

Different Kinds of EHFI Styles

Your EHFI is your Ego/Home Frequency Index. It is a way to help you measure your unique energy patterns; their contraction and expansion. When you understand your unique style of holding energy, you can better hone your ability to move in and out of home frequency. Home frequency is a term I use to describe your emotional sweet spot. Unlike ego frequency, which is a state in which you are prickly, aggressive, defensive, easily wounded, and incapable of accepting or giving perfect love, home frequency is when you are energetically open and vulnerable. Home frequency is the feeling you get when you look at your kids, or when you remember your first kiss with your partner, or when you think of how you feel when you are perfectly at peace and at one with yourself and those around you.

Below are six of the most common EHFI Types I have found in my work with couples. However each of us is unique and chances are you fit somewhere in between. So use these as a guide, but make sure to explore your own EHFI and learn to understand the points of transition that can alert you to further expansion or contraction in your body's energetic frequency.

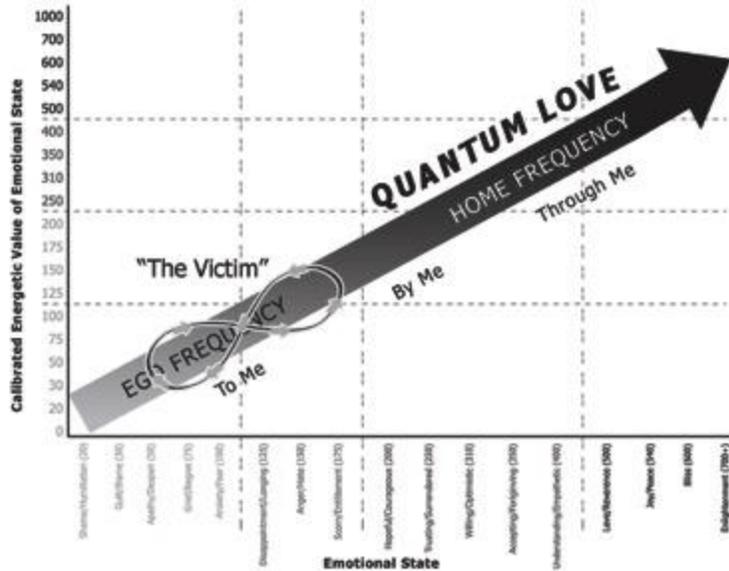
You may have one kind of EHFI pattern in one area of your relationship and another pattern in another area, but most of us live in one kind of pattern most of the time. Further, based on personal intentions/decisions (as well as AFGE's you experience), you move up the Quantum Lovemap further and further toward home frequency and Quantum Love. This is especially true when you are conscious and intentional about changing your frequency to live from home frequency as much as possible. If you are reading this book you are ready to move to Living in Through Me. But there will always be a dash of By Me, and if you are human, some visits to To Me as well!

The Victim

Most Pessimistic: Apathy (50)

Most Optimistic: Scorn (200)

Transition Point: Disappointment



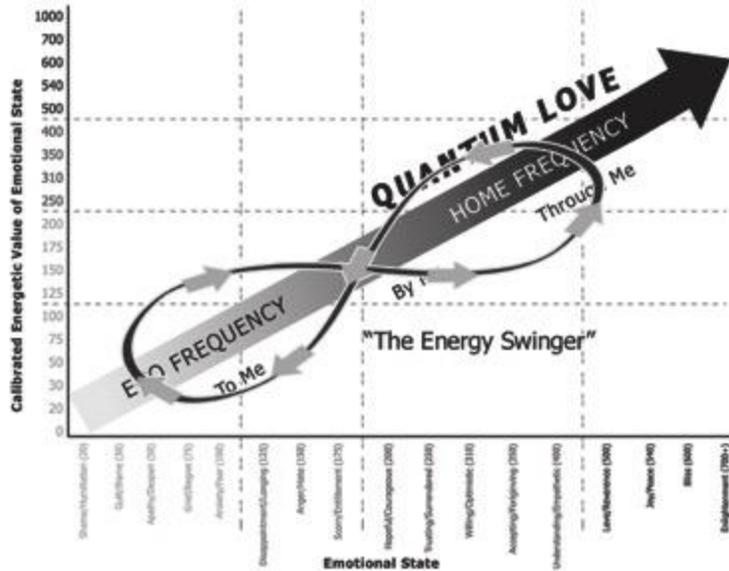
The Victim typically struggles in their relationships. *A lot*. They spend most of their time in ego frequency, living in the To Me on the Quantum Lovemap. I find that typically someone with this EFHI didn't have a model growing up of what a loving respectful relationship looks like. More often than not they were literally or emotionally abandoned by one of their key caregivers as a child, or experienced some kind of trauma in the specific relationship parameter where this EFHI lies. However, usually someone with this pattern experiences this kind of EFHI in most parameters of their relationship. At a fundamental level, the Victim doesn't feel fully worthy of love or capable of creating the love they want. The Victim tends to get into relationships with people who are unavailable in some way or can't be there for them in the way they most desire. This individual tends to vacillate between apathy and scorn, rarely experiencing much joy or deep and abiding love in their relationships. Disappointment is their key point of transition and most likely a frequent companion.

The Energy Swinger

Most Pessimistic: Guilt (20)

Most Optimistic: Joy (540)

Transition Point: Scorn/entitlement (175)



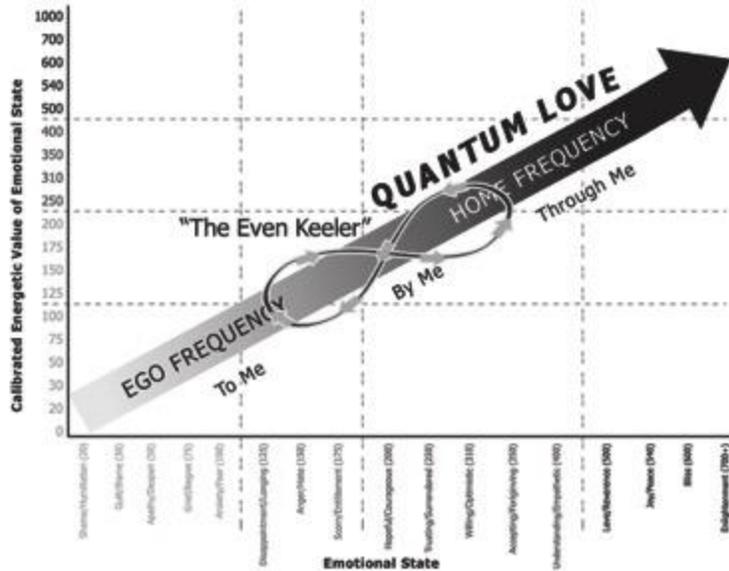
The Energy Swinger tends to be all over the Quantum Lovemap and may spend long periods of time in one emotional state or another. The Energy Swinger’s relationship will tend to be feast or famine, describing their connection as “passionate” but typically consisting of lots of highs and lows. They may stay in ego frequency for extended periods of time, holding a grudge over an argument for instance. Eventually they shift and then hold home frequency until triggered back into ego. This individual typically lacks confidence in their ability to stay in a joyful playful connection and don’t have a strong sense of agency and control over their lives. The Energy Swinger finds that often they are at the effect of the their partner or waiting for the other shoe to drop. When these individuals are feeling judgmental or disdainful, versus ashamed and self-blaming, they are moving toward joy.

The Even Keeler

Most Pessimistic: Disappointment (125)

Most Optimistic: Accepting (350)

Transition Point: Hopefulness (200)



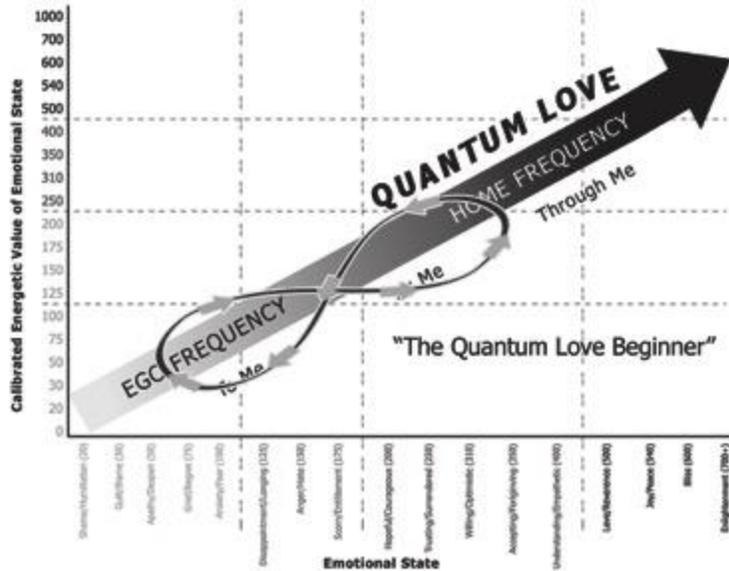
The Even Keeler comes across as quite calm and even. They are living between To Me and By Me. Most likely equanimity was highly valued in their home growing up, and showing strong emotion was discouraged or perhaps even punished. The Even Keeler is typically relatively content in their relationship, but knows they want more, or that there is a deeper more exciting and fuller connection they could achieve with their partner. They just don't know how to get there. Perhaps their mate has complained that they never show emotion, are not fully present or engaged in the relationship. The Even Keeler is usually a little passive aggressive; not necessarily overtly expressing discontent but shutting down or disengaging when upset. When the Even Keeler is feeling hopeful versus disappointed or angry, it is typically a sign that he or she is moving toward acceptance.

The Quantum Love Beginner

Most Pessimistic: Apathy (50)

Most Optimistic: Acceptance (350)

Transition Point: Between Anger and Scorn (150-175)



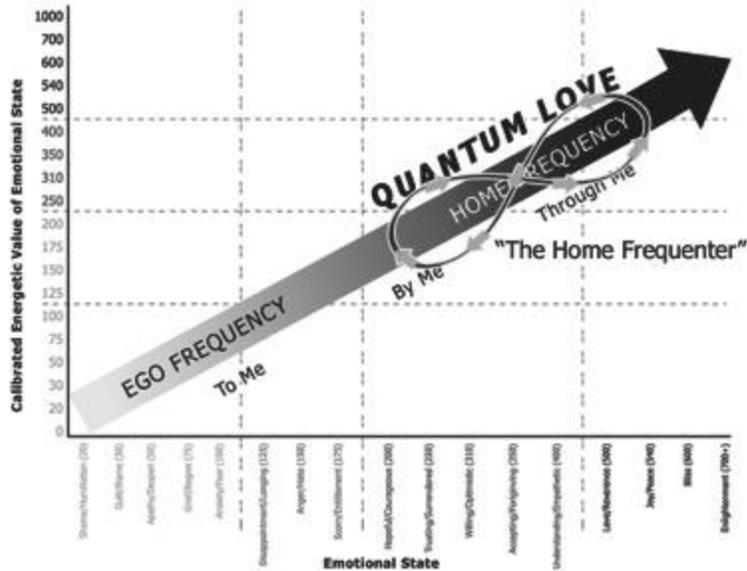
The Quantum Love Beginner is the example I showed you in Figure 2. This person hasn't yet been living much in Through Me, but is getting there. He or she spends a lot of time in the By Me, with a much slower and more gradual arc back and forth. Typically this person has already done a lot of work on themselves and has recognized the power of positive thinking. Their relationships are typically solid, no crazy passionate swings back and forth, but the Quantum Love Beginner can still easily be triggered into ego frequency. When in a more apathetic, lower frequency emotional state, it is important for the Quantum Love Beginner to know that anger and scorn is a powerful point of transition for them when they are moving back toward joy.

The Home Frequenter

Most Pessimistic: Hopeful (200)

Most Optimistic: Joy (540)

Transition Point: Acceptance/forgiveness (350)



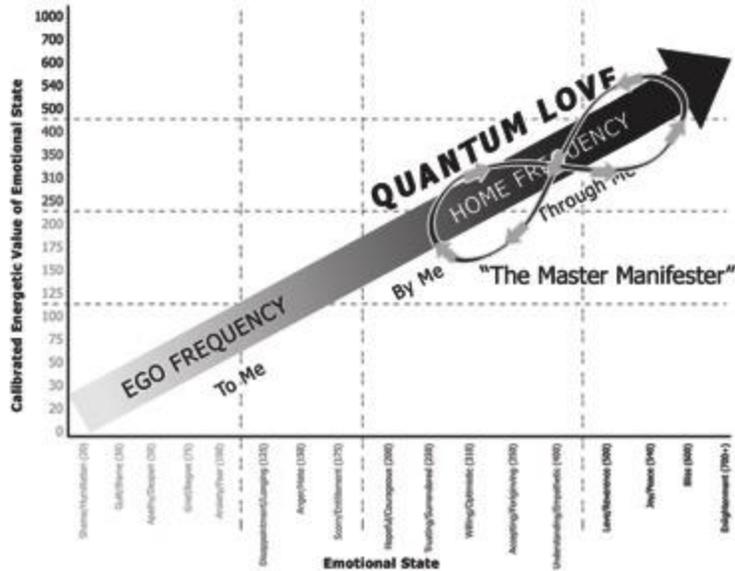
The Home Frequenter is living in the By Me with some time spent in Through Me. This individual sees the “bad” things that happen as “for them.” Even if they can’t tell you why that which is right is unfolding, they have faith that it’s true and things almost always work out for the best in the end. And it almost always happens that way. This individual recognizes their ability to co-create their own reality, is conscious of how their body’s energy affects others. They can harness their body’s energy and their thoughts to create the reality they want in their love lives and their relationships are thriving. The Home Frequenter recognizes the power they have to create Quantum Love in their life and lives there most of the time. Typically when the Home Frequenter is in a place of forgiveness and acceptance, they are moving out of hopeful and closer to joy.

The Master Manifester

Most Pessimistic: Trust (250)

Most Optimistic: Bliss (600)

Transition Point: Empathy (400)



The Master Manifestor is living fully in Quantum Love. To me this is an aspirational state in which few of us live, other than those who are most enlightened. We may experience brief periods in this state, but with practice it gets easier. Few to none can stay here for long, but when you do, all you want in your relationship is a reality; trust, empathy, connection, joy. The Master Manifestor knows that they are a part of a much greater story and a much higher power than themselves. This individual sees themselves as a conduit for divine energy; a vehicle for love and light in the world and their relationship reflects that. They recognize their complete power to create their own reality including Quantum Love. The Master Manifestor is living and playing in optimum Quantum Love frequency and while empathy is an important point of transition for them, they rarely to ever drop down into Ego frequency for very long.