

700-1000

Enlightenment; Powerful inspiration self beyond mind divinity.

# STAGES OF ENERGY

## ENERGY LEVELS

600 Peace; Self Realization

540 Joy; enormous patience. Persistent positive attitude in the face of long term adversity.

500 Love; Dealing with entities. Unconditional, Unchanging. Permanent.

400 Reason; Intelligence and rationality. Capable

350 Acceptance; The understanding that we are the source and creator of the experience of our own life.

310 Willingness; Work is done well and success is common. Responsive to others. Capacity to handle adversity with integrity.

250 Neutrality; allows for flexibility and nonjudgemental appraisal of problems.

200 Courage; **Power 1st appears.** Willingness to try new things and deal with changes and challenges of life. *When we begin to put back energy that we use.*

175 Pride; "looks good and knows it" "Pride goeth before a fall defensive and vulnerable to outside circumstances creates annoyance and denial.

150 Anger; Creates both constructive and destructive actions. Anger of injustice may drive and push to liberation. Used as a lifestyle however becomes very beligerent.

125 Desire; Major human motivator. creates addiction. accumulation and greed are insatiable.

100 Fear; Runs much of the world. Becomes obsessive and limits growth of personality.

75 Grief; In limited amounts necessary ex) mourning. However living in a state of grief = constant regret and depression. Failure is accepted as characteristics of life.

50 Apathy; The abandonment of hope, the world seems empty and bleak. Unresponsive to stimuli.

30 Guilt; Symptom of victimhood. This is used to manipulate and punish and provokes rage.

20 Shame; Conscious suicide results in vulnerability to other negative emotions.