

OMB APPROVAL	
OMB Number:	3235-0287
Expires:	December 31, 2014
Estimated average burden hours per response	0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* MORGAN CURTIS A <hr/> (Last) (First) (Middle) NRG ENERGY, INC., 211 CARNEGIE CENTER <hr/> (Street) PRINCETON NJ 08540 <hr/> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol NRG ENERGY, INC. [NRG]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) EVP & Regional Pres. Northeast
	3. Date of Earliest Transaction (Month/Day/Year) 03/01/2006	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common stock, par value \$0.01 per share	03/01/2006		A		16,700 ⁽¹⁾	A	⁽²⁾	16,700	D	

March 1, 2006

POWER OF ATTORNEY

KNOW ALL BY THESE PRESENTS,
that
the undersigned hereby constitutes and appoints each of David W. Crane,
Timothy W. J. O'Brien and Tanuja M. Dehne, signing singly, the
undersigned's true and lawful attorney-in-fact to: (i) execute for and on
behalf of the undersigned, in the undersigned's capacity as an officer
and/or director and/or owner of greater than 10% of the outstanding
Common
Stock of NRG Energy, Inc., a Delaware corporation (the "Company"),
Forms 3,
4, and 5 in accordance with Section 16(a) of the Securities
Exchange Act of
1934 and the rules thereunder; (ii) do and perform any
and all acts for and
on behalf of the undersigned which may be necessary
or desirable to
complete and execute any such Form 3, 4, or 5 and timely
file such form
with the United States Securities and Exchange Commission
and any stock
exchange or similar authority, including the New York Stock
Exchange; and
(iii) take any other action of any type whatsoever in
connection with the
foregoing which, in the opinion of such
attorney-in-fact, may be of benefit
to, in the best interest of, or
legally required by, the undersigned, it
being understood that the
documents executed by such attorney-in-fact on
behalf of the undersigned
pursuant to this Power of Attorney shall be in
such form and shall
contain such terms and conditions as such
attorney-in-fact may approve in
such attorney-in-fact's discretion.

The undersigned hereby grants
to each such attorney-in-fact full power
and authority to do and perform
any and every act and thing whatsoever
requisite, necessary, or proper to
be done in the exercise of any of the
rights and powers herein granted,
as fully to all intents and purposes as
the undersigned might or could do
if personally present, with full power of
substitution or revocation,
hereby ratifying and confirming all that such
attorney-in-fact's
substitute or substitutes, shall lawfully do or cause to
be done by
virtue of this power of attorney and the rights and powers
herein
granted. Each of the undersigned acknowledges that the foregoing
attorneys-in-fact, in serving in such capacity at the request of the
undersigned, are not assuming, nor is the Company assuming, any of the
undersigned's responsibilities to comply with Section 16 of the
Securities
Exchange Act of 1934.

This Power of Attorney shall
remain in full

force and effect until the undersigned is no longer
required to file Forms
3, 4, and 5 with respect to the undersigned's
holdings of and transactions
in securities issued by the Company, unless
earlier revoked by each of the
undersigned in a signed writing delivered
to the foregoing
attorneys-in-fact.

IN WITNESS WHEREOF, the
undersigned have caused
this Power of Attorney to be executed as of date
first written above.

Curtis A. Morgan

/s/ Curtis A. Morgan
