Directing Core Energy

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Aroused

Angry
Chaos
Frenzy
Stress
Rage
Upset
Jealousy
Envy
Irate
Livid
Annoyed

Passion
Excited
Engaged
Participating
Active
Enthused
Zeal
Delight
Eager
Gusto
Productive

Negative Emotions **(**Catabolic**)** **(** Cortisol **)**

(Anabolic**)** **(**Endorphins**)** **Positive Emotions**

Apathy
Indifferent
Lethargic
Exhausted
Lazy
Disinterested
Bored
Dead

Content
Focused
Pleased
Happy
Satisfied
Fulfilled
Comfortable
Tranquil

Relaxed

SHIFT

Catabolic	>~~~~~~~~~~~~~~ >>>>>>>>> ~~~~~~~~~~>	**Anabolic**
Cortisol	>>>	**Endorphins**
Acid 6.7	>>>	**Alkaline 7.3-7.4**
- 10 Functioning	>>>	**+ 10 Functioning**
Cell Protection	>>>	**Cell Openness**
Pattern Reaction	>>>	**Creative Response**