

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

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