

ENERGY CHART

700-1000 Enlightenment: Level of powerful inspiration. Divinity. All of mankind is influenced. Transcendence of ego

600 **Peace**; Self realization

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

500 **Love**; Dealing with entireties. 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 nonjudgmental 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 belligerent

125 **Desire**; Major human motivator. When stuck, it creates addiction, accumulation, and greed

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

75 **Grief**; Sadness, disappointment, regret. In limited amounts necessary (ex: mourning). However, living in a state of grief, failure is accepted as a characteristic of life

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

30 **Guilt**; Pervasive feeling of not being good enough. Overcompensation occurs here. Also used to manipulate, punish, and provoke rage.

20 **Shame**; This is the level where judgment and comparison occur. Death urge is present, which results in vulnerability to other negative emotions.

ENERGY LEVELS

Adapted from Power vs. Force By Steven Hawking