

Energetic States Spectrum

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Thriving Energies

HARMONY *The realm of peace, love, joy, serendipity; appreciation for all that is and isn't; pure alignment with Divine Will*

The realm of gratitude, beauty, compassion, and deep honor for life, self, and others

REVERENCE

CURIOSITY *The realm of logic, rationality, and objectivity; altruistically seeking solutions for the sake of the greater good*

The realm of enthusiasm, acceptance, and contribution; collaboration while taking personal responsibility

CONTENTMENT

WILLINGNESS

The courageous realm of embracing uncertainty with hope, faith, and trust

Sub-Thriving Energies (Allowing)

PRIDE

Opinionated, competitive; energies of frustration and grievances

ANGER

Protectiveness, irritation, impatience, displeasure

FEAR

Fright, alarm, nervousness, doubt, uneasiness

APATHY

Indifference, boredom, purposelessness, sadness

HOPELESSNESS

Grief, separation, despair, shame, guilt

DRAMA Energies (Resistance)

EGOTISM

Self-absorption; energies of arrogance, insecurity, dominance, control

RAGE

Defensiveness, forcefulness; energies of intolerance, hostility and violence

ANXIETY*

Escapism, worry / catastrophizing; Energies of paranoia, insatiability, scarcity

DEPRESSION*

Melancholy, hatred, suppressed pain, repressed self, pessimism

WORTHLESSNESS

Self-brutalization, disempowerment, alienation, humiliation, lack of love

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*Terminology does not refer to clinical disorders or serious medical conditions

Image sourced from: *The Drama-Free Way: A Thought-Management Guide to Navigating Chaos and Thriving*