

RENEWABLE ENERGY POWER GRID

Tripped



BEFORE

Rigid, good-bad, black-white, either-or thinking, judgmental, linear, polarizing, concrete

**Ego-Ecosystem
Alignment Guide**

TRUE NATURE



SACRED TREE

Reset



AFTER

Holistic, as above-so below, complex, layered, paradoxical, mystical, seasonal, cyclical, spiral

BEFORE

Anxious, scattered, toxic thoughts, foggy, overwhelmed, venting, gaslit, smokescreen-ed

MENTAL



AIR ELEMENT

AFTER

Big picture clarity, long view, highest good, wise, spacious, inspirational, imaginative, fresh ideas

BEFORE

Burned out, workaholic, frustrated, controlling, destructive, blaming, resentful, domineering

ENERGETIC



FIRE ELEMENT

AFTER

Protective, passionate, courageous, boundaried, on fire, accept endings, transformational heat

BEFORE

Quick fix, pave over, cover up, superficial, facade, exploitative, manipulative, materialistic

PHYSICAL



EARTH ELEMENT

AFTER

Grounded, rooted, deep, foundational integrity, present, connected, aligned action, composting

BEFORE

Flooding, drowning, dumping, can't keep head above water, fragile, unmoored

EMOTIONAL



WATER ELEMENT

AFTER

In the flow, intuitive, creative, abundance, joy, cleansing, vulnerable, regenerative, vitality

BEFORE

Self-doubt, empty, despair, existential fear, runaround, meaningless, sleepwalking, directionless, vicious cycles

TRUE NORTH



HEART COMPASS

AFTER

Ego-mind - soul aligned, purposeful, fulfilled, impactful, mission-led, focused, empowered