

600 Peace 540 Joy 500 Love 400 Reason Preative 350 Acceptance Energy 310 Willingness Expansive 250 Neutrality 200 Courage 175 Pride 150 Anger 125 Desire 100 Fear Destructive Energy 75 Grief Contracted 50 Apathy 30 Guilt 20 Shame

700+

Enlightenment

NOTE: A person may operate on one level in any given area of life. An individuals overall level of consciousness is the sum total effect of all levels.

- → Let go of lower levels of consciousness. Notice. Dismiss.
- → Love the lesson. Treat every moment as if you chose it. How have you improved?
- → Listen to the story you're telling. What main emotion are you expressing?
- → Be intentionally intuitive. Let Spirit know you want to communicate. See the signs!

PositiveNegativeHappyFearContentDepressedOpenDesperateCuriousGrieving

 $\rightarrow$  Be thankful for every blessing, and marinate in the emotion of gratitude.