



## LIVING THE SKILL 'TRANSCENDENCE'

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 this Presence has for you.
5. Ask for assistance to transcend, to rise above and move beyond.
6. Describe a challenging situation
7. Describe what Transcendence may look like to you in that situation.
8. Describe three things you can do to support Transcendence
9. Describe how you can incorporate these things in your life to support you in living Transcendence more fully.
10. Express gratitude to the inner Presence. and you partner.

**"The people who are crazy enough to think they can change the world are the ones who do."**  
Steve Jobs

**"The spirit of wholeness flows through us and possesses us, but it is not ours to possess it."**  
Joseph Clinton Pearce

**"Do not go where the path may lead, go instead where there is no path and leave a trail."**  
Ralph Waldo Emerson