

THE INFINITE MOMENT

1. Connect Lovingly to the Center of the Earth
2. Identity and Surrender to the *Yes* of Single Intent
3. Center Your Energy/Intent and Claim Your Own Field
4. Release the Energy stored at the Base of the Spine
5. Choose a Neutral Registration Point
6. Extend a Field of *Global Awareness* and View Everything Equally
7. Focus Gently
8. Embrace Fluidity and Openness to Change
9. Listen to Your Own Energetic Pace and Rhythm
10. Seek Your Own Optimum Energetic State of Being
11. Draw From Your Own Long Term Energy
12. Engage Male or Female Energy as Actually Needed
13. Interpret Your Single Intent with Absolute Clarity
14. Move Your Energy Body First
15. When Acting, Keep Your Focus within Your Own Field
16. Illuminate Energetic Lines of Force in Advance of Motion
17. Enter into Motion with Engagement and Abandon
18. Breath, Perceive, and Move from Your Energetic Center
19. Observe, Process, Express and Respond with *Just Enough*
20. Everything Does the One Thing