

Creativity instead of paralysis

„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

Fear

„The self is closely linked to the ability to feel shame. In order to live at peace with our self, we must come to terms with the true nature of shame.“

„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.“

Love instead of passivity

We need sadness to

- open our hearts
- 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

Sadness

We need shame to

- perceive ourselves
- apply all four powers to ourselves
- behave appropriately to a situation

Shame

Self-reflection instead of self-abasement

Joy

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

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

Anger

„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.“

„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.“

Appreciation instead of illusion

Clarity instead of destruction