the provider & nurturer):

From a personal realization, having developed into a multi-functional person due to outside variables and unexpected development throughout one's life, we can turn the mind inward into an awakened hybrid state of being in constant observance, also coined as "enlightened" beings or an emotional nester. For years we used labeling systems against ourselves, forcing the spirit and soul to fit into one of the other root energies.

Through past-life traumas, some will eventually realize and can evolve from this exposure encountered, which created triggers of harbored pain from past relationships or first-hand experiences that we can now see any given situation with clarity and stabilization of self through both the ability to maintain consciousness as an emotional provider and as an emotional nurturer.

Emotional nesters can carry multiple identical emotions while conveying the necessary emotional response to daily functions and purpose. This root energy is like a pregnant mother bird. The bird lives with many conditions as she salvages the grounds for twigs and other materials to build a nest for her expected offspring; this is the emotional provider. After the bird defends herself against inclement weather and predatory animals trying to eat her, she manages to build a home for herself and her babies, which is the emotional nurturer at work.

Once she lays her eggs, she protects the nest while resting on them to keep them warm and comfortable until her offspring enter the world. Once her offspring are big enough to survive independently, they can take care of themselves; the nourishment and guidance she gave to her babies while simultaneously overseeing herself is the emotional nester in the role of their whole essence of love and protection.

As one envisions this analogy, we can understand that being an emotional nester is the highest developed emotional state we as a collective should want to achieve. Why? Because through multiple subjective understandings of our root consciousness, we can better understand how we should interact daily with the world from an objective place of seeing and knowing when these interpersonal connections will develop into our sense of knowledge that becomes an undoubted trust of faith.



CHAPTER 21

~ Sacral Power ~

Role in Bed – (top, bottom, versatile)

How we like to take charge:

This section is self-explanatory. Regardless of sexual orientation, our dedicated and preferred positions in bed, our intimate relations roles do not determine neither the type of partner we should seek nor does it define our purpose in a relationship. We have all heard the phrase "classy in the streets but a freak in the sheets"; this phrase describes someone who may be shy and reserved in daily life but wild and adventurous during sensual or intimate activities.

Trying to date solely based on bedroom roles will not guarantee a healthy relationship and would only benefit those seeking a one-sided connection. In a stable partnership, knowing one's sacral power in bed is crucial in retaining desire and excitement, but not knowing what role in bed one prefers does not necessarily make or break a relationship either because these roles can be developed continuously with each new generational interpretation of what brings them fulfilled enjoyment.

Having some idea of what balance, we like when shifting into emotional vulnerabilities within a partnership may help us get closer to the type of partner we may desire. Balancing hormonal and sacral power are how we foster confidence in the ego; if one is past the shallow phase of needing pleasure based on insecurities or duty to some social pact that does not value each of our unique and intimate requirements during relations, the soul will know immediately and will send us all sorts of warning signs and red flags.

There are three central sacral powers, top, bottom, versatile, and the components to how we apply them in our lives are all generated from the idea of self-respect and how we would like and appreciate our bodies to be pleased by and with others in consideration to each other's needs.

Top (Giver):

The person who usually and almost always directs the foreplay and intimacy between consenting parties, for example, in a heterosexual pairing, the giver, is the man by anatomical default. Still, it can also refer to the more dominant bedroom persona of the two people, e.g., an aggressive



straight woman or a lesbian couple. Remember, there are additional variables with gay and transgender men because they can decide if they want to be at the top only.

Bottom (Receiver):

The person who is usually and almost always willing to be taken charge of during intimate encounters with consent, such as in a heterosexual pairing, based on outdated standards, the woman would be the receiver in a traditional sense. In this case, she wants to seek a more dominant man who likes to take control, but if the woman is more of a top, she would want to seek out a male or female receiver or a more submissive bottom and beta-type personality. This position has many variables to consider and would again be determined based on the preference of power allocated for gay women & men and transgender women & men.

Versatile (Both giver & receiver):

This role is the most adventurous because it can be the most satisfying, allowing both parties to experience a full range of sensations and desires. Versatile people understand the value and need for variety and is willing to be whatever one's heart desires in a moment of hedonistic trust.

Versatility in bed roles can enhance intimate pleasures while expounding our partner's desired pleasures in the process also. Alternatively, if both are versatile, both parties then hold the responsibility to please each other but most importantly communicate these desires into words that will allow each to feel the right to explore without being forced into some distorted fantasy for others to use without regard to personal satisfaction.

***KNOWING THE SELF FIRST:**

Keep in mind, before any significant relationships can begin, we, the individuals, must embrace loving ourselves first. How else would we be capable of loving anyone else who does not hold some imbalance of power over us? Never go into any relationship as a half trying to create a whole.

Know who the ego is so the soul may recognize its essence in that of a balanced partner who brings more value to the union on the external, so we may feel safe and protected enough to create a connection within the two polarities of yin and yang that finds its center in the duality of our existence internally: retaining an adequate balance of mind, body, soul, and spirit.



Rebirth Energy Combination Chart

Created by JAH

SOMATIC BODY	SPIRIT BEING			SOUL PATH			EMOTIONAL CONSCIOUSNESS			SACRAL ENERGY		
	Hard/ Dominant	Soft/ Submissive	Epicene/ Neutral	Assertive soul	Humble Soul	Empathetic Soul	EQ Provider	EQ Nurturer	EQ Nester	Top	Bottom	Versatile
EGO-MIND												
HEART-SOUL												

Chart From "THE REBIRTH: Reactivating our Emotional Consciousness"

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