

The 10 Levels of the Gracious Quotient

Level	Description
10	Your actions are 100% percent in alignment with your soul and there is no conflict within. You are not judgmental or have preconceived notions. You see others and yourself as you truly are. You are in full sovereignty and the deepest level of purity. You completely trust your own knowing with the answers needed for your life. Your goal is to unite with integrity, dignity, and respect with sincere humility.
9	You are deeply connected to the Divine and see others as the authentic self that they are. You have a deep sense of knowing and confidence that this knowing is pure and Divine. While you may be curious, have some preconceived notions, and are influenced by the world around you, you accept and respect others as they are. When hurt by others, you may have fleeting moments of despair and pain, but your acceptance of individuals is relatively high. You trust your knowing.
8	You have a high hunger for knowledge and curiosity about self, others, and the Divine. You have an almost insatiable appetite for seeking to understand. While you are high in acceptance of others, purity, wanting to unite, and humility, you find yourself allowing preconceived notions to find their way in. You acknowledge that you can be somewhat judgmental and work hard to keep it in check.
7	You are curious with a deep hunger for knowledge. You strive for humility and deep acceptance of yourself and others while desiring strong influence over outcomes. You notice and experience a significant drop from level 8 concerning sovereignty, purity, trust, the desire to unite, integrity, and knowing. You are heavily influenced by others you want to be like and can be somewhat stubborn on this stance.
6	You are belief-oriented and firmly attached to living and responding in a very specific way. You are a happy-go-lucky person going with the flow, following the rules of your family, community, and any organizations you belong to. You have some insight into your authentic self and appreciate the need to be more authentic.
5	You look at the world and work to figure out what piece belongs to you. You are more concerned with your day-to-day life and trying to identify what is yours and your tasks as part of the system. You tend to be heavily focused on keeping your life the same, in the way you want it to be. Fear of change is a common theme for you.
4	You are judgmental, demand immediate gratification, and have a territorial nature. You may talk about what another person did or judge what your neighbors are doing and hold it against them. You cannot tap into your authentic self easily, and it is hard to comprehend what authenticity is.
3	You feel powerlessness and have high fear as you see only what others have shown you. You feel trapped which doesn't allow you to reach very high. While you may desire to free yourself, you are trapped by your upbringing and beliefs which prevent you from being sovereign. You are completely unaware that you don't see clearly at all.
2	Your emotions overwhelm you at the expense of your authentic self and can create confusion, lack of focus, and awareness of others. You will find you feel constantly stuck and sidetracked. You cannot seem to focus. You may feel torn, trying to figure out what to do next. It is hard to acknowledge that you have an authentic self.
1	You focus on satisfying your desires at the expense of others. You harbor ill will and hold grudges against those who resist you. This is the darkest of level and is characterized by the desire to harm others either for the sake of harm or to satisfy your own needs. You do not have the slightest desire to be your authentic self, making this the most challenging level to move out of.

