

A Spirit



Whether you have felt disconnected from Spirit for a lifetime or for only a matter of moments, your Spirit is waiting patiently, for your return.

Know it, Own it, Live it

Know it - acknowledge the Spirit is within you.

Own it - identify what path(s) resonate with you.

Live it - Trust when you express your Spirit your way, it is valuable to you and to others.

Three Paths of Spirit Visual Model

Physical Path Do things that express your Spirit
Intellectual Path Trust what you know by embracing your thoughts from Spirit
Emotional Path Honor your feelings as messages from Spirit



With which path(s) do you identify most?

Each of us decides how we express our Spirit in our world.

- If you are a person of **action** you will show your Spirit through making things happen, **physically doing** for yourself and others, "Action speaks louder than words."
- If you consider yourself an **intellectual**, you will utilize and share valuable experience from your deep **consideration** of life.
- If you are a person who leads with your **heart**, you will live from **emotional integrity** and share your insights with others, and so engendering their trust. From A - Spirit Mindset you have a lot of value to offer. Rose Fuller M.Ed. R.C.C. copyright 2019

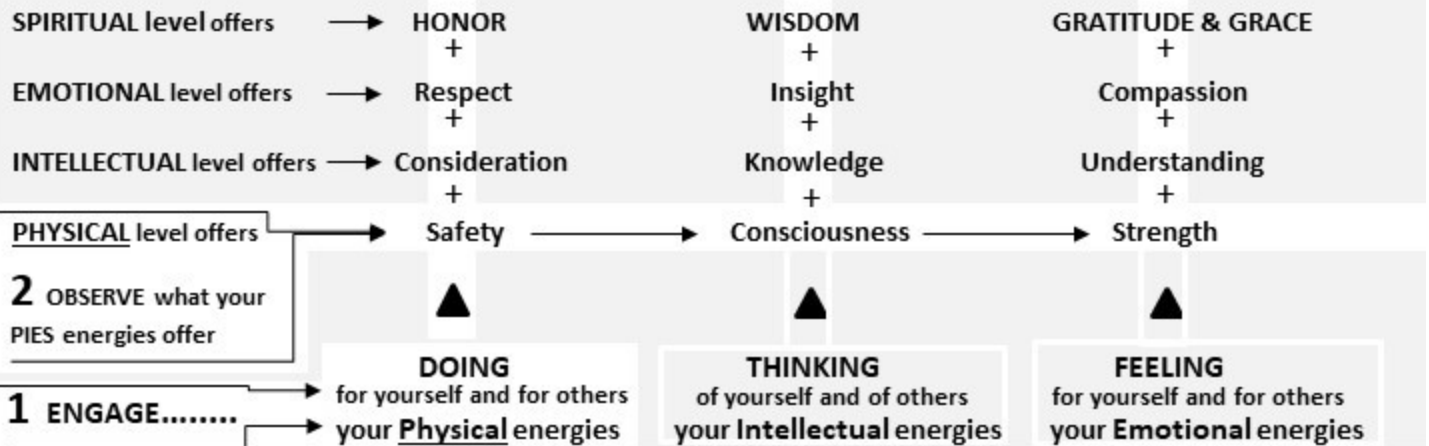
In this day and age we are consistently encouraged to focus on the outside world and how to navigate for success. Of course you have to take part physically to stay safe, and intellectually to gain knowledge essential to survive and hopefully thrive. But it is an all-too-common trend to get caught up in intellectual problem solving and become distracted from the wisdom of your inner Being. Your Being knows the true meaning and purpose of your journey, communicating to you through emotional energies every step along the way. Tune inward to know what insight is resonating in your heart. Your emotional energies shine light on what your need, what has meaning to you and how you can make life meaningful. No matter what path(s) you choose, coming from Spirit, your honorable intention will resonate within and without.

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Three Paths of Spirit Visual Model

If you read the following visual from bottom to top 1,2,3 you will see the (+) accumulative gain for each path.

3 APPRECIATE the Accumulative Gain ... each level offers from bottom to top



Always start at the PHYSICAL LEVEL. Each consecutive level relies on you creating a grounded, strong and open physical state of Being. Use this firm foundation to invest in a conscious intention to come from your Spirit's expanded capacity. Your physical Being houses ALL energies, therefore all energies influence and are influenced by each other. With focus and practice you intuitively and consciously can have great influence over your energies, resourcefulness and resilience. It all starts with a conscious intention to engage from your A- Inspiration mindset, your most resourceful state of capacity and Being.

- Experience, Express, Engage – Phys, Intell, Emot, Spirit**
 Consider this visual to shed light on which paths you use to:
- Experience** your life
 - Express** yourself, your true **Spirit**, in your world
 - Engage** in your world?

Know it... Own it... Live it
 You search to know your **purpose** then....
 you can live **on purpose**, **deliberately**
 you can live **with purpose**, **inspiration** energies
 you can live **from purpose**, an **honorable intention**

- Keep it simple!** • **Meaning** is the heart of your Spirit
In simple terms... • **Values** are the voice of your Spirit
 • **Identity** is experiencing your Spirit
 • **Purpose** is fulfillment of your Spirit