

FEELS LIGHT

Expanding energy flow
opens to
enhanced intuition &
empowerment

FEELS HEAVY

Contracted energy flow
shuts down intuition
except in severe
survival mode

ULTIMATE CONSCIOUSNESS • In Flow • BEing

ENLIGHTENMENT 700+ • Quiet • Stillness

PEACE 600 • At Ease • Confident

LOVE 500 • Faith • Worthy

REASON 400 • Positive Attitude

ACCEPTANCE 350 • Encouraged

WILLINGNESS 310 • Hopeful • Eager

NEUTRALITY 250 • Imperturbability

COURAGE 200

PRIDE 175 • Irritation

ANGER 150 • Rage • Disappointed

DESIRE 125 • Insecure • Revenge

FEAR 100 • Worry • Doubt • Drama

GRIEF 75 • Hatred • Rejected

APATHY 50 • Struggle • Lost

GUILT 30 • Stress • Insecurity

SHAME 20 • Pain • Lonely

WAITING 10 • Wanting



YOUR BODY TALKS
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