

Nardia Barnes

Pathways Committee

Mellon Research Fellows

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### The Lasting Effects of Positive Energy Transfer

A star shines bright for years and years to come and the illumination can be experienced at different levels depending on how close you are. According to the research (by Fraknoi et al.), stars give off the same amount of energy in all directions but only a fraction of that energy can be observed on Earth. While some stars depending on placement can be extremely bright, others may only be observed with a telescope. One point Fraknoi made that settled in my spirit was,

“If all stars were the same luminosity—if they were like standard bulbs with the same light output—we could use the difference in their apparent brightness to tell us something we very much want to know how far away they are.”

They go on to explain how luminosity is all about the energy output of the star. This can be much more than what is apparent to the naked eye.

“Letting your light shine,” is often a phrase used to describe promoting positive psychology. It is the idea that everyone can shine; but is the energy you yield enough to illuminate so much that it can be seen by others? I believe that the transfer of energy, which we see as light can take have an impact on the extent of people to where you can't even see where it derived from. The larger the magnitude the fainter the object.

I know you wondering if positive psychology is real. The answer is yes, it is a newer study where instead of focusing on the negatives/abnormalities as usual, the focus is not on just living but living a deeply satisfying life. The definition according to Psychology Today is,

(“Positive Psychology”) is a branch of psychology focused on the character strengths and behaviors that allow individuals to build a life of meaning and purpose—to move beyond surviving to flourish. What sticks out to me is that this strays away from the norms of psychology. Let us build with what you have instead of dwelling on what you do not have. How empowering is that to begin with? One of the most well-known psychologists in Positive Psychology, Martin Seligman, also known as the “Father of Positive Psychology” created a model to help understand the elements of Positive Psychology called the PERMA model.

PERMA is an acronym and stands for:

- Positive Emotions- optimism or experiencing gratitude about the past, contentment in the present, and hope for the future
- Engagement or achieving “flow” with enjoyable activities or hobbies
- Relationship, or forming social connections with family and friends
- Meaning or finding a purpose in life larger than you
- Accomplishments or goals or success

Positive Psychology has been used in different areas of everyday life such as education, therapy, self-help, stress management, and the workplace. There has been continuous research and as the days go on, more influencers are using the ideas of positive psychology.

Earlier it was discussed how the luminosity of a star depends on the energy it puts out. How do stars give off energy? In the core of a star, atoms move around, form helium, and produce energy which results in nuclear fusion. Everything a person needs to shine brightly is already in them. Some experiences they have had are enough to spark something inside of them to get them going. However, if what they are currently experiencing is too heavy to budge, then the output of energy will not be successful.

Maslow's Hierarchy of Needs discusses how humans have more needs than just deficiency but also growth and being. He points out how there are levels to living a meaningful life and that only if basic needs are met then a person can rise to greatness. Maslow created the Hierarchy of Needs in 1943. This was one of the first sightings of studies connected with Positive Psychology. The deficiency needs are also known as basic needs which drive us day to day for survival. Once those needs are met then we can deal with safety and security. Our family, job, security, and homes are all included in this level and are secondary to our personal needs like food, water, and air. Once we are a bit stable, then love and friendship can thrive. If striving to reach the point of confidence and achievement, or even purpose and meaning, everything needs-based would have to have been addressed.

Maslow's Hierarchy of Needs diagram below:



## Maslow's hierarchy of needs

Initially, I set out to observe those around me and how the effects of positive energy transfer move from person to person. After researching, I have been able to determine that the

effects are so great and long-lasting they cannot be contained. Come with me as I walk you down the major points of my life as I elaborate on this.

I remember in high school, coining the term “A Star is Born” as if it were my own. At the top of the turned-in assignments and every yearbook signature penned, there it was. Nardia, a star is born. If no one else believed it, I did. Back then, I felt like I had “star quality”, passion, drive, pursuit, love, and happiness were all that came to mind. I was not worried about where my next meal was coming from because Mom made sure that never crossed my mind, let alone parted my lips. I was able to be free, free of worry and stress about the next.

Now let us fast forward about ten years later, I moved into a house across the street from my kids’ school. It was a raggedy little house with two main bedrooms, the infamous kitchen with no stove, and the floors creaked when you walked. I rented this house from a well-known slumlord in the area. It was not perfect, but it was home. I was so grateful after leaving a domestic violence relationship and being homeless for about two months. I could be reunited with my babies and have somewhere safe for all of us. This was the point in my life, where I met people in my circle, or what I call my “tribe.” My daughter was in second grade and her teacher, Wendy Malamphy was always so helpful. Daily she would find innovative ways to help once I revealed our situation. She ended up leaving the school but stayed in contact with me and has been an active support in all the kids’ lives. She was a light in my life during an extremely hard transition. During this time, I found another job that would allow me to be full-time but flexible. It was exactly what I needed. Although, the training was much earlier than expected and I had no one to send the kids to school. How am I going to do this without his help? I vented to, at that time another parent at the bus stop. She quickly chimed in and said bring them to me. I will send them to school in the mornings. Everything was falling into place. It was then that I found myself

a best friend, April Bethea, when previously I had been isolated and afraid to meet new people or even ask for help. Once I had support in those areas of my life, I was able to dream. I had so many things I wanted to do, and I would look around and see that I had people in my corner backing me up. “Friend, I want to paint the sky pink”, “Go ahead, you can do it Boo Boo,” was my best friend’s reply always, no matter what it was, she was encouraging me.

Now how did I get to this point? Now that I was able to dream it did not stop life from happening. In 2020, I had just finished battling the courts to bring home my son who was involuntarily taken by his father for a year. And I ended up having a near-death experience during COVID. I had an experience with God, and he showed me “the light” that was still in me and that I was not empty, and that I had much more to do on Earth. Only when a star is completely out of energy, does it die. If there is still energy to be produced, it lives and shines. That year, I worked on myself and being grateful for the things I had. I tried to change what I could and let God work out the rest. On December 6, 2020, an apartment fire displaced me and four children. Everything that I thought I had under control went haywire, but there was a woman Amanda Moore of *Humans for Good* who was placed in my path that helped meet all my basic needs. The way she helped people, was the way I always wanted to help people. A few conversations in, I was enrolled in BrightPoint Community College, formerly known as John Tyler Community College. Things were not easy, but my life began to reflect great things. That same year, I officially joined my church and began to be mentored by my pastor, Quiana Johnson of Transformed City Church. She has activated so many gifts and talents in me just by radiating. Showing me that whatever your heart desires, it can be done. I was on the brand/marketing team, hospitality (greeting) and she gave me access to create. These things I have always had a love for and as I am doing, I am also learning, healing, and becoming which pours out onto others.

Since 2022, I helped three survivors of domestic violence, started a podcast “OffthaRecord w/BaddRebel”, started a customization business, left my footprints at Chesterfield Social Services, became an Advocate for Safe Harbor Domestic Violence & Sexual Assault Nonprofit organization, joined the Woman Build Council and will be launching my own nonprofit organization for domestic violence victims, LoveDontHurt. The biggest accomplishment of all, I would have to say is my Women’s Empowerment Brand, Secure Hearts. This brand is where I empower women who have struggled with self-love and expression to become secure and empower others. I help them activate their lights! The same way it has been done for me. The First Annual Destined for Greatness Brunch was inspiring and although it was originally supposed to be a thank-you dinner for my VIPs, which were my very first supporters, it evolved into something much more. Something that will impact many to come. Knowing that I had carried such power to be able to help others illuminate, has kept me in great spirits even when the world around me crumbled.

When you think about empowerment, you think about it being led by someone with huge, celebrity status. Celebrities are no longer the only influencers. Who was I to get up and dare to change the world? Just from this event alone, where I was able to put the focus on the strengths of others and not just myself, I have been able to push and activate the lights of others. One of my speakers whom this was her first-time speaking is now accepting speaking engagements. One of my VIPs whom I have assigned as the Event Design Décor Specialist for the upcoming year’s events has since enrolled in VCU Certified Wedding and Event Planning to become certified. Another VIP has branched out to expand the jewelry business and has a store. The list goes on and on. And it does not stop because imagine the people that they will impact and activate. For all those impacted, it is up to them to continue to transfer. ensure correct placement and

visibility. As a reminder, the brightness of a star is determined by the energy it puts out. Will you shine bright? Will you allow your radiance to activate another? Will you allow yourself to transmit your positive energy and leave this world completely empty? Somebody is waiting on your shining star to help them find their way.

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