



LIVING THE SKILL 'ESSENTIAL COMPETITION'

1. Come present to your breath, to this moment, to this now.
2. Attune to a Presence within beyond your body, emotions and thoughts.
3. Breath into the loving neutrality of this inner Presence.
4. Open yourself to receive of the blessings that are available for you at this time.
5. Ask that you be shown your essence, in ways you can understand.
6. Ask: “ Use me. Show me how to take who I am, who I want to be, and what I can do, and use it for a purpose greater than myself, in a way that it is fulfilling, fun, meaningful and profitable to me and others.”
7. Now, let your request go and invite your fun-loving child within to play with the FUN PACKAGE #2.
8. Open Package (paint, brush and paper) and paint your ‘logo’ or the ‘logo’ that represents your essence.
9. In the end, journal any awarenesses or observations.
10. Ask your logo the following the questions and write down the answers you receive:

Do you have a name? What is it?

Do you have a meaning? What is it?

Do you have a message for me? What is it?

“It’s takes courage to grow up and become who you truly are.” E.E. Cummings

“Children are human beings to whom respect is due, superior to us by reason of their innocence and the greater possibilities of their future.” Maria Montessori

“Pretty much all the honest truth telling there is in the world is done by children.” Oliver Wendell Holmes