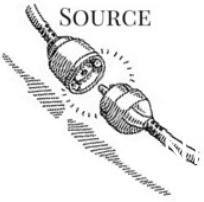


# Rules of Being

Improving Communication & Relationships

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SPIRITUAL



SOURCE

ENERGETIC



HEART



HEAD

FEET / HANDS



PHYSICAL

BODY



SENSES



## RULES OF BEING

- YOU WILL ALWAYS BE GIVEN WHAT YOU NEED.
- CLOSED DOORS HELP GUIDE YOU
- BE CLEAR ON WHAT YOU WANT.
- CLARITY IS YOUR ONLY MEASURE
- IT IS PERFECT AS IT IS
- ALL IN GOOD TIME
- ALL IS AVAILABLE
- ALL IS PROVIDED

EMOTIONS ARE PART OF YOUR LIFE EXPERIENCE - THEY ARE THERE TO HELP, NOT HINDER, THAT EXPERIENCE

ONE

(UNIQUE / STRONG)

FLOW

(CLARITY)

AWARENESS

(AWAKE / ALERT)

GROWTH

TRANSACTIONS

(DATA / EVIDENCE)

PATTERNS

(STORAGE)

SURVIVAL

(NEEDS)

EMOTIONAL HEALTH

MENTAL HEALTH

PHYSICAL HEALTH

LOVE

ACCEPTANCE

REALISATION  
GRATITUDE

PAIN

NEGOTIATION  
COMMUNICATION

LEARNING  
EDUCATION

INSTINCT