



Recently I appeared on my friend [Lorna Scott's](#) podcast, episode 36.

We had a great time and I would encourage you to check out her work. A partial transcript is shown below which provides useful information concerning the P.A.T.H. framework and the importance of letting go. The entire program is here [Spiritual-Energy-Efficiency with Julian Kaufmann](#)

Lorna is the host of A Graceful Journey, and is a successful and creative leader and author with a powerful message of passion, hope and healing. Lorna is the author of the best selling book “Walking the Journey Together ... Alone, Finding Peace, Hope, and Joy in the Middle of the Sh**. She is also the founder of Accelerated Success Consulting and creator of the Achieving Success Training Programs and Caregiver Mastery Programs.

Lorna: Let's just dive right into it. **What does it mean to practice spiritual energy efficiency?**

Julian: Spiritual energy efficiency is similar to what we do, energy conservation. Energy efficiency is a measure of how much energy you get out compared to what you put in. Really, the difference between the input and the output can be explained by losses or waste. In an ideal world, you wouldn't waste any energy, and everything that you put in, you get the same amount out. My teaching, my spiritual belief is that all energy comes from God, so how we convert that energy into our life's work is a measure of the efficiency, and so through my teachings and understandings, helping people to waste less of that energy and to achieve more of their life's work.

Lorna: That's an interesting perspective, and you certainly draw in your experience as an electrical engineer and what that input and output. One thing that I've noticed with caregivers and lots of people is sometimes, our output is bigger than our input, and we tend to drain our energy. **Is there something within that spiritual energy efficiency that can help with the input?**

Julian: Sure. Maybe as an aside, the graceful journey, our life as a journey, it's a circuit. We come in and go in this circular path, the beginning, and then we go through changes, and come back at the end. We all have that same general path that we follow. For myself, I developed the PATH framework which we can get into in a little bit through my own caregiving of my daughters and the trials and tribulations that I went through which ultimately, the P is presence, the A is acceptance, the T stands for thankfulness, and the H is for healing and helping.

For the caregivers helping others, that's such a noble calling. I think that people,

as they evolve and they've become self-actualized, that the natural tendency to want to help others comes into being, and so it's a very noble calling. The reality that people ... We have finite resources, so we're a combination of spiritual-physical beings, so part of it is the presence of the PATH framework is to nurture your physical body and to be physically present. It's very difficult to be enlightened and transcendent if you're sleep deprived, if you're not eating right, so the physical body is really key for everything that comes after. The Bible talks about being a vessel for the Holy Spirit, and that's how we experience life.

That's really the first place to start, and I think that for my own journey of providing care for my daughters when they went through their health scare is that I didn't sleep. I was worried. I didn't take care of myself, and I had a lot of health problems which made me anxious and it prevented me from being fully present and ultimately providing better help. That adage about if the plane is going down, putting on your oxygen mask first, that really you need to have a stable foundation and know that it's okay for you to be in the best place that you can be in order to provide help for others.

Lorna: That was beautiful, Julian and definitely sums up what caregivers go through in your own personal experience of how helping others can come at our own cost. What came to mind for me was that it's never too late to start, and in a perfect world, we would be looking after our vessel and looking after our body and our mind and our soul so that we have that really firm foundation before we get into a situation where there's more energy taken out than put in that we've stored some things, and yet we don't do that in the real world. Coming into that time of caregiving, maybe we do have that firm foundation. Maybe we're a little depleted, and your point about that, having that vessel ready. Is there something that ...

Do you have a couple of tips or maybe a couple of experiences of your own of where you were a little bit depleted going into something and were able to balance that part of filling up when things are draining out?

Julian: Sure. Again, how you end the day sets in motion how you'll start the next day. When my life maybe becomes off-kilter, I look at my sleep as an area of warning signs or things that I might want to do differently to be able to be my best the next day. Again, I go back to the physical body, and much has been written about adequate rest, nutrition, exercise, water, to your environment, all the things that physically impacts you. Again, that's really the foundation. Then, from another energetic level, just throughout the day, being conscious of your breath or setting up time to go through breathing exercises can have a measurable impact and reset your mind because I think there's a tendency to become fixated and worried and enmeshed in another person's world, and you lose sight of your own perspective because you're caught up in their movie, so meditation is a very helpful practice.

I think I have a little bit of ADD, so it's hard for me to meditate and I'm still working on it as a practice. One of the things that's interesting to me from a

energetic standpoint that there's a relationship between the energy and the frequency of the vibration or the wave, so when we are anxious, our brains, the brainwaves, you can measure those. They are higher frequencies, so the brain is consuming more energy with these higher vibration thoughts where if you're in a calm or more relaxed state of mind, that your brainwaves are slower too. There are books about the flow state. Steven Kotler's, 'The Rise of Superman' is a good book that reports that in the optimal, mental experience, we're not really thinking, we're not anxious, not worried. We're fully present, and not thinking in those moments, and we're able to give generously and things flow.

It's like taking a boiling pot of water off of an element on the stove that you remove that heat and allows it to settle down, and so meditation and breath work are easy ways to be able to calm yourself and center yourself that can be done instantly. I mean, I still struggle with that myself. The person cut me off from the freeway, I get angry, and I'd catch myself reacting physical, and then like, "Okay. Let's just breathe". It's a learning practice.

Lorna: Yes, it is a learning practice, Julian and the point about even taking a minute to stop and breathe. I've been taught the three deep breaths help us change the physiology in our body immediately. That was the best advice that I got when I was a caregiver was to just breathe.

Lorna: Now, one of the things that is really important to you is helping people waste less energy, really that we use our energy to the fullest that we can. Talk to us a little about that. **I think you've got a couple of ways that you can help us learn to waste less energy.**

Julian: I think the scientific community is starting to coalesce with the notion that energy is really at the heart of everything in our universe. The more we look into atoms and deeper and deeper into subatomic particles, that it's vibrating waves of energy. I don't fully understand it. Before throughout history, we've talked about higher powers or God, science, but there is energy within each of us and we can feel it in our lives.

There's a natural ebb and flow to our lives, our days, so energy is the heart of everything, and our bodies are electrical in nature. Electricity is one of the four fundamental forces in the universe, much like gravity, so electromagnetism is fundamental. It's the way we understand the universe. For me, being an electrical engineer is how I explain things. This what I practice a lot, but as you said in the beginning, my light bulb went off after a spiritual awakening and I reconciled those two worlds through the scientific analogies, what I learned from my electrical engineering and dealing with electricity, in particular with lighting. Everything is energy and we have been graced with a gift of life, and life is energy, and what do we do with that?

One of the things that I've noticed that in my lifetime, we've become much more energy aware in our homes, in our businesses. We drive more fuel-efficient cars. We use programmable thermostats at our homes. We put in

different types of lighting, all in the efforts to try to conserve energy, but yet, we go through it in our lives and we're operating in a constant state of 24-hour news with our smartphones and always being connected, so we are missing that same notion of energy efficiency for our own spiritual homes. That's really what I'm wanting to focus on.

As it relates to things that we can do to increase the amount of energy available to us by wasting less, I talked a little bit earlier about meditation and slowing down your brainwaves from an energetic standpoint. That's one way.

Throughout merely being present in whatever it is you're doing is a telltale sign of how you are aligned. If you are somewhere and you're thinking about being somewhere else, then you're diverting energy and you're not devoting yourself to whatever the task is at hand. Eckhart Tolle in 'The Power of Now' and other authors have talked about that and being aligned to whatever it is that you're doing, so cultivating presence is a key aspect in your energy efficiency and applying more of the energy towards your life's work.

Energy is defined as the ability to do work. Again, when you look at everything is energy, energy is the ability to do work, we have this life, and over our lifetime, we are creating our life's work, and part of that involves serving others. It's the broad-brush. Beyond presence, I would say that lowering resistance ... A lot has been made of the expression 'To let go', and I equate that to lowering resistance. My book that will be coming out is called 'Let Go, Let it Flow', and the flow is really related to resistance.

From an electrical standpoint, you can lower the electrical resistance of a conductor, and in doing so, you can double the amount of power by simply lowering your resistance by half. A small amount of lowering resistance has a market increase in the amount of power output. I play bass guitar, and bass requires a lot of power because it moves large volumes of air. One way to increase the amount of power output for a bass guitar amplifier is to simply add an extension speaker which has impact of lowering the resistance of the total amplifier. You can cut the resistance by half and double the power output.

The PATH framework evolved around that notion of lowering spiritual resistance, and much like a conductor has different properties which influence the amount of resistance or conductivity which is the opposite of resistance, so how easily something flows is conductivity where you have resistance as a measure of how difficult it is to flow. The PATH framework really evolved around my own life. What I noticed were these four key frameworks that would regulate the amount of flow through my own life.

Lorna:

That's really interesting. I likened it to that when I think about a lamp, and that came to mind before you mentioned that you were into the electrical light part, if the light is not plugged in, it has no energy. It doesn't work. If it's plugged into the energy and everything is working well, it works fine and it gives everything that we need. It does its job, and that's very similar to us.

If there's too much power, if there's too much flowing into it, then the light bulb may burst. We get that little explosion, and I think that's what happens to us as people. I love that metaphor with the electrical part in the lights. It can really paint a nice picture for people to see and pay attention to their own energy. I had to write down that lower the resistance by half can double your power output.

I have learned to notice resistance in my life, and sometimes, it takes a while to notice that that's what it is. I'm going to make my own personal pledge now to pay more attention. If I can double my power output by lowering my resistance by half, that is amazing. **Did you want to talk a little bit more about the PATH framework?**

Julian:

The PATH is an acronym. The P is presence, the A is acceptance, T is thankfulness, and H is helping. It is a four-part framework. For me, I discovered them sequentially, and in my journey as a caregiver, I was in the midst of caring for my daughter who had a life-threatening illness. Anyway, my heart goes out for anyone caring for children, parents. I've lost my father, so I can relate to the angst and anguish of caring for loved ones. My daughter was really very trying for me, but part of that journey, the first part was to become present, and I talked a little bit about the physical body and the need to care for one's self and really take care of the temple and the vessel for something much bigger. That was the beginning of it.

Then, I found myself being able to accept the circumstances that were in front of me. I think I had a tendency to deny what was in front of me or was very judgmental about what was in front of me, where "This is not fair, or I have been a good person. Why in the world would this happen to me?", and it took a lot to work through that. There was a good book by Will Bowen called 'A Complaint Free World' where you just simply wear a wrist band, and every time you catch yourself complaining, you change the wrist. You move from one side to the other.

The idea is to try to go 21 days without complaining and thoughts are habitual, and a lot of times, we're not aware even of what we're thinking, and so that goes back to being present. Then, the acceptance to me is noticing what am I thinking and becoming more accepting of what is. From that, I find that you move deeper into the now by the combination, so you're here in the presence, and then through acceptance, you're moving a little deeper. Then, the next two parts are really where you can transcend current circumstances, and I think that's where people shine and provide inspiration and help to others. The next part of the PATH is the T which is thankfulness and gratitude.

For me, it took a long while to see the struggles that I went through and to be grateful for the change that that had on me. Pain has a way of waking you up, and you can deny it. You can try to run from it, but ultimately, you have to face life. Once you do and if you can recognize and be grateful for that experience, you can transcend any circumstance, and so for me, that evolution, and then being grateful for just being alive and have all these experiences and the growth

that I was going through, I wanted to share that with others. The helping others is the H, and so I likened my story to the Prodigal Son that went off and squandered resources, and then came back home.

My thought was we're on this journey, and rather than reaching a point of being destitute and squandering all your resources to use the Bible description, that what if we didn't waste all our resources? What if we had more with us when we came back, and what could we do? It's really helping others, and my mission, I want to share my experiences with others so that they can do more because since I've gone through this journey and it's very gratifying and invigorating for me, I still have challenges, but I'm much stronger and much more alive through this whole process. That's really the ... I experienced it all firsthand, and my mission is to share that with others so that they can conserve more of their life energy and do whatever it is that they were called to do.

Lorna: Wow. That is wonderful, Julian. We're all human beings on a path. Some days, we're going to be right on and use all the tools we've got, have wonderful days, and every once in a while, we're going to slip. That's what helps keep us connected to the people that we want to help. We continue to understand what they're going through because we still go through it and have something to offer.

Please let the listeners know how they can contact you and how they can be part of the Prime Mover Network and when you might think the book might be ready.

Julian: Sure. Thank you. My website is 'Juliankaufmann.com'. I have a sign up there where you can join for free to become part of the Prime Mover Network, and a little background. A Prime Mover is something that converts energy from one form to another. An example is a wind turbine that takes the energy of the wind and turns, and then creates electricity, so the electricity comes from the wind through the conversion that the Prime Mover provides.

Again, with that energy background, the network is really people that are wanting to learn and share energy conservation tips, their own path, practices. I'm one man who's had an experience and developed a framework. It may not fit for everybody. There may be some other tools and resources that others are using, so I want to be able to have a form for that. That's probably the best way to connect with me.

I'm on Facebook and other social media, but the website is probably the best. As far the book, it's a labor of love that I continue to work through. I've developed a course, again trying to refine the message and make it more practical for people to be able to get something out of it, rather than just the theoretical exercise of "Okay. You can lower your resistance". How does someone actually do that? That's what I've been focused on coming up with tools and resources to be able to help that.