



## CHOICE STYLE OF LEADERSHIP

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*Come present to your Essential Vibration and attune internally.  
Open yourself to receive the blessings of this practice.*

1. Think of a decision you are would like to make.
2. Consider your choice options.
4. Check for alignment:
  - a) **Head: what thoughts / beliefs are present?** Use 'Clear Thoughts,' if needed.
  - b) **Heart: what feelings are present?** Use 'Clear Feelings,' if needed.
  - c) **Body: any sensation present in the body?** Use 'Clear Body' and 'Clear Unconscious', if needed.
  - d) **Mission: is it aligned with your Mission / Vision / Intention.**
4. Use 'Absorption' to receive guidance.
5. Journal any awarenesses you receive.

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**“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”**

Viktor E. Frankl