Creativity instead of paralysis

Fear

"Fear is like death. Like death, fear is a threshold which separates the known from the unknown. Fear is the power that leads us beyond our present form and into the dark lap of creation, out of which we can be born anew. Fear is a dark and mysterious power, one that only opens up to us when we enter into it."

We need fear to
- be creative
- find solutions and possible paths if none are known to us
- be able to love unconditionally
- experience adventure
- discover new things
- face uncertainty
- go beyond boundaries
- grow beyond ourselves.

Love instead of passivity

Sadness

"Sadness helps us to let go and surrender to the flow of life. The power of sadness opens our hearts to the power of love, enabling us to accept what we dislike but cannot change. Sadness is a power of great depth, breadth, and wisdom. We can float on it or drift in it if we allow ourselves to do so."

We need sadness to
- open our heart
- accept
- let go
- appreciate
- let go of a position
- recognize and accept our helplessness
- be at peace with wishes and circumstances alike
- go down deep
- develop wisdom.

Shame

We need shame to
- perceive ourselves
- apply all four powers to ourselves
- behave appropriate to a situation

Self-reflection instead of self-abasement

Joy

"Joy is the element of air. Joy is what we all long for. Joy makes us feel like we have butterflies in our stomach and our heart is skipping a beat. It makes us leap; it sometimes even makes us lose the ground beneath our feet. Joy is the power that makes us shine and show ourselves at our best."

We need joy to
- enjoy life
- take things with humor
- know who we are
- find our life purpose and live it
- assume leadership positions
- have healthy relationships
- find inner peace
- be excited and inspire others
- develop charisma.

Anger

"Anger is red, anger is fire, anger is fully charged and in search of a mode of expression. Anger is primarily the power of action. The impossible is made possible; the undesired is moved out of the way. The power of anger can rush through us like a lightning bolt if we allow it to."

We need anger to
- clearly say no and clearly say yes
- make decisions
- be understood by others
- take a clear position
- be taken seriously
- initiate actions or terminate them clearly
- be vital and active
- have clear goals.

Appreciation instead of illusion

Clarity instead of destruction