

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

1. Think of a situation where you were motivated and inspired towards a goal you are proud of.
  2. Think of a situation where you were motivated and inspired towards a goal you are not proud of.
  3. What voices within were guiding you in both situations? How similar are they and how do they differ?
  4. How do you distinguish the voice of 'power & inspiration' from the voice of 'force & manipulation' ?
  5. Journal your awarenesses.
  6. Thank your partner.
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**"Power doesn't corrupt people. People corrupt power." William Gaddis**

**"The first abuse of power is not realizing that you have it." James Richardson**