

Level of consciousness (desire)	1. Wensen Align with desire	2. Intuition Impuls for action	3. Realizing Way of thinking at action	4. Emotions Emotions at interaction	5. Ervaren Deal with reaction	6. Feelings Contrast of situation	Life process
HOE	WHY	HOW	HOW	HOW	HOW	WHAT	HOW
Growing Neutral Limiting	Authentic Unknown From outside yourself	Aligned and sensitive Neutral Unperceivable	Helping Neutral Hindering	Positive Neutral Negative	Allowing & letting go Overnoising or maintain Suppress	Positive contrast Neutral Negative contrast	Connection & balance Neutral Disbalance
<p>Growing</p> <ol style="list-style-type: none"> 700-1000 Ineffable 600 Peace 540 Joy 500 Love 400 Reason 350 Acceptance 310 Readiness 250 Neutral 200 Brave <p>Neutral</p> <p>-</p> <p>Limiting</p> <ol style="list-style-type: none"> 175 Pride 150 Anger 125 Desire 100 Fear 75 Sadness 50 Apathy 30 Guilt 20 Shame 	<p>Authentic</p> <ol style="list-style-type: none"> You are full of inspiring authentic desires You are focused on your desire You know who you really are You are yourself Your desires give you meaning and fulfillment You know what gives meaning to you Situations from your past inspire improvement needs <p>Tips</p> <ol style="list-style-type: none"> Feel well what you want, wish or what your need is See what your passion is for Say your desires, share them Ask yourself if the desire is really yours Make what you want smaller, divide it into milestones Ask yourself if you really want this <p>From outside yourself</p> <ol style="list-style-type: none"> You are not attuned to what you want You do not dare to desire outside of your fixed patterns What you want is beyond your scope or possibilities You have high expectations You do not know your desires, wishes and needs You have lost your motivation You let others guide you 	<p>Aligned & sensitive</p> <ol style="list-style-type: none"> You receive impulses: intuition: ideas, insights, actions, meetings, etc. Your mood is tailored to what you want You are sensitive to feel what you receive You have the peace of mind to receive You are free from thoughts and emotions You are playful and uninhibited You expect that you receive spontaneous impulses <p>Tips</p> <ol style="list-style-type: none"> Practice with your intuition, play with it, try it out Tune in well: imagine the desired situation in mind Give more attention to the subject Ask open questions: ask answers or help in your mind Let go of expectations about the form of intuition Alternate focusing and defocusing <p>Unperceivable</p> <ol style="list-style-type: none"> Your mood is not tailored to your subject / situation You are not relaxed enough There are too many distracting stimuli around you Your head is full of thoughts You are in the middle of emotions You "scream" the impulses you receive You are not open to accept what you receive <ul style="list-style-type: none"> Waiting Ambition Balance sheet Movement Energy Intuition Calmness power Opportunities False Potential Relationships 	<p>Helping</p> <ol style="list-style-type: none"> You create your reality yourself You are free to do what you want Your future can be made You look at yourself without judgment You choose and do what suits you, in appropriate steps You add value for others with what you do You see plenty of opportunities <p>Tips</p> <ol style="list-style-type: none"> Look at what you can get out of this situation Find forces, energies or people who help you do not worry You do not need approval from others Do not include "opposition" personally "Failure" is also good and also an important experience <p>Hindering</p> <ol style="list-style-type: none"> You don't feel safe You think you don't belong You think you have no strength You think you can't do it You think you are not wanted You do not find yourself valuable You don't find yourself good enough 	<p>Positive</p> <ol style="list-style-type: none"> You are joyful, valued, powerful, free, loving You are full of passion You are enthusiastic, longing, happy You are full of expectations You are optimistic You are hopeful You are satisfied <p>Neutral</p> <ol style="list-style-type: none"> You are bored You are pessimistic You are frustrated, irritated, impatient You are overwhelmed You are disappointed You are desperate, worried <p>Negative</p> <ol style="list-style-type: none"> You are blaming You are discouraged You are angry You are revengeful You are hateful, jealous You feel unsafe, unworthy, guilty You are anxious, desperate, depressed, full of shame 	<p>To allow</p> <ol style="list-style-type: none"> You fully allow your experience You accept what you experience You have faith in what you experience You find all your experiences valuable You share your experiences You can let go of what you experience You need help to process your experience better <p>Tips</p> <ol style="list-style-type: none"> Look at your experience with more lightness or humor Focus more on what this experience has brought you Try to see the experience in "the bigger picture" Try not to be too busy with this experience Find some distraction from this experience Do not regret your experiences <p>Suppress</p> <ol style="list-style-type: none"> Your experience remains "grind" in your head You suppress your experience You distance yourself from your experience You blame yourself for your experience You deny your experience You close for your experience You make yourself a victim of your experience 	<p>Positive contrast</p> <ol style="list-style-type: none"> You found the experience more beautiful than you wanted. You found the experience as desired You didn't have a picture beforehand, but you enjoyed the experience You see contrast as inspiration for new wishes By knowing what you don't want, you know better what you want You see the value of the situation You know what is in you about unperceived experiences <p>Tips</p> <ol style="list-style-type: none"> Manage your own expectations of what you want Feel good if the experience suits you See if the experience has brought a breakthrough See if the experience motivates you to make new choices See the benefit of the disadvantage See "headwind" as something that can increase your development <p>Negative contrast</p> <ol style="list-style-type: none"> You feel disappointed in your experience The experience does not suit you at all Experience gives you stress You cannot handle this experience You cannot handle this experience You have gone far beyond your own limits This experience takes away your zest for life <p>Categories of situations</p> <ul style="list-style-type: none"> Work Money Living Health Education Social (relationships) Love (relationship) Development 	<p>Connection & balance</p> <ol style="list-style-type: none"> You feel that you do what you want You are free: without unprocessed experiences You live according to your intuition, emotions and feelings You live in connection with your Person and your Source You live in balance between wanting, realizing and experiencing You are aware of your life processes You know what lives in you and you know your needs <p>Tips</p> <ol style="list-style-type: none"> You can redistribute some attention and energy Pay attention to your daily portion of connection to yourself Realize less, you do too much Experience less, you feel too much Want less, you want too much Beware of prolonged imbalance <p>Imbalance</p> <ol style="list-style-type: none"> What you want does not match what you experience What you experience does not match what you realize What you realize does not match what you want You do not accept what you want You do not accept what you experience You do not accept what you realize Your life processes do not flow enough for a long time

		<ul style="list-style-type: none">• Result• Peace• Control• Good luck• Imagination• Wisdom• Self-reflection				<ul style="list-style-type: none">• Recreation• Nutrition• Surroundings• Meaning <p>Situation</p> <ul style="list-style-type: none">• Authenticity• To start• Achieve goals• Inspiration• Collapse• Milestones• Opportunities• Undertake• Navigation• Patterns• Good luck• Talents• Headwind• Change• Connection with yourself (watching 3D)• Worldview• Self image• Self-reflection	
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