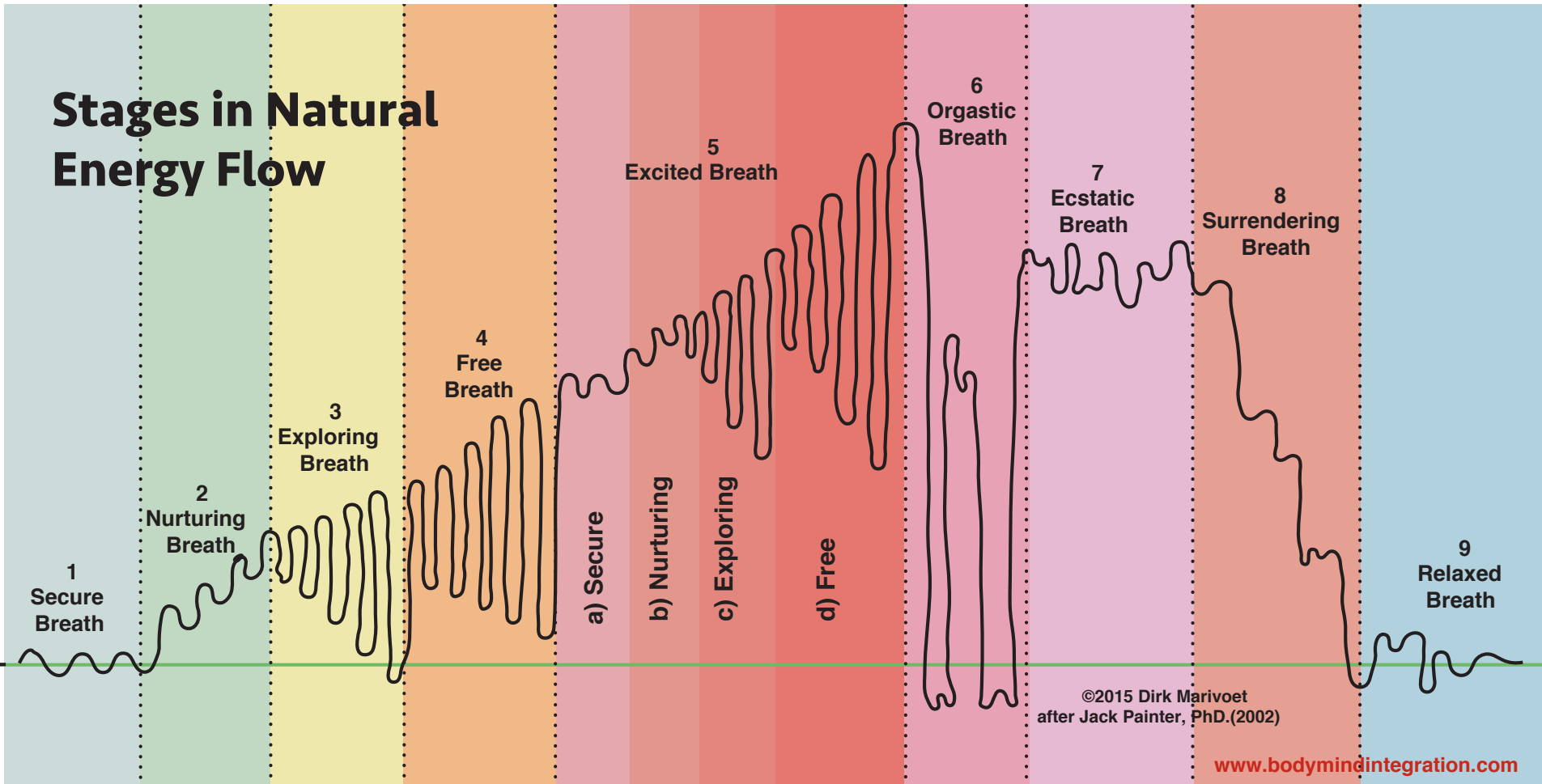


Stages in Natural Energy Flow

Discharge - Charge + Charge



Breath	Even Inhalation and Exhalation	More Inhalation than Exhalation	More Exhalation than Inhalation	Increasing Inhalation Increasing Exhalation	Increasing Inhalation that leads to Orgastic Exhalation		Exhalation	Both Inhalation and Exhalation	Increasing Exhalation	Both Inhalation and Exhalation
Charge/Discharge	Homeostasis Balance of Charging & Discharging	Increasing Charge with minimal Discharge	Increasing Discharge with gradual Charge	Increasing Range of Charging & Discharging	Charging and Discharging to a Limit		Releasing Discharge	Balanced Variety of Charging & Discharging on Charged Plateau	Fully Discharging	Process of creating of Secure Breath
Natural Character Style	Grounded	Receptive	Expressive	Free	Passionate		Creative	Joyful	Mellow	Satisfied