



LIVING 'ESSENTIAL VIBRATION'

Come present and attune internally.

Open yourself to receive the blessings of this practice.

1. **Bliss Stations. Attune. What is present in your body?**
 2. **Suffering. Attune. What holds you together in your suffering?**
 3. **Love / Joy. Attune. What holds you together in your love / joy?.**
 4. **Journal your experience in the body, in the suffering and in love / joy.**
 5. **Describe your experience of Vertical Leadership (3 to 5 reference points) .**
 6. **Establish a practice of Vertical Leadership daily.**
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“I am striving to give back the Divine in myself to the Divine in all .” Plotinus

“If you are working inwardly, Nature will help you. For the man who is working, Nature is sister of charity, she brings him what he needs for his work .” George Gurdjieff