

## Energy Inventory

Where is your energy level? Discover how much of your 100% you are using now.

Over the 3000 year unbroken lineage of Tai Chi Gung, adepts who master these skills can choose to live for centuries in a physical body that looks, feels and performs like a "normal" healthy 30 year old.

Rate yourself on a scale of 0 to 10. Give yourself a 10 if the energy experience happens to you every day. Give yourself a 0 if you have never had it. Once a year is about a 2. Once a quarter is a 6. Once a month is an 8. There are no wrong answers.

\_\_\_\_\_ **I have had a biological experience of the Divine.**

My physical nervous system lights up with energy when I hear truth. I have had a conscious or unconscious levitation experience. I have witnessed a partial or complete dematerialization of my own physical body.

\_\_\_\_\_ **My Kundalini energy has awakened in my body.**

I am consciously aware of my energy field around my body. I see energy around objects, people and animals. I receive guidance consciously from angels, guides, and my Higher Self.

\_\_\_\_\_ **I can breathe prana, chi, energy consciously into my body.**

I feel the energy move in my field when I breathe. I feel the energy move through specific parts of my body when I breathe and focus there. I can easily raise my energy with my breath and mind.

\_\_\_\_\_ **I choose thoughts and see them manifest in my physical world.**

I initiate the synchronicities that happen in my life. I sense or know what will happen ahead of time. I can trace my challenges/circumstances/conditions/habits all the way back to the seed thought that set them in motion in the first place.

\_\_\_\_\_ **I eat consciously with specific intent.**

I can feel how different foods ground, center or expand my energy field. I can feel how and when herbs and supplements activate my endocrine gland system and other body systems. I can feel the alkaline/acid balance change when I eat and when I breathe.

\_\_\_\_\_ **I can absorb nutrition from the elements of nature.**

I maintain a conscious relationship to the sun and moon. I am able to breathe chi from the earth into my physical body. I can absorb nutrition directly from the Source of Life.

\_\_\_\_\_ **I can regulate my body temperature easily.**

I remain warm during the cold winter months. I remain cool during the hot summer months. I can raise and lower my body temperature with my mind and breath.

\_\_\_\_\_ **I earn my income from my life passions.**

People appreciate me for my divine presence. I feel more energy when I finish work, than when I start. I would do my work whether I was paid or not; and I am paid well for what I do.

\_\_\_\_\_ **The human survival vibration no longer controls my finances.**

My income exceeds my expenses by 2 to 1, or 3 to 1. My passive income (requires no new time or effort now) exceeds my active income. I sustain multiple sources of income from my life passions.

\_\_\_\_\_ **I have a conscious relationship to Nature.**

I spend time with the elements of Fire and Water. I am in Nature 30-60 minutes a day. I feel energized when I am in Nature.

\_\_\_\_\_ **I have regenerative relationships with family and friends.**

I have interdependent positive relationships that energize my life. I have minimized my connection to people who steal my energy and lower my chi. I am comfortable being by myself for long periods of time.

\_\_\_\_\_ **I am able to embrace the descending energy.**

I fall asleep at night quickly and easily. I rest deeply. I wake fully rested and refreshed.

\_\_\_\_\_ **I am able to embrace the ascending energy.**

I look forward to waking up and starting a new day. I meet the challenges I face optimistically. I take action on my planes for the future with enthusiasm.

\_\_\_\_\_ **I know the year that I have coded my physical body to leave the planet.**

I can meditate and discover the coding of my final exit from my body. I can initiate a higher thought and change the date of my departure. I can push this number out into the future and know with certainty that I have altered it.

\_\_\_\_\_ **I know that I am co-creating my physical body every moment.**

I know that my physical body has an unlimited potential to regenerate. I have slowed or stopped my own aging process. I know I have the power to start over any day, anytime, anywhere.

\_\_\_\_\_ **Total**

\_\_\_\_\_ **Date**

**Learn ways to increase your energy level, send for your free Personal Regeneration Plan.**



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