

FOUR CORNERSTONES OF EVOLUTIONARY POWER

LIVING IN ALIGNMENT + FLOW

- I know my purpose.
- My manifesto/commitments/intentions are clear and available to me at all times; my life and myself reflects these.
- My essence is palpable.
- I am in energetic balance.
- I love myself deeply and continuously.
- I relate to myself compassionately.
- I know what I really want and I live intentionally from what I really want.
- I understand flow, how to co-create it, and how to surf it.
- I connect with others from Creative Brain, always looking for the answer to "How can everybody get everything they want?".

USING TOOLS TO SUPPORT EXPANSIVE LIVING

- I use a variety of tools that reliably move density out of my body.
- I connect to energy fields of high vibrations.
- I seek feedback and respond to it with openness and agility.
- I choose to interpret my experiences through the most expansive story I can create.
- I cultivate neutrality, acceptance, appreciation, love, joy, and peace.
- I have a daily practice of prayer and meditation.
- I take care of myself exquisitely.
- I own my projections and wonder into them: what is the feedback I'm creating for myself?
- I value being challenged by relationships as a path to moving dense energy out of my body.

RESONATING IN A HIGH ENERGY FIELD

- I know I live in a friendly universe where life is unfolding perfectly.
- What I absorb has high vibration (food, air, substances, thoughts, words, music, relationships, experiences, media).
- What I generate has high vibration (thoughts, words, expression).
- I know myself to be the source of my ongoing experience.
- I have an ongoing connection to Source.
- I notice and co-create with the magic that is all around me.

CULTIVATING AN OPEN HEART

- I accept, appreciate, and love what is.
- I choose to keep my heart open.
- I live from service.
- I embrace all states of consciousness, knowing them all as divine.