

Circle of self

- (Weak) Ego** – weak personal identity, low sense of self-worth and self-importance
- Needing** – wanting or requiring to fill a perceived lack
- Unconscious** – unaware, unconcerned, indifferent, not knowing or perceiving
- No Faith** – little or no trust or confidence in self, people, ideas, or things
- Low Frequency** – vibrating at a low energetic level; catabolic energy that drains one's resources. May be unenthusiastic, blocked, or in conflict

Circle of self-Mastery

- Strong Ego** – strong personal identity, self-esteem, self-confidence
- Having** – in possession of, owning, holding
- Awareness** – having knowledge, consciousness, realization, understanding
- Outer Faith** – confident belief in the truth, value, or trustworthiness of a person, idea, thing outside of oneself
- Mid Frequency** – vibrating at a middle energetic level, anabolic energy is present.

Circle of self-Transcendence

- No Ego** – no sense of individual self
- Being** – timelessness, total experience of the present moment
- Conscious** – intuitive awareness, knowing, sensing, being awake and aware of the seen and unseen
- Inner Faith** – a deep, inner knowing and belief, which does not need logical proof or material evidence
- High Frequency** – Very high levels of anabolic energy, vibrating at high levels, embraces joy, wisdom, creativity, being fully in the moment, non-judgment, oneness, pure awareness, bliss, and timelessness