

# Energetic Self Perception (The Levels of Energy)


LEVEL	CORE THOUGHT	CORE FEELING/EMOTION	ACTION/RESULT	DECISION TO MOVE UP TO NEXT ENERGY LEVEL
8	<b>Actualization</b>	<b>GRACE</b> (At PEACE with God)	Submission to Grace	"I will submit to Grace." "I am completed/matured by Grace."

## Transcendence/Cosmic Bonding (*Short term*)

7	<b>Non-Judgment</b>	<b>Absolute PASSION</b> (At PEACE with the world)	Creation (Generativity)	"I will release my passion for unconditional love." "I will surrender my need for control and allow God to be God (rather than be who I think He should be)."
6	<b>Synthesis</b>	<b>JOY</b> Cooperation (!)	Wisdom	"I am confident that I will not judge others by my own standards and beliefs/and accept them for who they are."

## COMMUNAL Bonding (Affirmation of Community)

5	Reconciliation	<b>PEACE</b>	Acceptance	"I need to move outside of my own reality for synergy with others"
4	Concern	<b>COMPASSION</b>	Service	"I need to build constructive relationships."
3	Responsibility	<b>FORGIVENESS</b>	Cooperation	"I have to care beyond myself."


**OBJECTIVITY** - Beginning of **ANABOLIC (+)** Energy and becoming **OBJECTIVE** Development of **SELF MASTERY**  
**SUBJECTIVITY** - **Outer Faith** (Interaction with the World) **Potential energy for problem solving/Responsive vs. Reactionary**

2	Conflict	<b>ANGER</b>	Defiance	"I have to do something constructive/positive."
1	<b>VICTIM</b>	<b>APATHY/FEAR</b> (Incapacitated?)	Lethargy (Absorbed in <b>SORROW</b> )	"Instead of being fearful, I choose to be insulted (hurt enough) which can mobilize me to do something."

**CATABOLIC** Energy (-) *Destructive/Easily Offended/Erosive/Negative/SHAME* Inner Messages: **Unresolved Traumas**  
 Poor Emotional Connection and **Self-Absorbed with Pain (Reactionary)** (*Short term*)

0	<b>VENGEANCE</b> (Nefarious/ Draconian)	<b>DESTRUCTIVE EVIL</b> (Psychotic)	Revenge/Retaliation (Inflicting Pain/Get <b>EVEN</b> )	"I will not inflict evil although I have been victimized."
---	---	--	---	--

