

The 7 ESSENTIAL POWERS

HONOR:

REALLY LET'S LOOK INTO EACH OTHER'S EYES. YOU WILL BE HAPPILY SURPRISED AT THE SUDDEN THUNDER.

CREATIVITY:

EVERYTHING IS CREATION. BE LOOSE, BE ACHANNEL AND WATCH IT MANIFEST THROUGH YOU. WITNESS THE MIRACLE OF YOU.

INTEGRITY:

BEING FULLY PRESENT IN MIND, BODY, & SPIRIT.....WILL ALLOW YOU TO RISK AND FULLY EXPERIENCE THIS MIRACLE OF LIFE.

COMMITMENT: 100% IN THE PRESENT MOMENT. TRUST WHAT IS THERE.

COMPASSION:

PATIENCE WITH YOURSELF AND OTHERS. JUDGE ONLY IF YOU ARE WILLING TO SEE YOURSELF.

HARMONY:

FEEL AND KNOW WE ARE ALL PART OF THE WHOLE. CHOOSE THE HIGHEST YOU, THE PATH OF LEAST RESISTENCE.

MERCY:

HAVE A HEART FOR GOD'S SAKES! ESSENTIALLY IT IS YOUR HEART THAT IS THE HEART THAT PUMPS THE HEART OF THE UNIVERSE.



6 CREATIVE STEPS

FIRST INSIGHT _____ SOMETHING HAS BEEN

STIRRED

SATURATION_____OVERWHELM

INCUBATION_____LETTING IT STEW

GO BACK AND WRITE THE PARTS YOU KNOW

ILLUMINATION_____FALLING INTO PLACE

VERIFICATION_____YOU HAVE A DRAFT